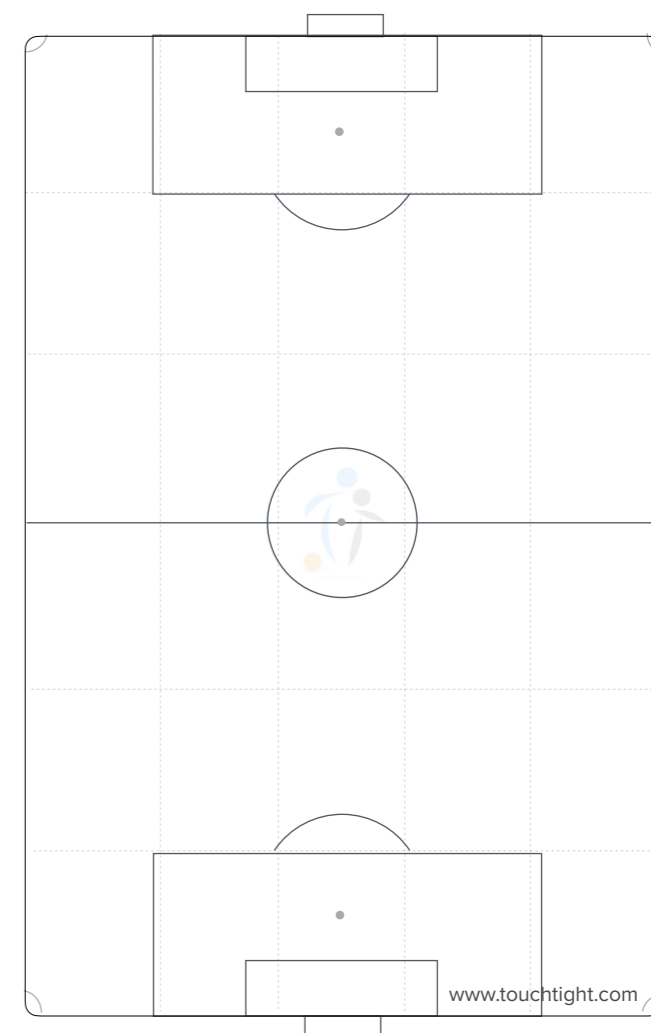




Type: Opposed Rondo Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Practice played in a 25<sup>2</sup> yard area with four players keeping possession on the outside of the area and two central players to finish. Four defenders in each 12.5 yard zone to win possession. If they win the ball, make ten passes before finishing in mini goal.
- \*\*With more numbers replicate practice on both sides of the pitch.\*\*

**Key Coaching Points:**

- Tactical |
- Technical |
- Psychological |

**Progressions / Constraints:**

- 4 v 3 in each area, with central striker as a floater who can combine in either area to create 5 v 3
- .

**Questions & Notes:**

- .
- .

Work / Rest Ratio:



mins



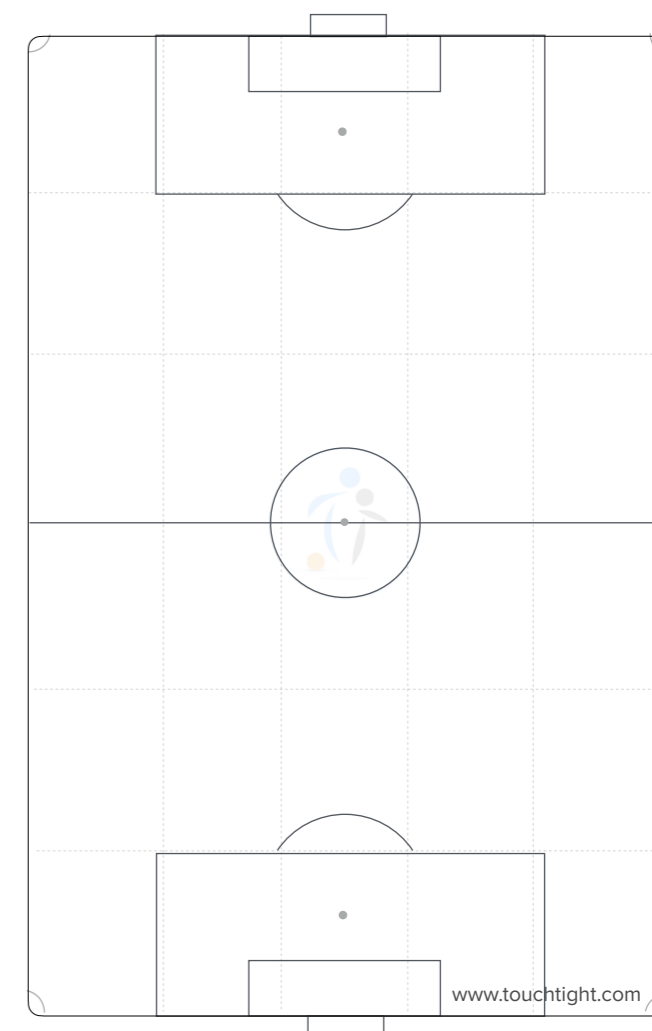
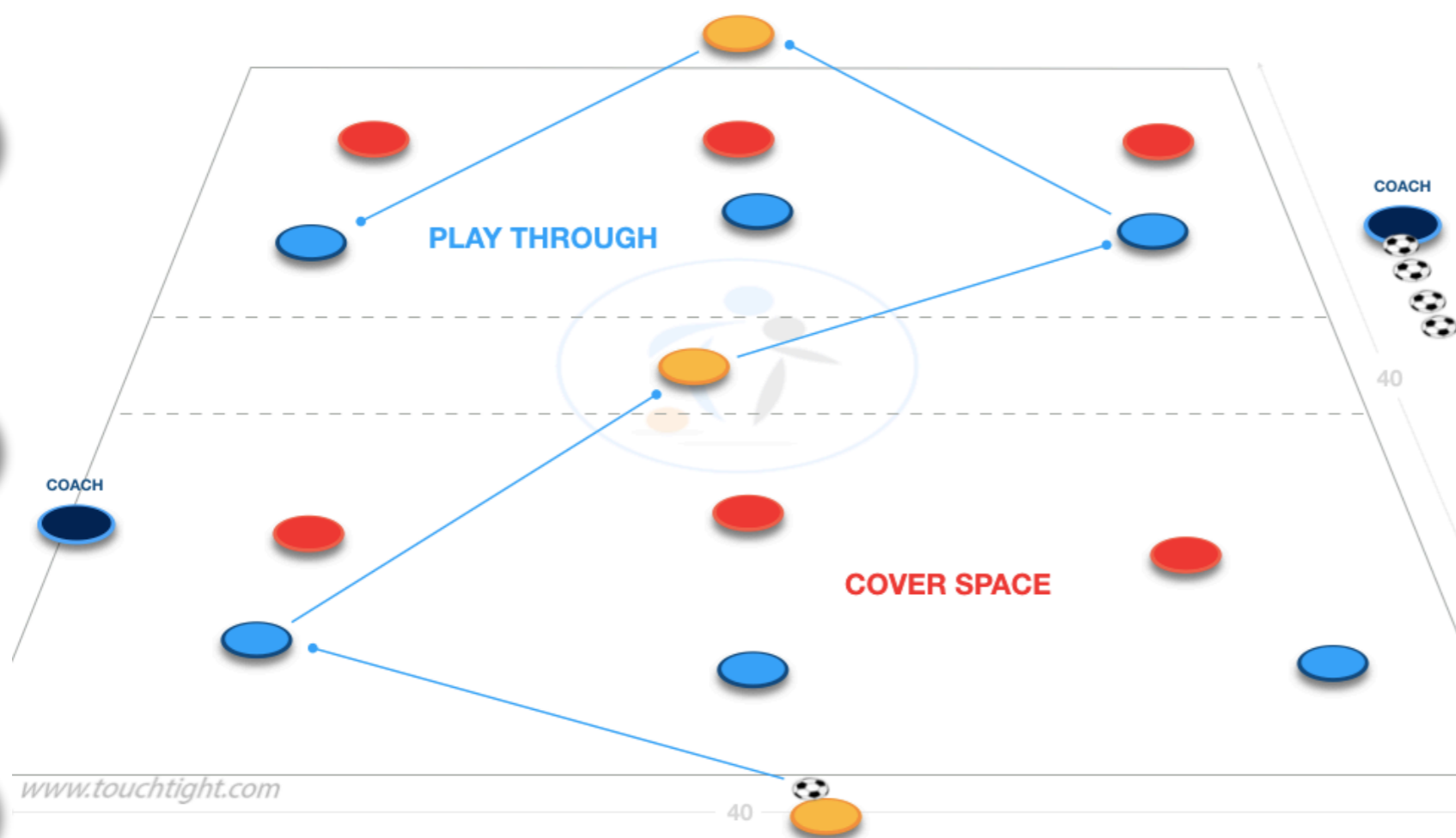
sets



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

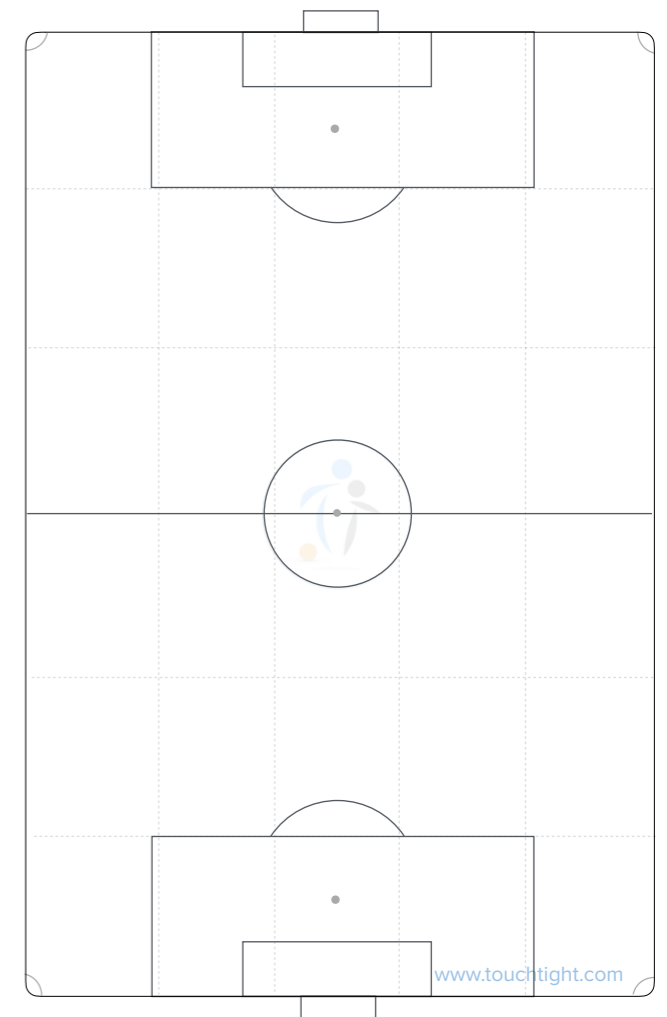
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

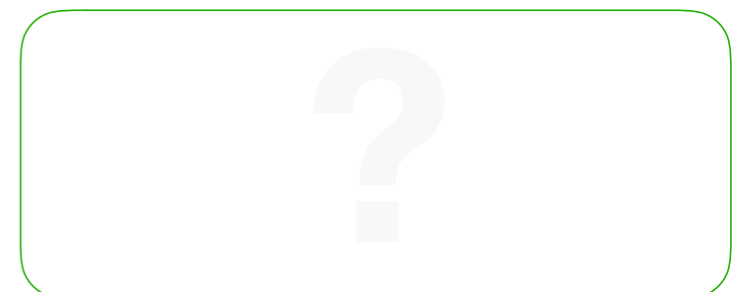
Absentees: initials



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**Big Game Question**

How will we apply this session to a game situation?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation