



Session Date

Season

Age Group

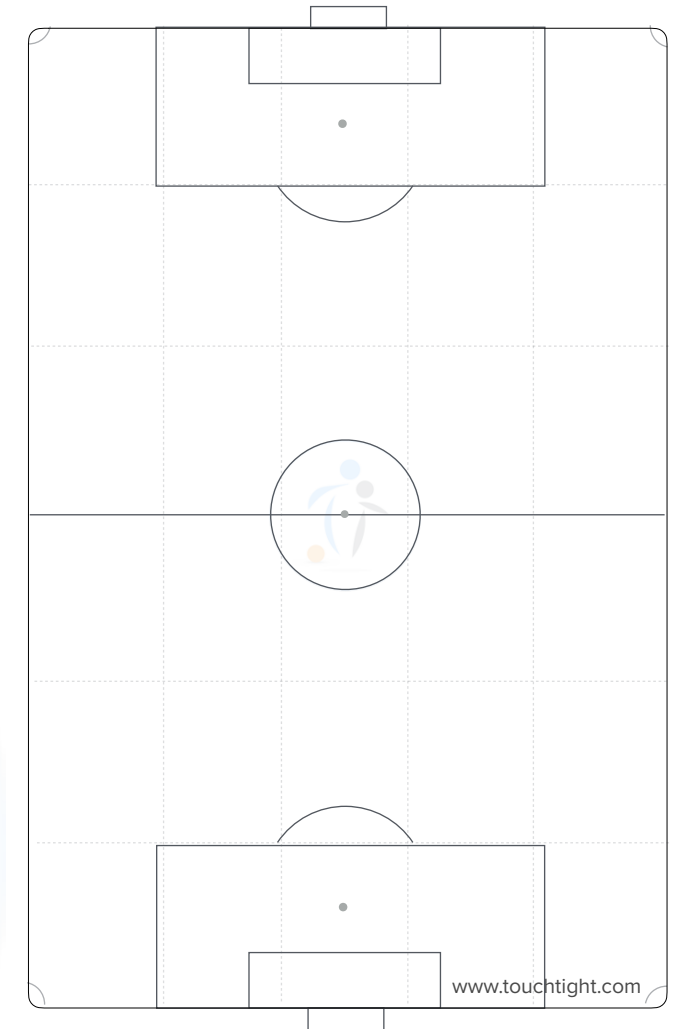
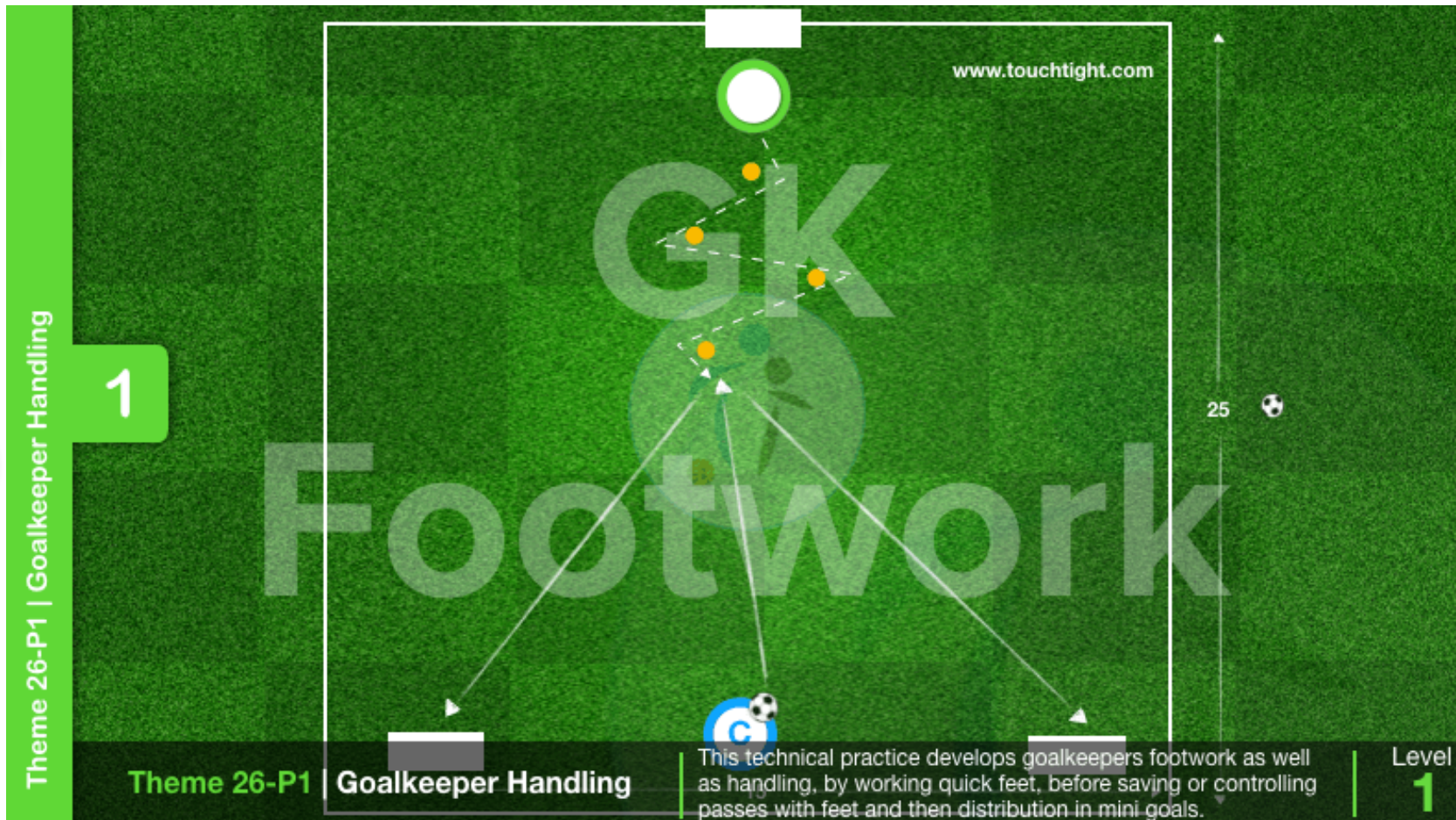
Players

Duration

Type: Technical Practice

Area:

Team Objectives:



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**Set Up & Organisation:**

- GK moves over or through markers to small goal (6yd wide). Server pays ball at varying heights & speed from foot or hand using varying techniques for GK to collect, including: Volley, Half-volley, Ball bouncing in front of GK. Along ground.

**Key Coaching Questions:**

- How quick can you move your feet?
- Focus on your reactions to feint movement?
- Can you keep hold of the ball - set targets e.g. 8 out of 10?
- How quickly can you get on your feet to distribute quickly?

**Technical Detail:**

- Agility to react to delivery.
- Keep hold of the ball where possible.
- Reactions to distribute after save accurately.

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

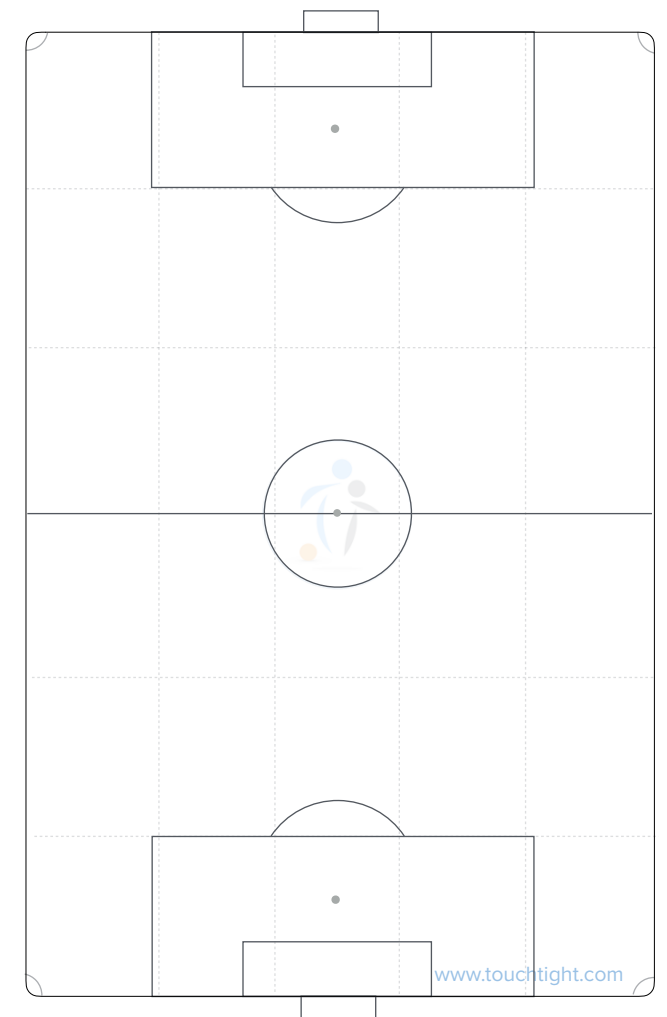
Player Trios initials	Objectives

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?



