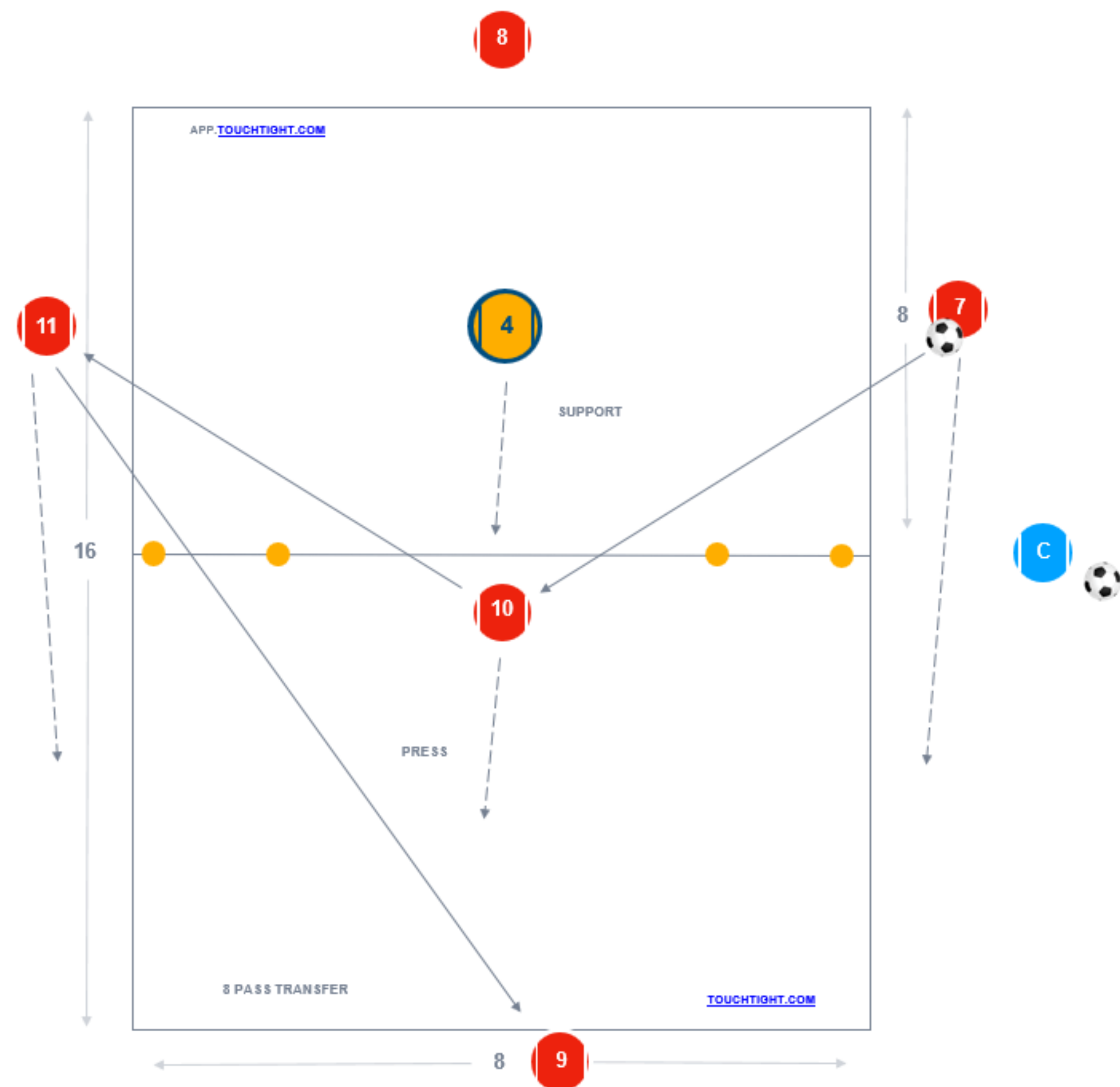




| Club | Age Group | Coach | Session Title | Date | Start Time | Duration | No. of Players |
|------|-----------|-------|---------------|------|------------|----------|----------------|
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| Coach Notes |
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Organisation

This practice is focused on developing possession in a 4 v 1 Rondo in a small 7 or 8 yard square, depending on player age and ability.

The objective is to keep possession in one half of the grid before transferring through 1 of 2 gates to the player waiting at the opposite end. A passing player now becomes a pressing player, with the pressing player becoming a player in possession.

We can progress by limiting gates that can be passed through, unless certain triggers occur. i.e. one touch set to play through.

Key Coaching Points

1. Short, accurate side foot passing
2. Ability to create angles quickly to keep possession
3. Recognise when to penetrate with firm pass
4. Communication skills to organise possession and exploit space as a passing unit

Progressions

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Player Questions

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| Area Size | Duration | Sets |
|-----------|--------------------|-------------|
| | | |
| Intensity | Work to Rest Ratio | Energy Type |
| | | |



| Club | Age Group | Coach | Session Title | Date | Start Time | Duration | No. of Players |
|------|-----------|-------|---------------|------|------------|----------|----------------|
| | | | | | | | |

Player

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(s) | Objective | Tech / Tact / Soc / Phy / Psych | Evaluation |
|-----------|-----------|---------------------------------|------------|
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Evaluation

| <table border="1" style="width: 100%;"> <tr><th>Coach (Self)</th></tr> <tr><td style="height: 80px;"></td></tr> <tr><th>Session Organisation</th></tr> <tr><td style="height: 100px;"></td></tr> </table> | Coach (Self) | | Session Organisation | | <table border="1" style="width: 100%;"> <tr><th>Players (Motivation / Engagement / Learning)</th></tr> <tr><td style="height: 80px;"></td></tr> <tr><th>Action Points</th></tr> <tr><td style="height: 100px;"></td></tr> </table> | Players (Motivation / Engagement / Learning) | | Action Points | |
|---|--------------|--|----------------------|--|--|--|--|---------------|--|
| Coach (Self) | | | | | | | | | |
| | | | | | | | | | |
| Session Organisation | | | | | | | | | |
| | | | | | | | | | |
| Players (Motivation / Engagement / Learning) | | | | | | | | | |
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| Action Points | | | | | | | | | |
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