



Session Date

Season

Age Group

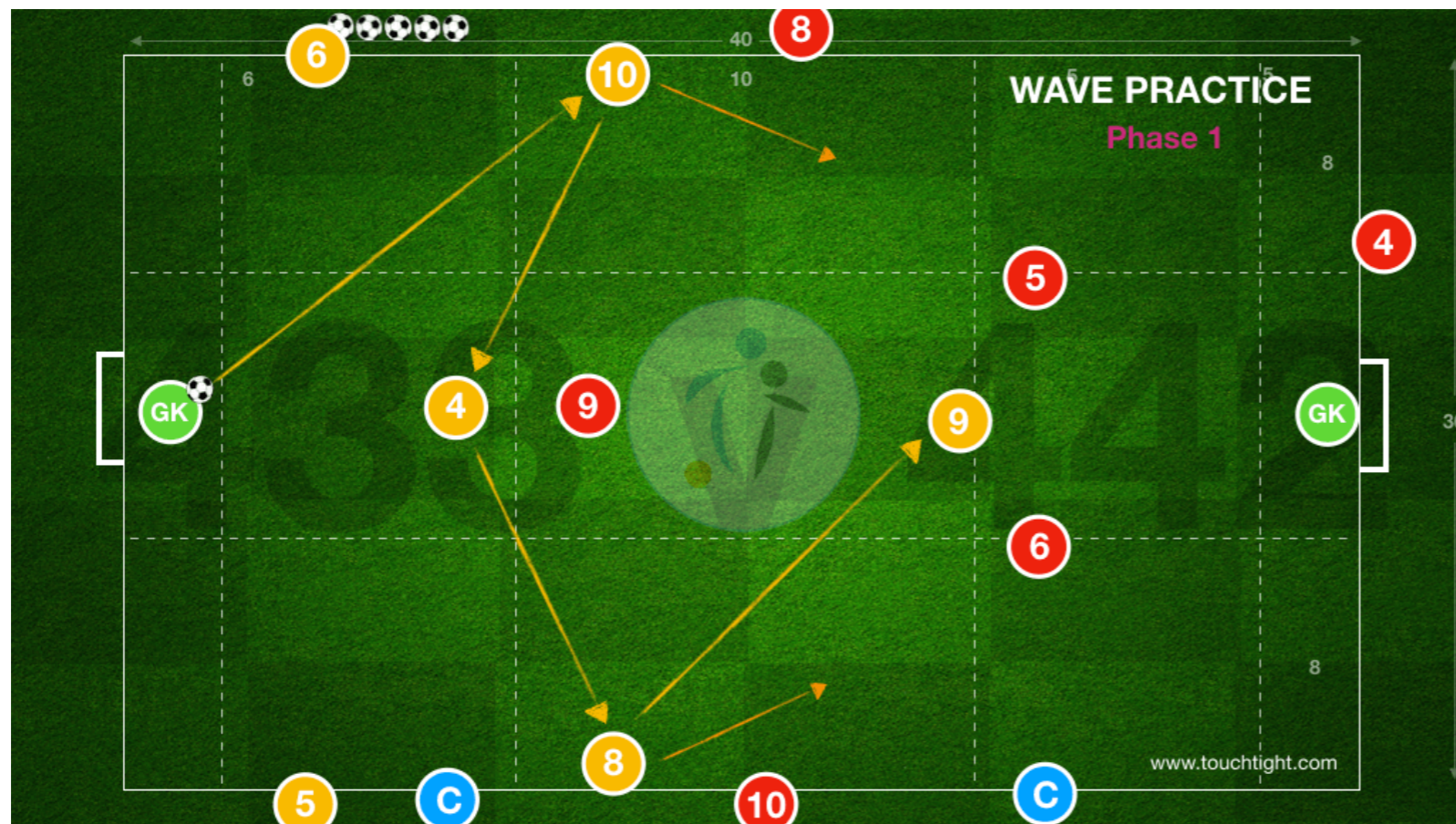
Players

Duration

Type: Wave Practice

Area:

Team Objectives:



Set Up & Organisation:

- This practice is a Wave practice developing possession in the midfield diamond. In this 40 by 30 Yard area, our goalkeeper begins distribution into one of 3 midfield players (4,10 or 8) to attack with a supporting striker against 2 red defenders. They must develop combinations in this shape developed in previous practices and use overloads to create and convert chances. Reds must attack in the same formation, with the wave working both ways with central defenders defending as a 2, before dropping out when their team attack.

Progressions & Constraints:

- Progress by allowing the striker (9) to press or drop in to defend forming a defending 3.
- We can move this forward by allowing our Defensive midfielder to be in the defensive phase creating a 31 against the 31, with attacking midfielders (8 and 10) dropping out when defending.

Key Coaching Points:

- **Tactical** | Diamond combinations, looking for space down the sides in 4 v 2 and 4 v 3 overload situations
- **Technical** | Close control in small spaces, weight of final pass to create chances
- **Physical** | Acceleration / Pace to exploit space in behind

Questions & Notes:

- What spaces are defenders leaving in this overloaded situation, how are you exploiting this?
- How do progressions influence your attacking decisions?

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

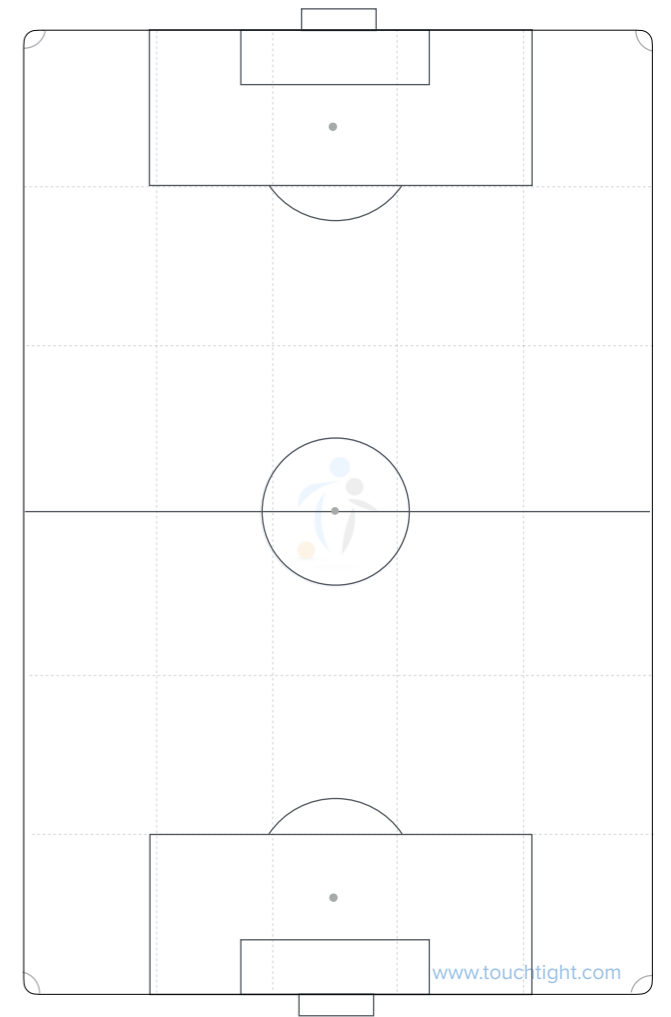
Player Trios initials	Objectives

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?



