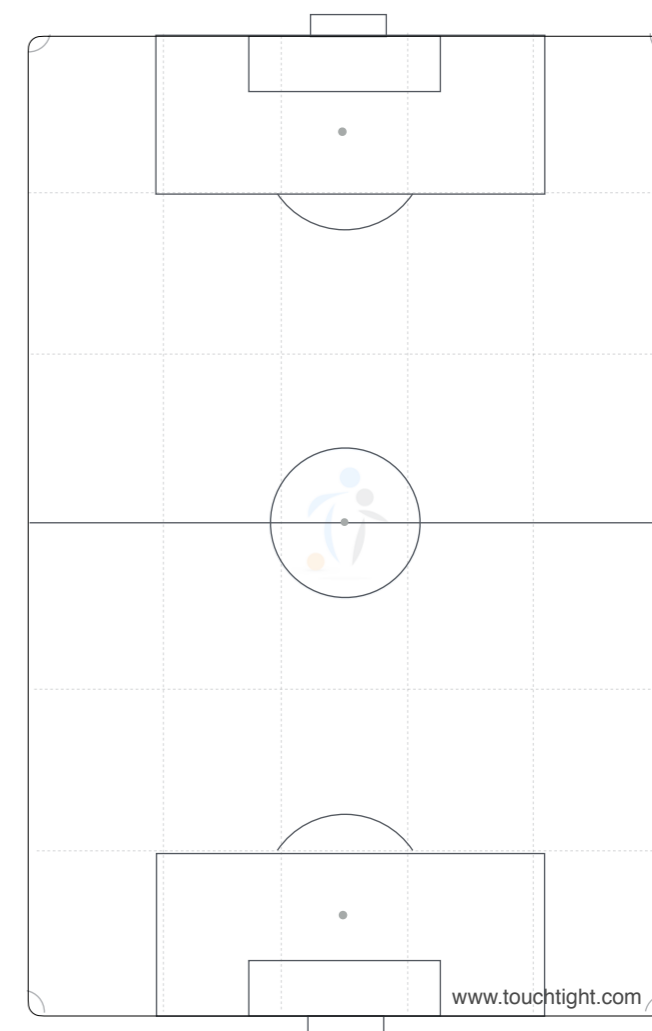
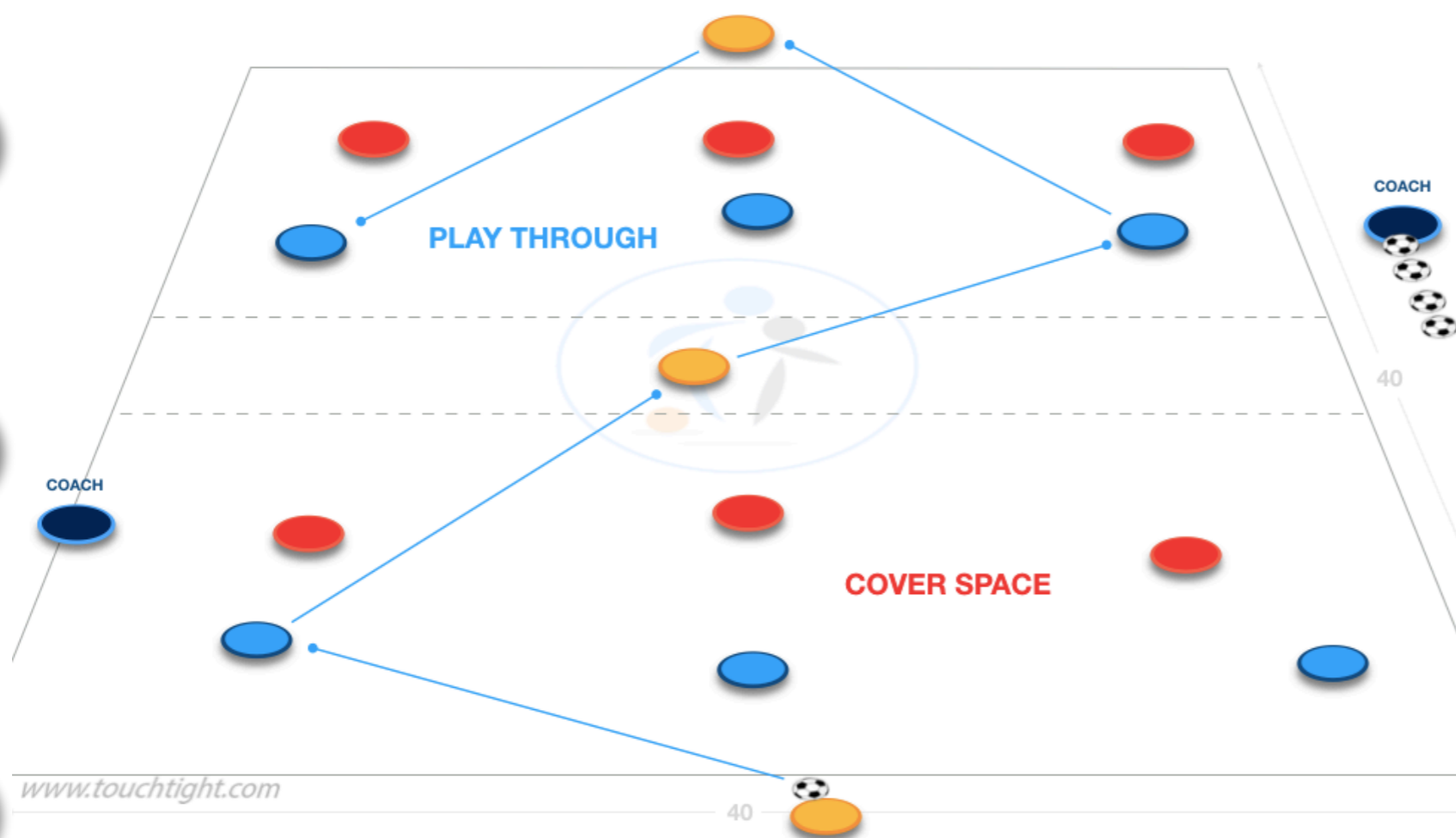




Type: Opposed Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Opposed practice encourages defenders to look for forward passes when space presents itself to break defensive lines.
- With a 3 v 3 in each half of a 40 x 30 yard area and a 5 yard central zone for a single floater to link play, the team in possession aim to transfer the ball from one target player to the other.
- If a player intercepts the ball they can then look to transfer the ball themselves. The central floater can play straight through to the target player if defenders do not protect this space behind, allowing players to connect.

Key Coaching Points:

- (Tactical Key Point) Floaters positioning to receive and build play effectively
- (Technical Key Point) First touch and distribution both short and long
- (Psychological Key Point) Brave to receive the ball under pressure to play out

Progressions / Constraints:

- We progress the practice by allowing a single attacking player to join in the attacking half creating a 4 v 3 overload. This forces defenders to cover lateral space quicker and attackers to be more selective with their passes, protecting themselves against possible counter attacks.

Questions & Notes:

- How can you play quickly to build play from one end to the other?
- What allows you to play more direct and how does this affect defenders positioning?

Work / Rest Ratio:



mins



sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

| Player initials | Technical | Tactical | Social | Psychological |
|-----------------|-----------|----------|--------|---------------|
| | | | | |
| | | | | |
| | | | | |

| Player Pairs initials | Objectives |
|-----------------------|------------|
| | |
| | |
| | |

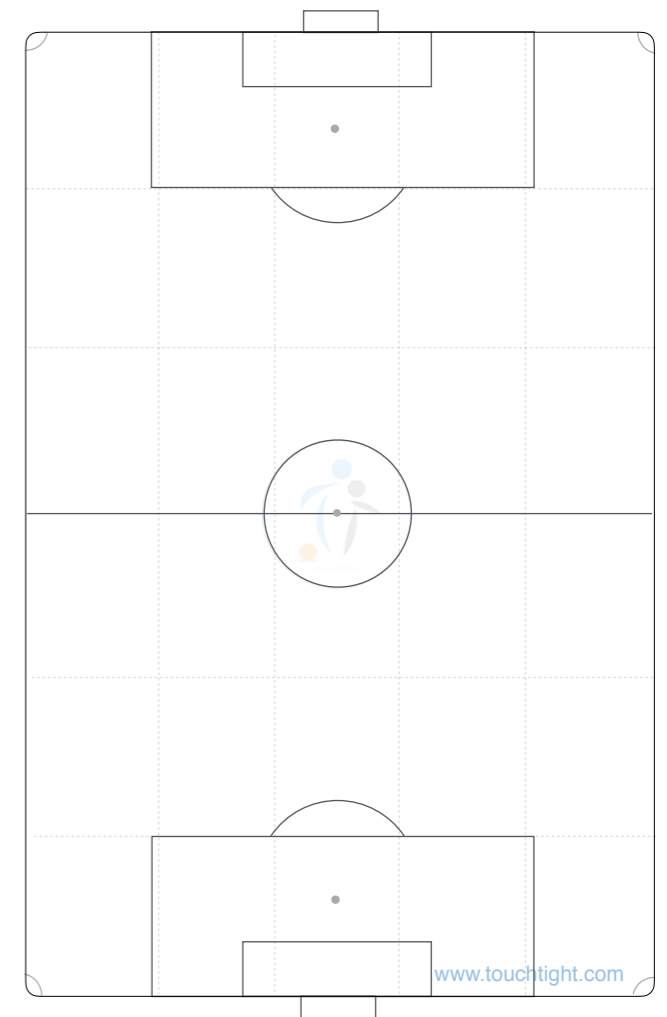
| Player Trios initials | Objectives |
|-----------------------|------------|
| | |
| | |
| | |

| Player Units initials | Objectives |
|-----------------------|------------|
| | |
| | |
| | |

Post Session Outcomes

| What went well? | What did we learn? |
|-----------------|--------------------|
| | |
| | |
| | |

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?

