



Session Date

Season

Age Group

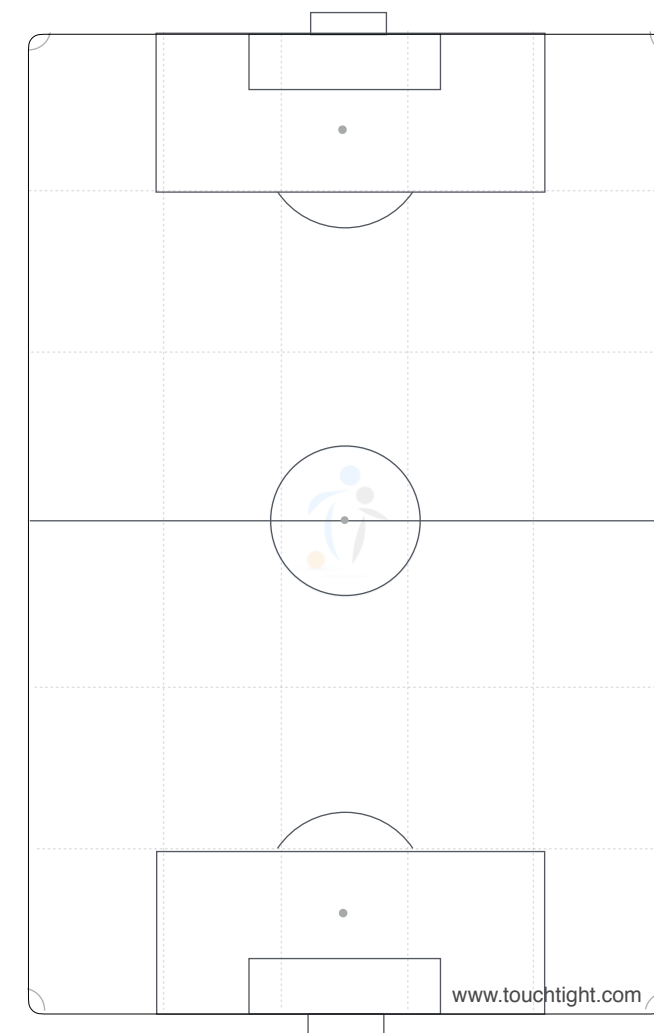
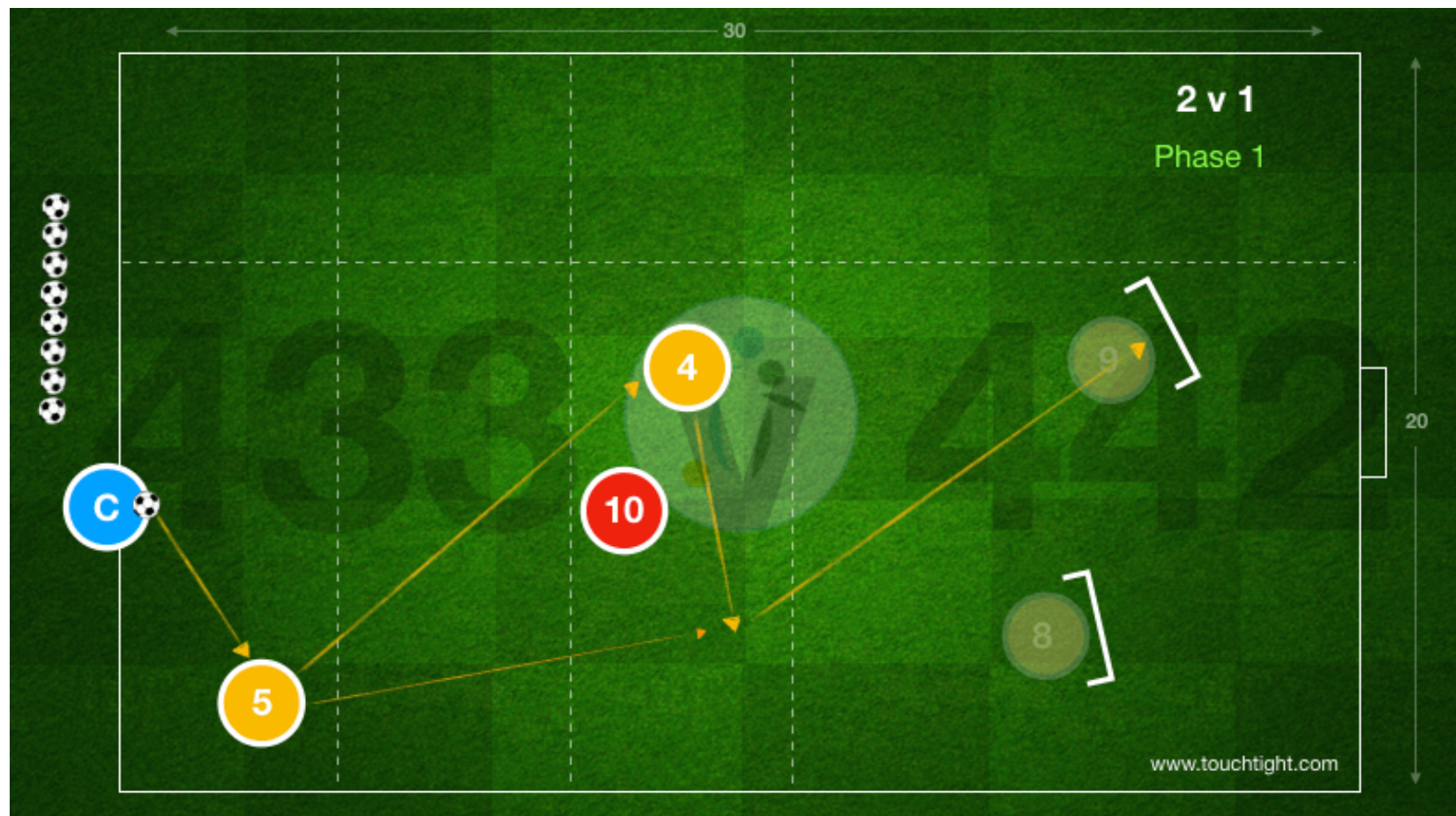
Players

Duration

Type: Opposed 1 v 1

Area:

Team Objectives:



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Set Up & Organisation:

- This practice is a 2 v 1 possession practice. With a 433 against a 343 we look at how our central midfielder can connect with our central defender to eliminate an opposition striker. The possession area is a 15 by 18 with 2 mini goals replicating a midfielder (8) and striker (9). Our defender must begin in the first zone, with our opposed striker beginning the press in the third zone shown, together with our supporting midfielder (4). The attacking pair can gain 2 points for playing the midfielder in behind the striker to a finish.

Progressions & Constraints:

- Allow the striker to high press, with the coach having to play the pass into the central defender first.
- Play the midfielder first, who can score if they gain entry into the final zone.

Key Coaching Points:

- If the midfielder receives possession off the shoulder to score they will gain one point.
- If our centre back can break into the final third to finish after a 1/2 the pair gain 3 points.

Questions & Notes:

- Where is the space created to play in behind and how can we achieve this?
- When you can be brave to break defensive pressure with runs on and off the ball?

Work / Rest Ratio: mins sets



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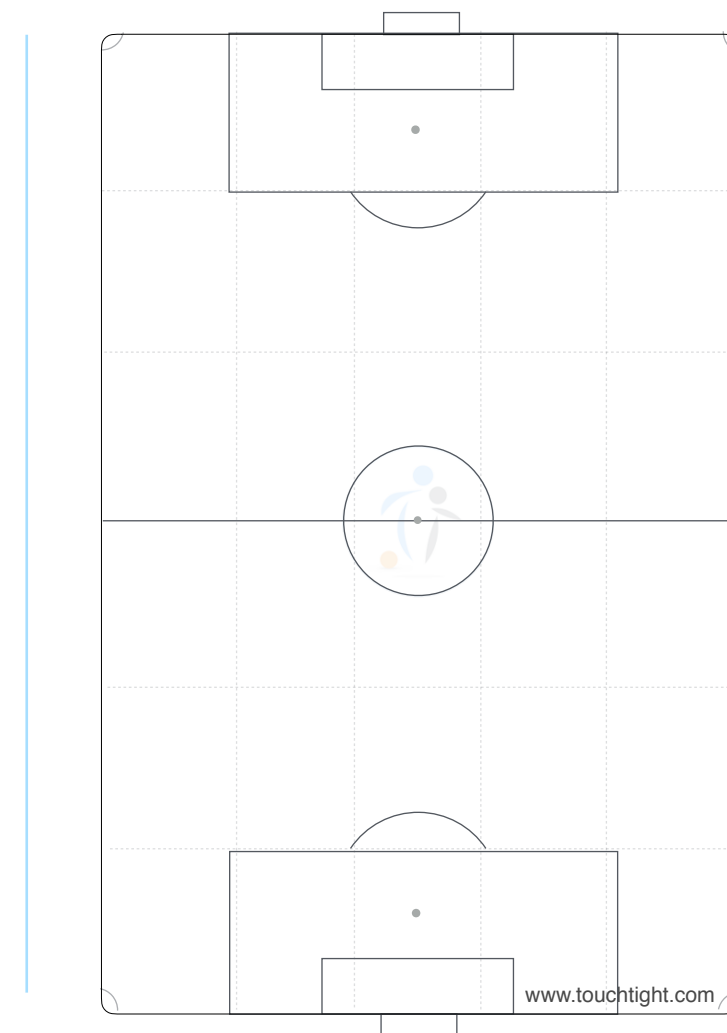
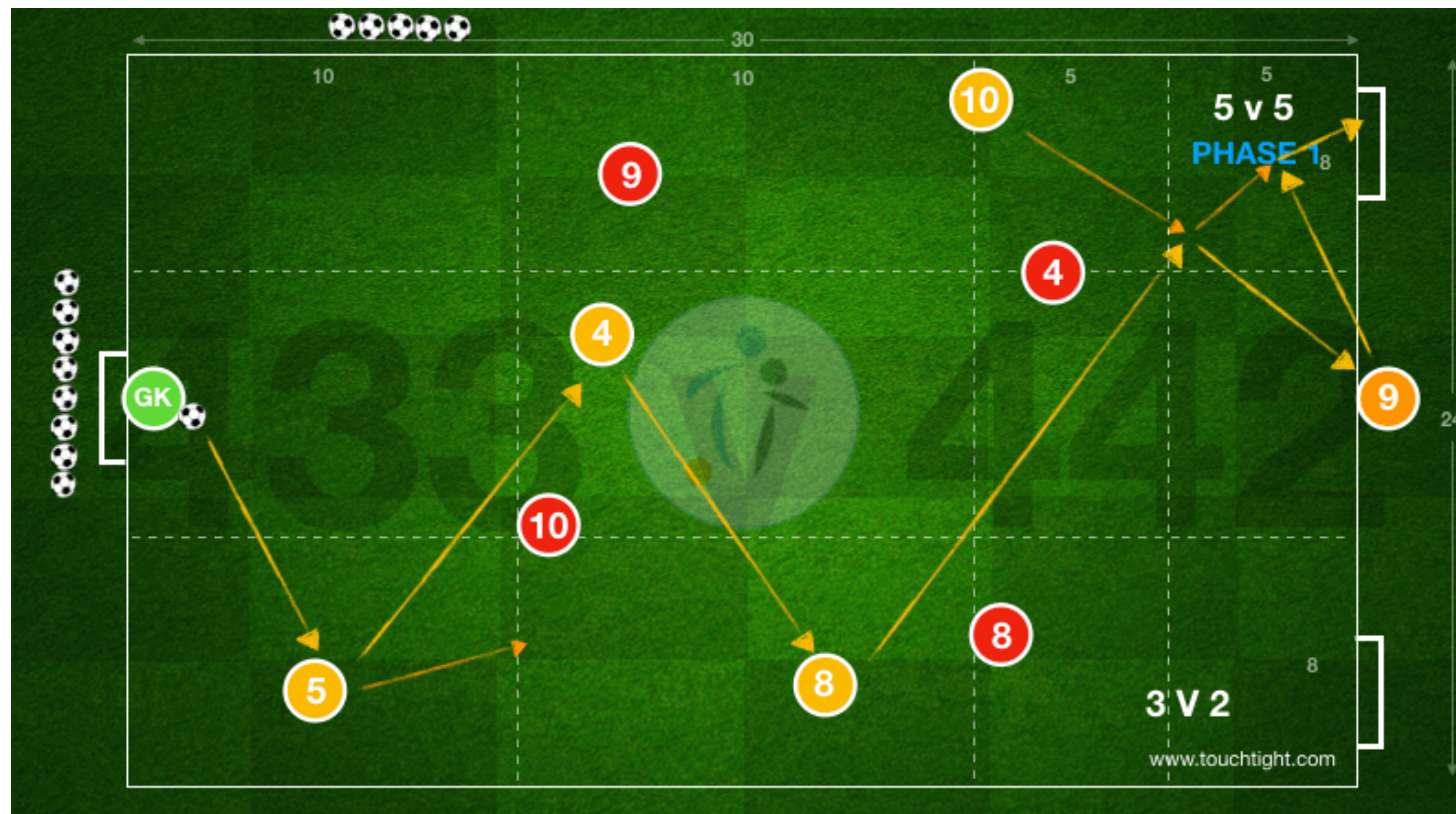
Players

Duration

Type: Opposed Skill 6 v 4

Area:

Team Objectives:



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Set Up & Organisation:

- This practice is an opposed 6 v 4 Skill Practice. This is based around our central players building play against a central 4 in a 442 as shown. In this 30 x 24 yard area, our central defender can play in the 4 zones shown, our deep midfielder (4) can play in the defensive 6 zones, with our attacking midfielders playing in the attacking areas.

Progressions & Constraints:

- Constrain attacking midfielders 8 and 10 to play on different horizontal lines.
- Challenge players by reinforcing the open shape of the 4 advanced players, before developing rotational movement between midfielder players.

Key Coaching Points:

- **Tactical** | Players must create angles that open passing lines into the floater (taking up the striker's position).
- **Technical** | Focus on creating wide angles for players before combining off the end floating player to finish in one of two mini goals on 1 or 2 touches.
- **Social** | Quick combinations, making use of overloads to progress play

Questions & Notes:

- How can we ensure space is created to play direct pass into the end player?
- How do restrictions in play, influence movement and playing style?

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

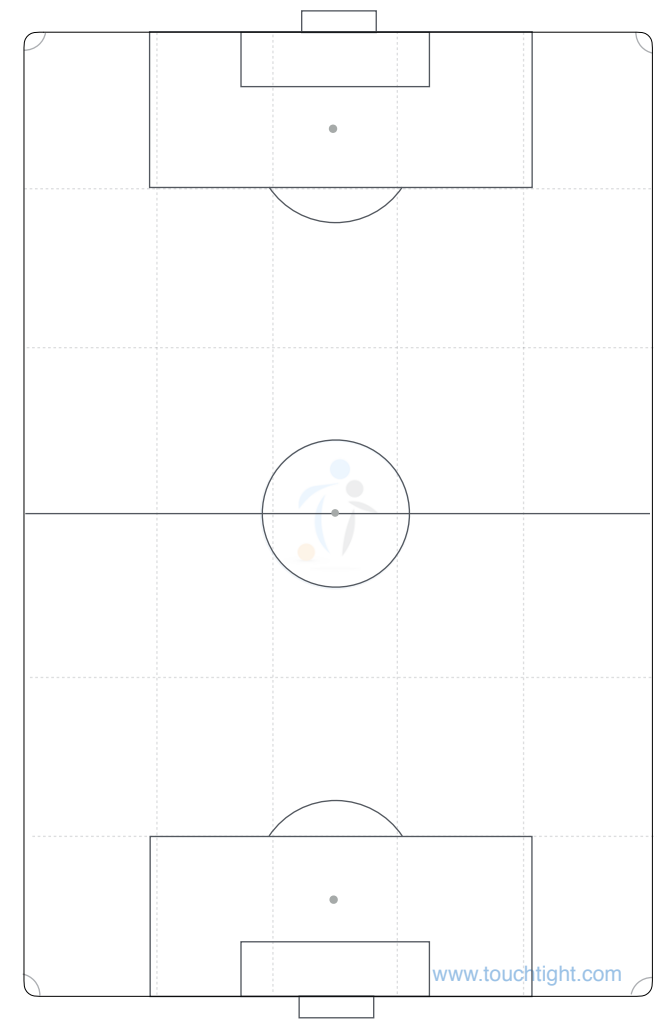
Player Trios initials	Objectives

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?



