



Session Date

Season

Age Group

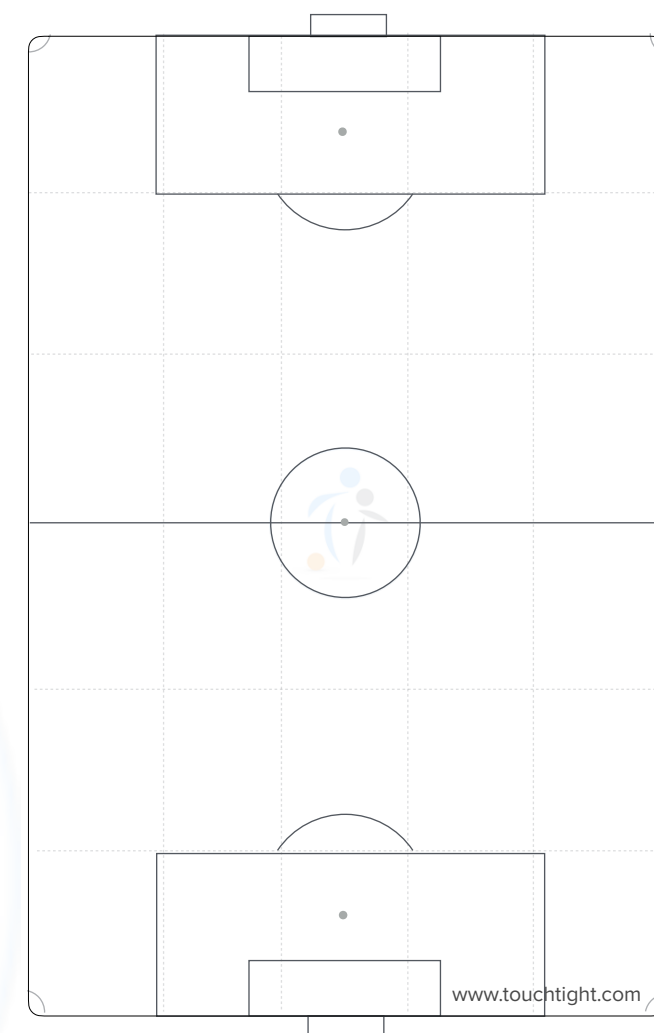
Players

Duration

Type: Advanced Lead Practice

Area:

Team Objectives:



**Set Up & Organisation:**

- THIS ADVANCED LEAD PRACTICE IS PLAYED IN A 50 X 55 YARD AREA, WITH THE FOCUS ON ATTACKING PLAYERS FINDING SPACE IN POCKETS. WITH A 3 V 3 IN MIDFIELD THIRD CHALLENGE IS TO FIND A FORWARD PASS INTO AN ATTACKER IN A 3 V 2 FOR THEM TO ATTACK AND FINISH. IF DEFENDERS WIN POSSESSION, CAN THEY SCORE IN A 5 V 3 IN 10 SECONDS?

**Progressions & Constraints:**

- PLAYERS CAN ROTATE BETWEEN ZONES, ONE PAIR AT A TIME
- ADDITIONAL PLAYER CAN DROP INTO DEEP ZONE FOR 3 SECONDS
- DEFENDERS HAVE THE FREEDOM TO PLAY IN BOTH AREAS

**Key Coaching Points:**

- TACTICAL: RECOGNISE AND EXPLOIT OPPORTUNITIES TO CREATE ATTACKING OVERLOADS
- TECHNICAL: FORWARD PASSES AND ABILITY TO COMBINE EFFECTIVELY, INCLUDING HOLD UP PLAY
- SOCIAL: ANGLES TO SUPPORT AND TIMING OF RUNS AND QUALITY OF PASSES TO COMBINE

**Questions & Notes:**

- HOW DO YOUR STRIKERS HOLD UP PLAY AND HOW DOES THIS IMPACT ON YOUR SUPPORT?
- HERE IS THE BEST AREAS TO SUPPORT ONCE DEFENSIVE LINE PENETRATED?

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

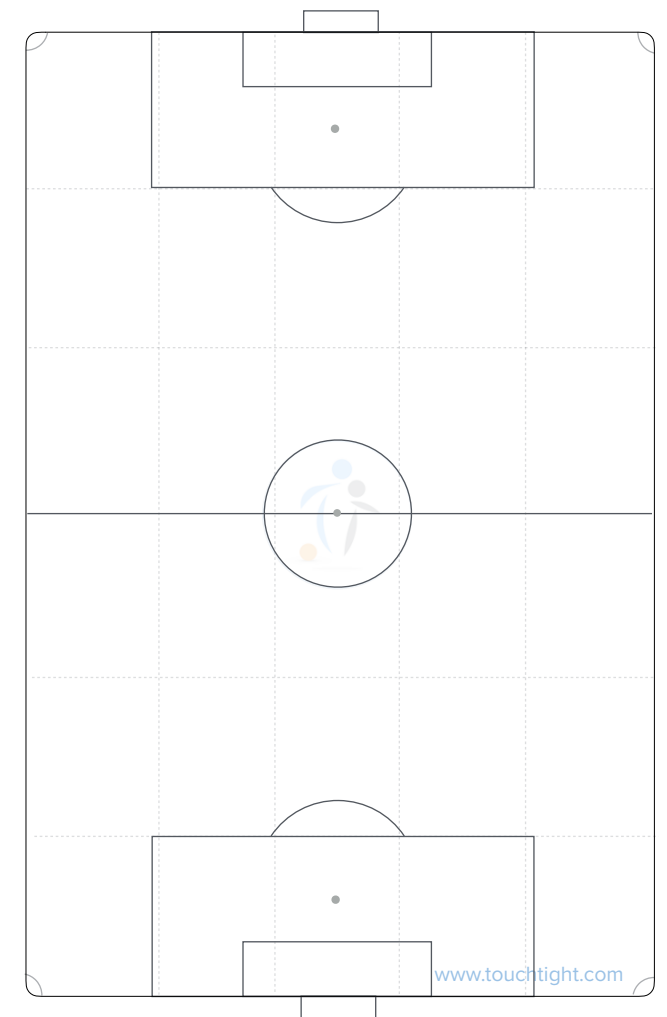
Player Trios initials	Objectives

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?



