



Session Date

Season

Age Group

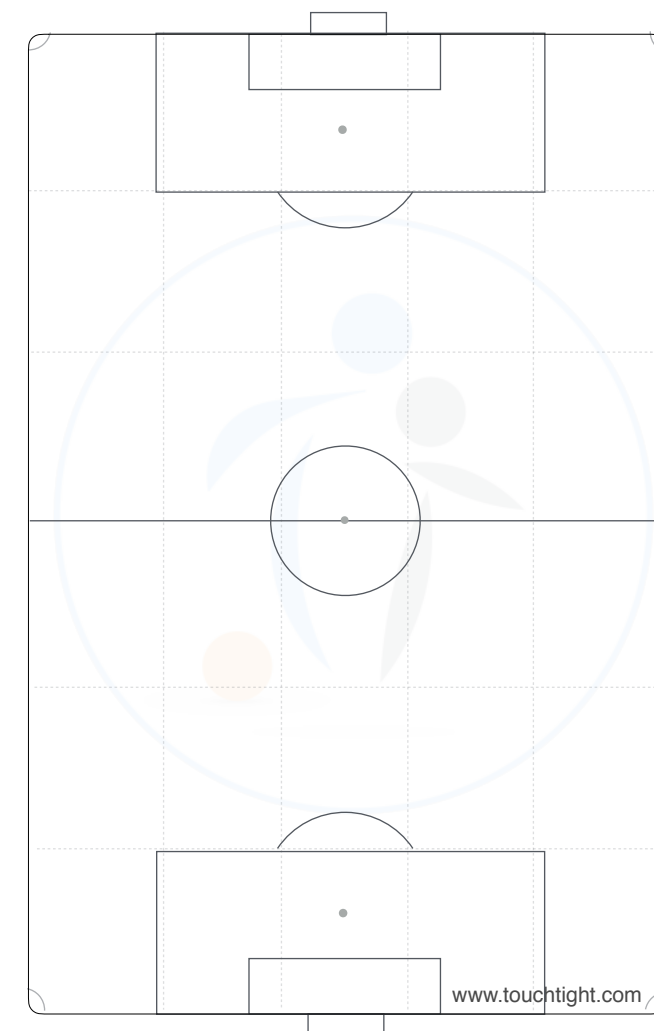
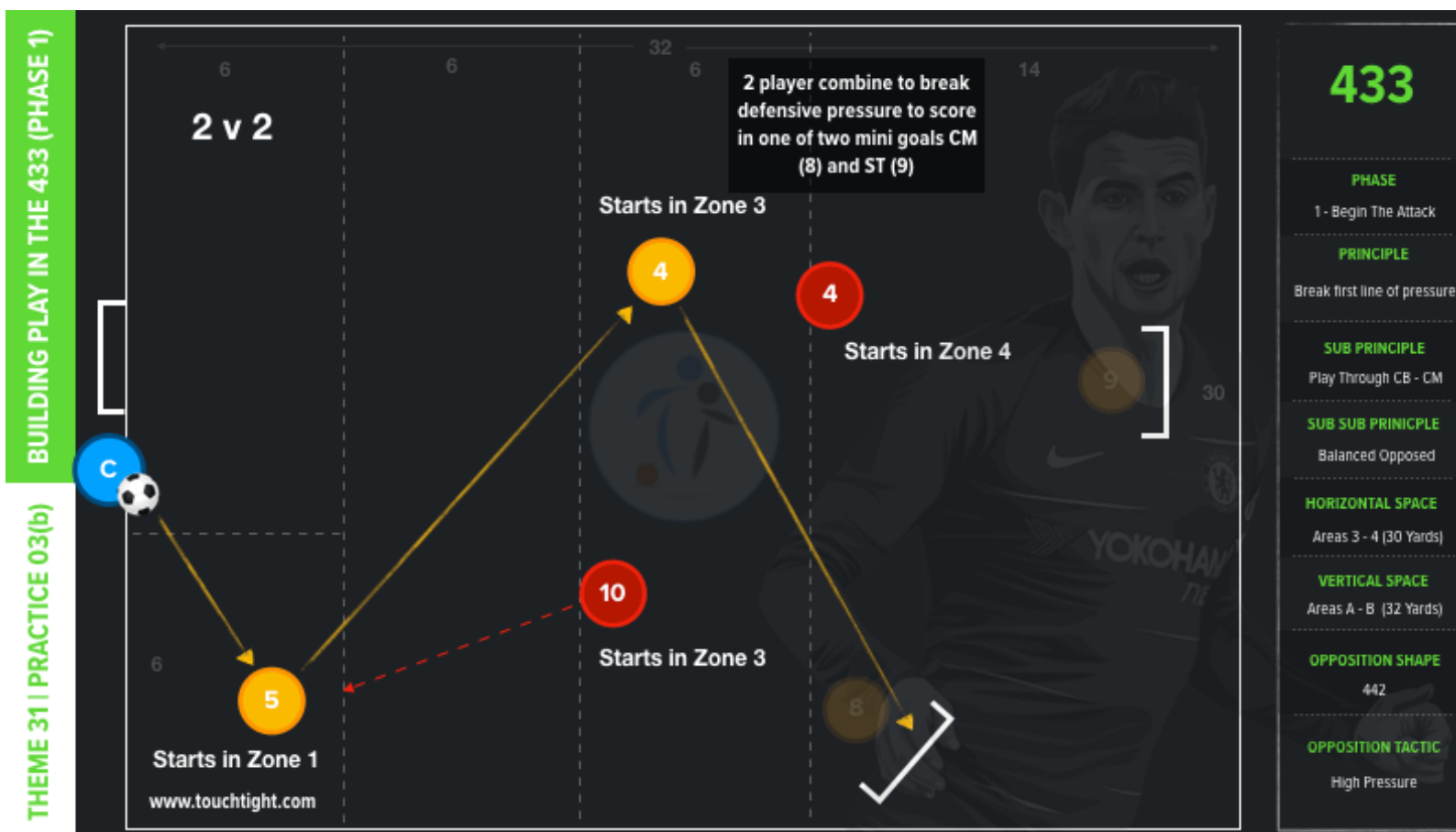
Players

Duration

Type: Opposed Skill Practice

Area:

Team Objectives:



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Set Up & Organisation:

- This is an additional supporting practice for theme 31 building play in a 433 and focuses on relationships between our central defender (5) and CDM (4). We can see how players can combine to play into striker (9) or attacking midfielder (8), who in this practice will be positioned mini goals.
- We begin by constraining players in zones as shown, allowing initial success for possession pair. Objective for players is to finish in one of 2 mini goals under some pressure.

Progressions & Constraints:

- Progress this by allowing both defenders to apply full pressure as soon as central defender (5) takes a touch, encouraging our player to step into space on opposition press.
- Progress further by rewarding split passes talking defenders out of the game.

Key Coaching Points:

- **Tactical:** notice defenders play closer together leaving space off their shoulder allowing balls to played into teammates front foot to play forward easier
- **Tactical:** We can see how distances between 5 and 4 can influence the amount of pressure applied by defenders and increasing space to be able to play penetration passes.

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

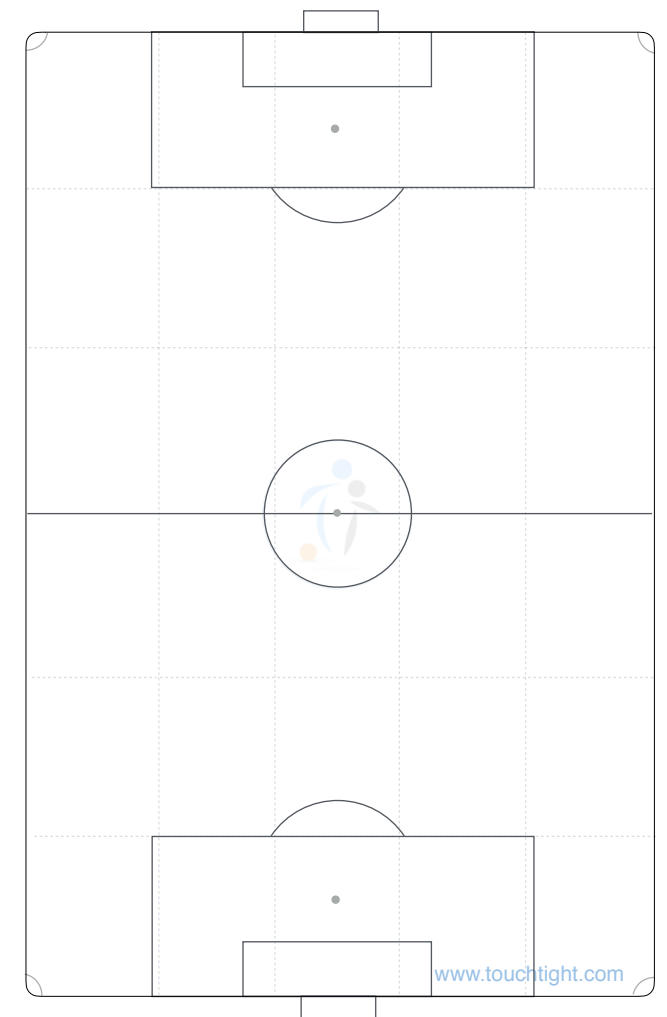
Player Trios initials	Objectives

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?



