



Session Date

Season

Age Group

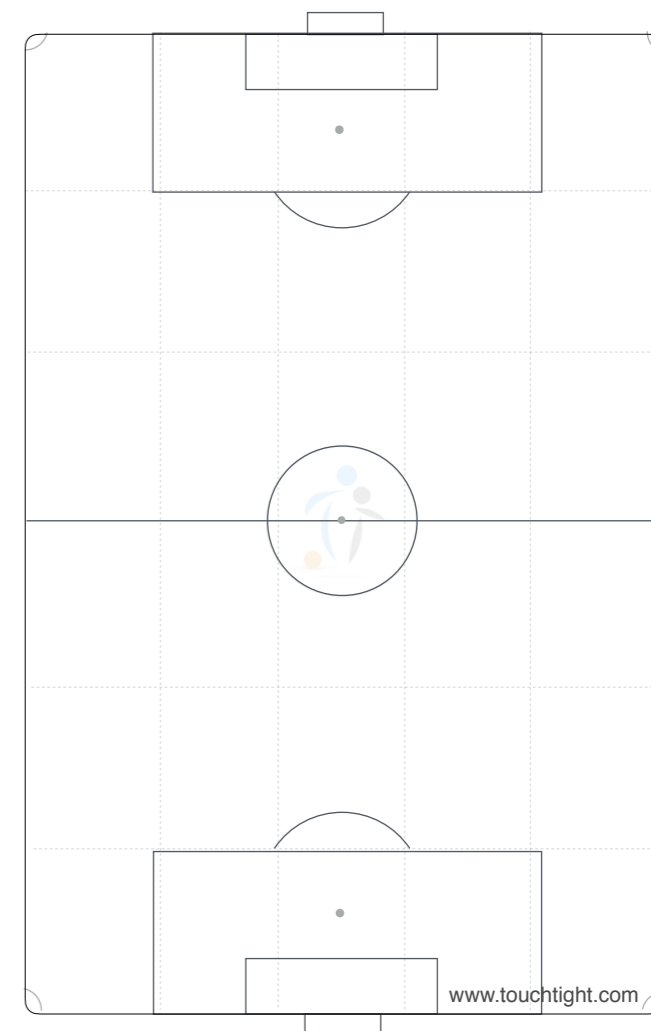
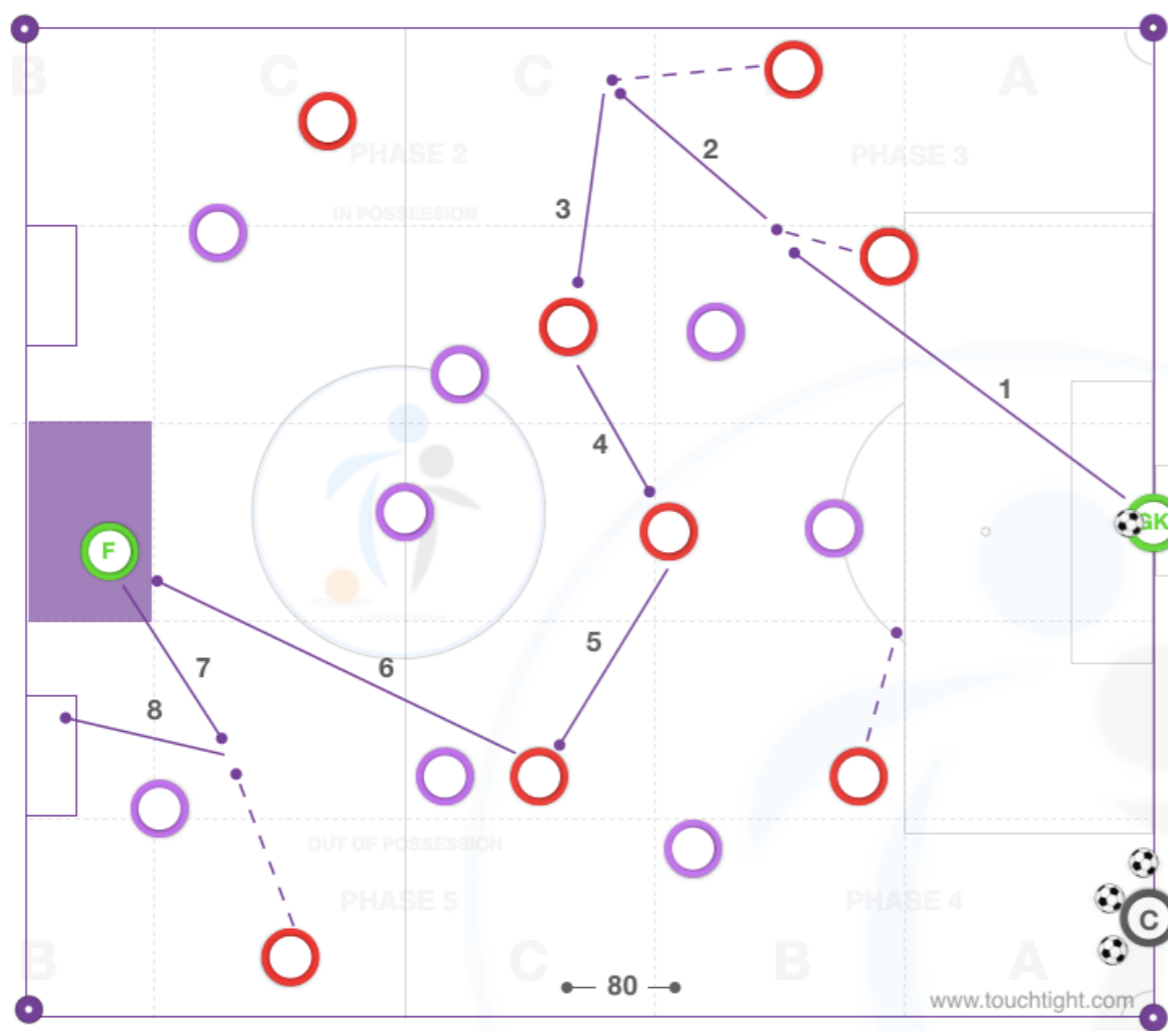
Players

Duration

Type: Phase Of Play

Area:

Team Objectives: With a specific focus on build up play in defending and midfield zones, we encourage forward passing, switches of play and utilisation of clear overloads.



Set Up & Organisation:

- Our attacking team sets up as a 433, with our target player acting as a central striker, against a 433 minus 2 CBs and GK, resulting in a 10 v 8 + 1 Target. Encourage attacking team to develop play patiently and identify how and when overloads develop in each third. As a coach observe play and manage defending team to either press high, forcing attackers to pass quickly to exploit space, or delay encouraging problem solving in our possession phase.

Progressions & Constraints:

- Striker (Target / Floater) can rotate with one of 2 wide players. This must be realistic to move opposition defenders around, causing problems for FBs marking and MFs attempting to cover passing lines.
- Split pitch vertically into 3 channels. Attacking team must attempt to move defending team into one channel before switching play to opposite side to attack quickly, ensure defending team unaware of objective set.

Key Coaching Points:

- **1** | With a switch of play and forward runs to combine off our striker (target player) to finish in one of 2 mini goals. Overload appears through CB, if CDM for defending team presses our own CDM high.
- **2** | Wide midfielders combine in central areas, leaving space for FBs (numbers 2 or 3) to make overlapping runs to support forward passes. Timing crucial and player to player understanding needs to be developed (eye contact, verbal communication).
- **3** | Draw defenders in to press (slow play purposefully), immediately increase passing speed when opposition press trigger applied, use goalkeeper effectively if play moved through deeper zones.

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

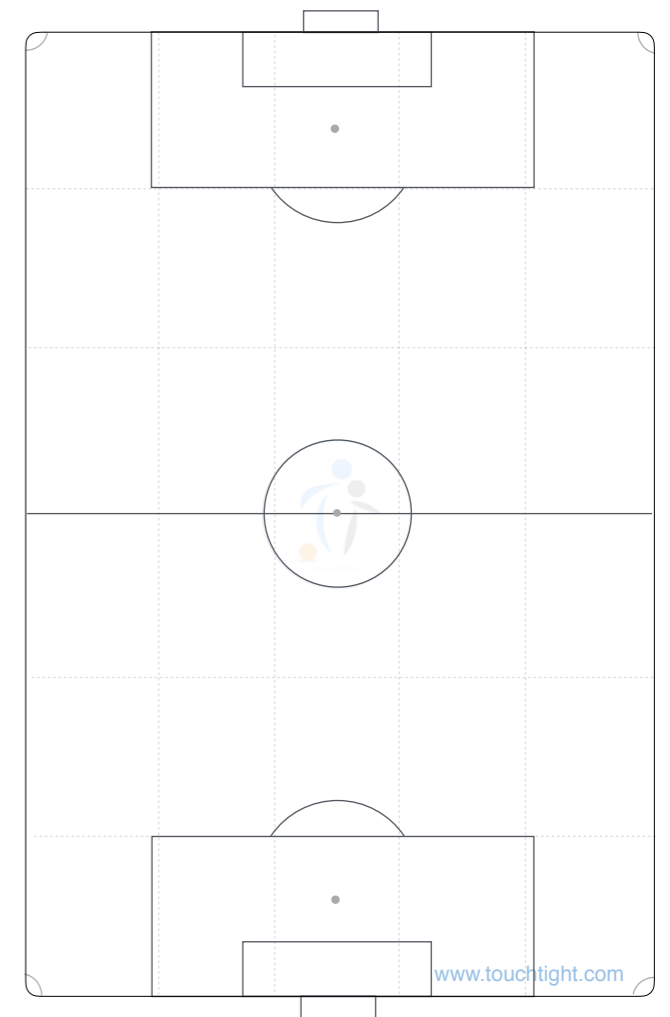
Player Trios initials	Objectives

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?



