



Session Date

Season

Age Group

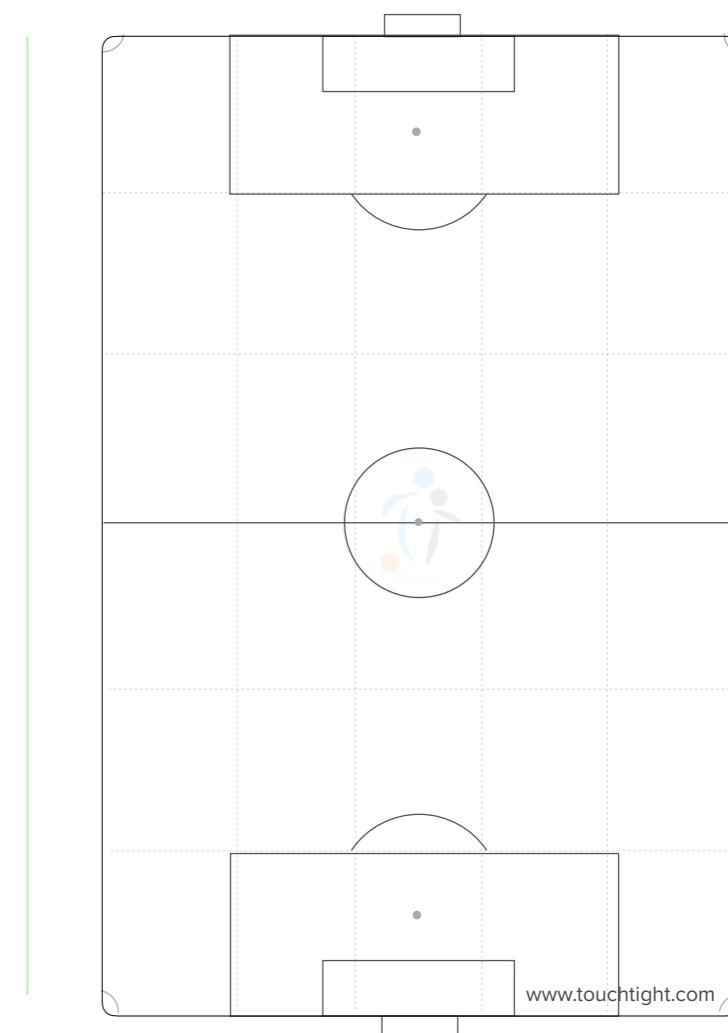
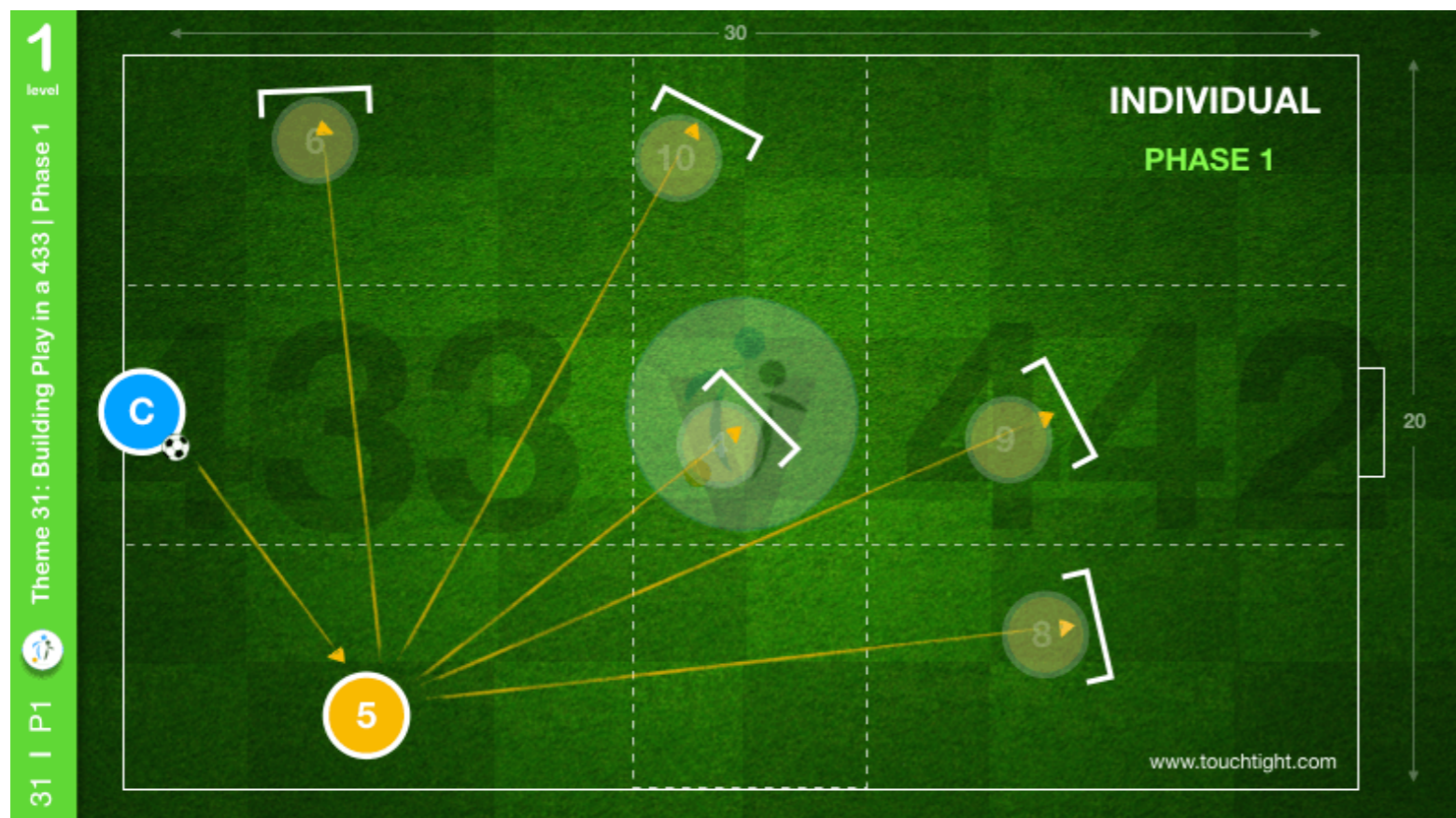
Players

Duration

Type: Individual

Area:

Team Objectives:



**Set Up & Organisation:**

- This is practice 1 from Theme 31 Playing out in a 433 against a 442. This practice includes 5 mini goals for a single player to pass into, replicating receiving players in the 433 shape as shown. This poses problems for defenders when looking to build play with quick decisions in possession.

**Progressions & Constraints:**

- Players will look to play in 1 or 2 touches, taking the ball across their body at the right time, recognising when to open out or switch play.
- Players must use both feet and step into the ball when the pass demands it.

**Key Coaching Points:**

- **Tactical** | Movement to receive and body shape to play in 1 or 2 touches
- **Technical** | Passing accuracy and first touch to control
- **Social** | Gain understanding of teammates (mini goals positions)

**Questions & Notes:**

- What should be your first thought when receiving
- What option feels more natural when passing and what feels more difficult? Why?

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

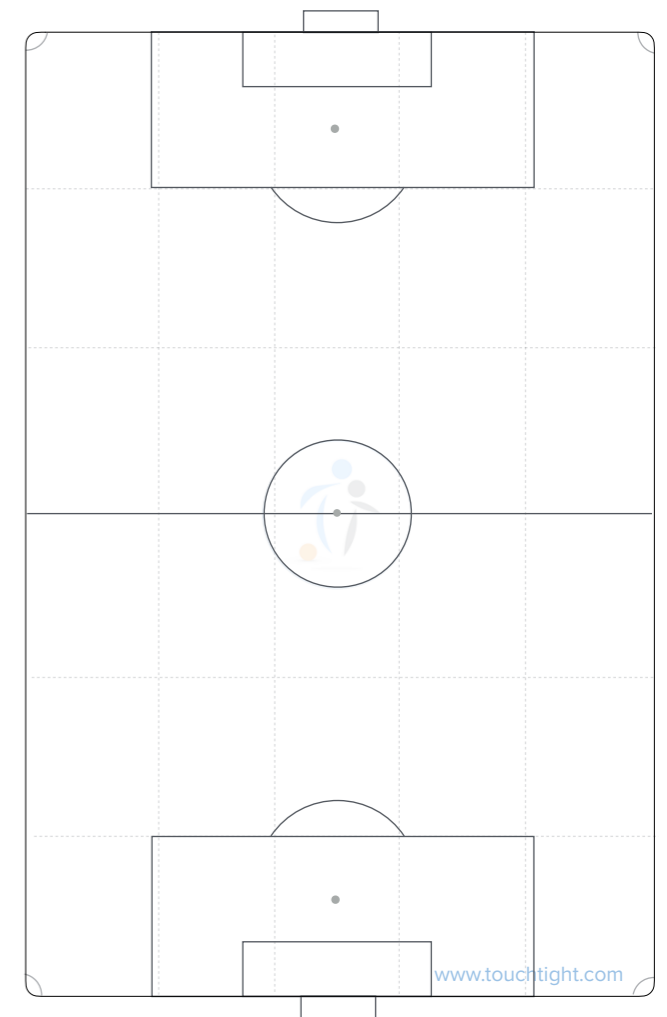
Player Trios initials	Objectives

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