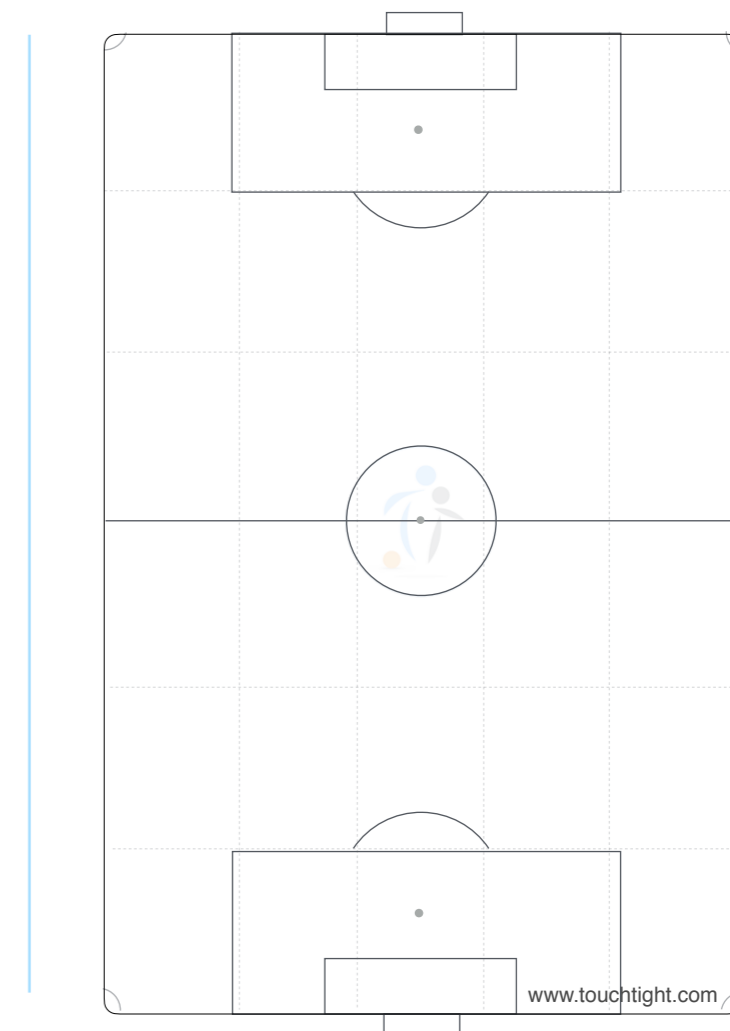
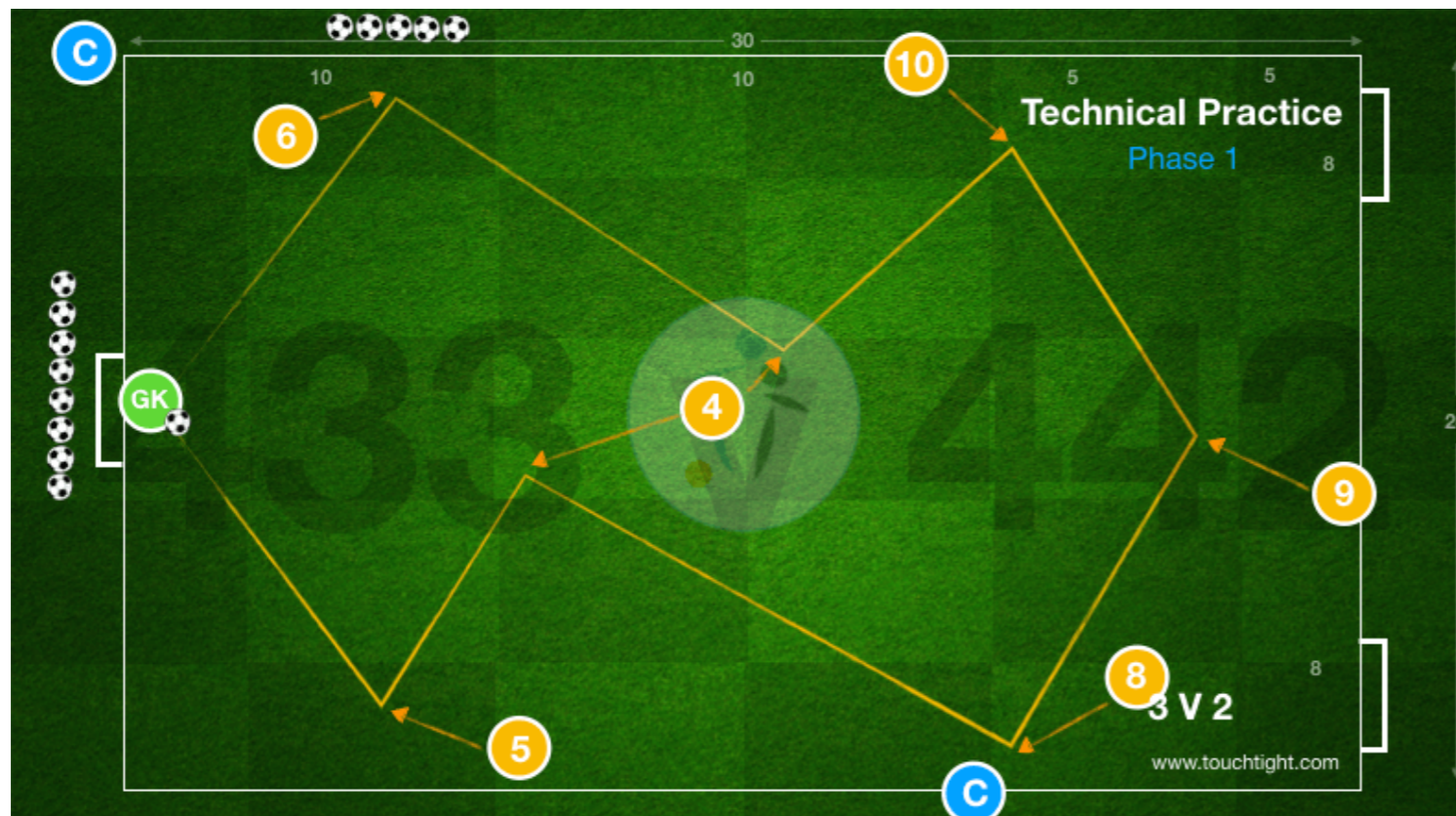




Type: Technical Practice

Area:

Team Objectives:



Set Up & Organisation:

- This practice is a technical passing practice to develop player relationships. This set up shows the passing sequence and possible combinations we are looking for in this formation. In a 30 by 24 yard area, 6 outfield players and a goalkeeper start on the blue discs and look to receive possession to build on the red disc, encouraging movement to receive. Once players combine back through to the Goalkeeper, they must now attack either of the 2 mini goals, with varied distribution.

Progressions & Constraints:

- We can now introduce 2 balls, forcing players to check away from their played pass quickly, preparing to receive the next ball
- We finish with constant attacks from the back, developing 3rd man runs and rotational movement between players.

Key Coaching Points:

- **Tactical** | Understand teammates movement to build play progressively
- **Technical** | Weight of pass and quality of touches to play quickly
- **Social** | Cohesive movement between players, developing close relationships

Questions & Notes:

- What movements do your teammates make that influence your decisions?
- When can you play one touch and how can you help teammates do the same?

Work / Rest Ratio: mins sets



Session Date

Season

Age Group

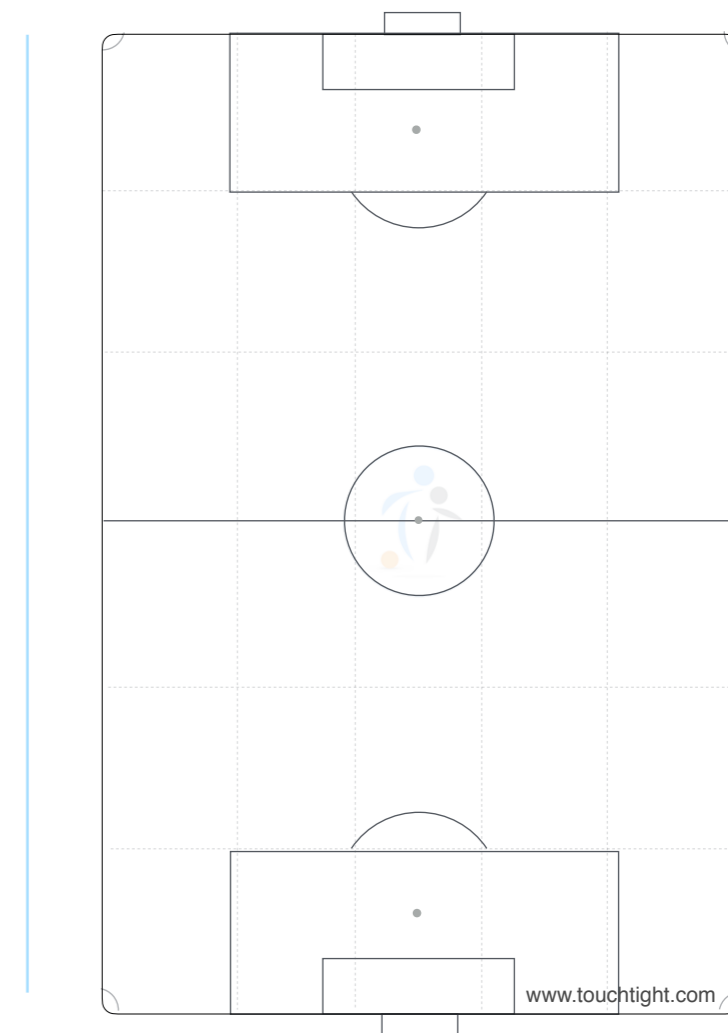
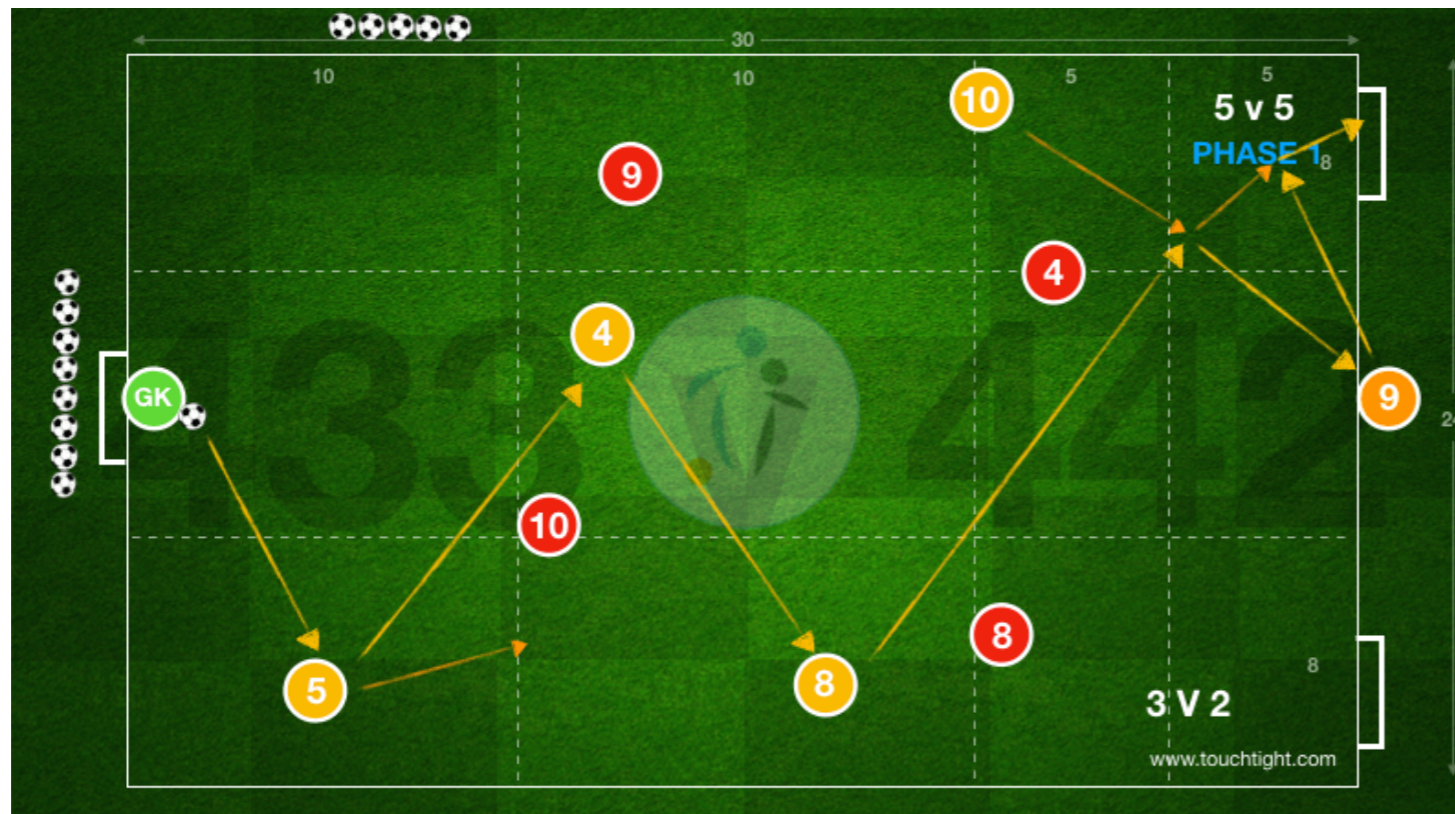
Players

Duration

Type: Opposed Skill 6 v 4

Area:

Team Objectives:



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

Season

Age Group

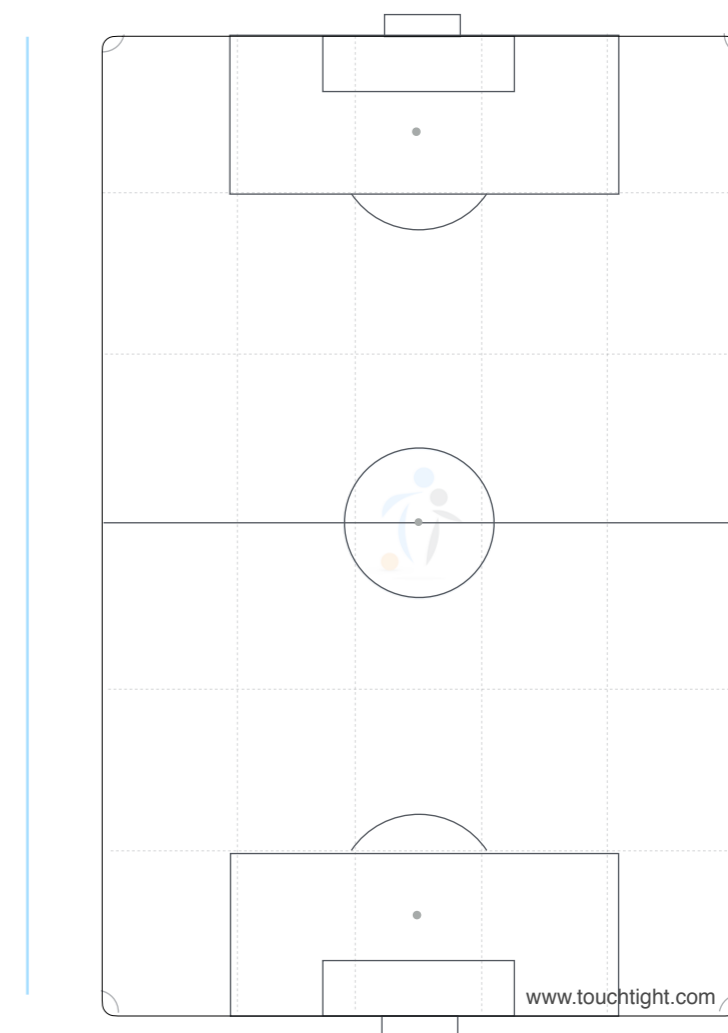
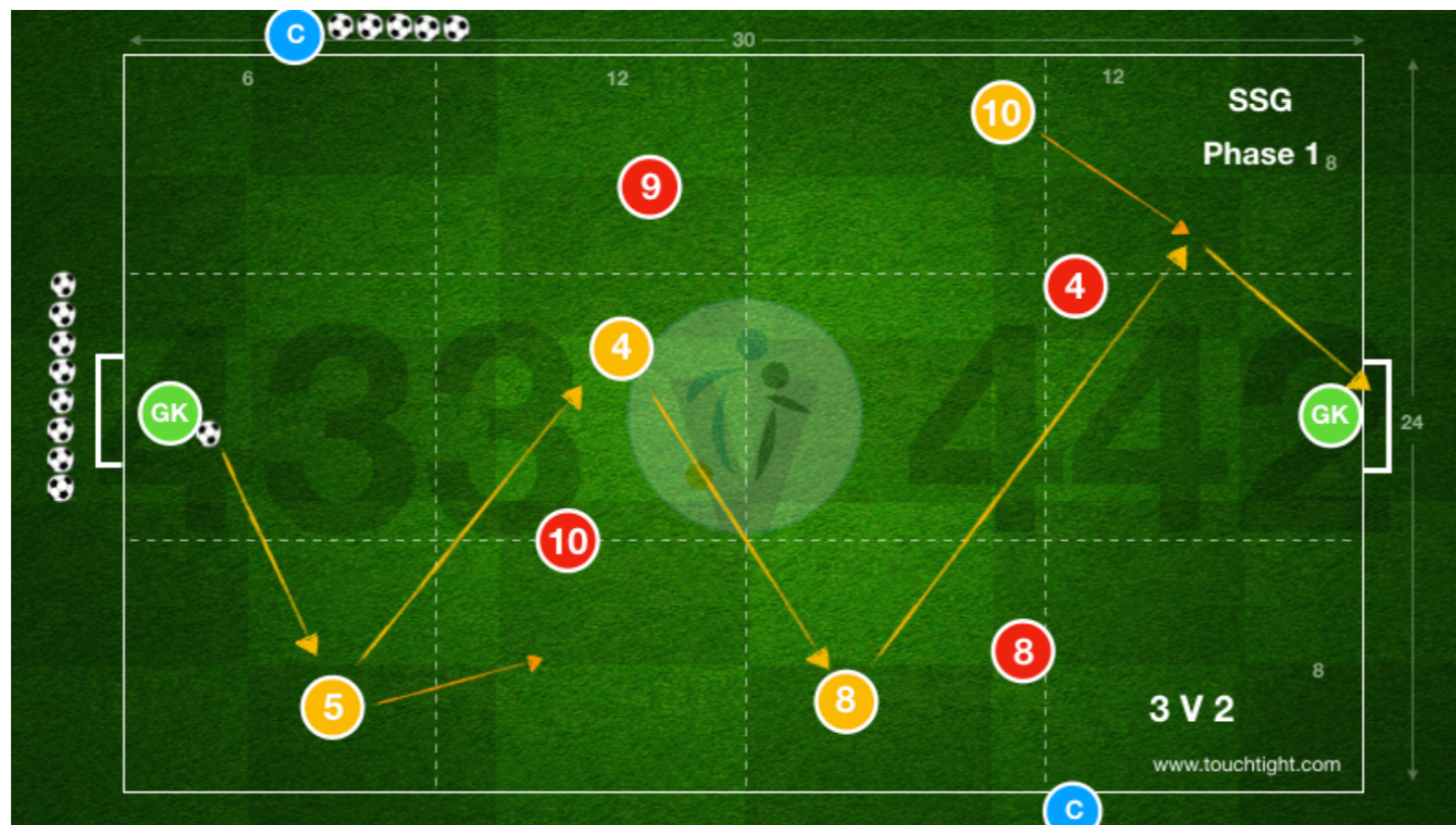
Players

Duration

Type: Small Sided Game 5 v 5

Area:

Team Objectives:



Set Up & Organisation:

- This practice is a 5 v 5 Small Sided Game that builds on the Key coaching points established in our 6 v 4 opposed skill practice. We begin with a focus on player's positions in this SSG, constraining players in their positions with areas of flexibility. We allow Gold players to have a maximum of 2 players in any vertical or horizontal space with reds also constrained, with 2 players allowed in each half. We can see how this influences their positioning in the build-up phase, with players identifying spaces created by teammates to produce overloads.

Progressions & Constraints:

- Progress by adding a scenario for the attacking team, whereby goals are determined by the number of players eliminated with the final pass.

Key Coaching Points:

- **Tactical** | Creating overloads in specific areas of the pitch to draw pressure
- **Technical** | Short, sharp combination play in build up
- **Social** | Teammate understanding, where do they run, pass or dribble with the ball?

Questions & Notes:

- What are the effective patterns that have allowed you to break the defence?
- What rotation or creative movement could create more space higher up the pitch?

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

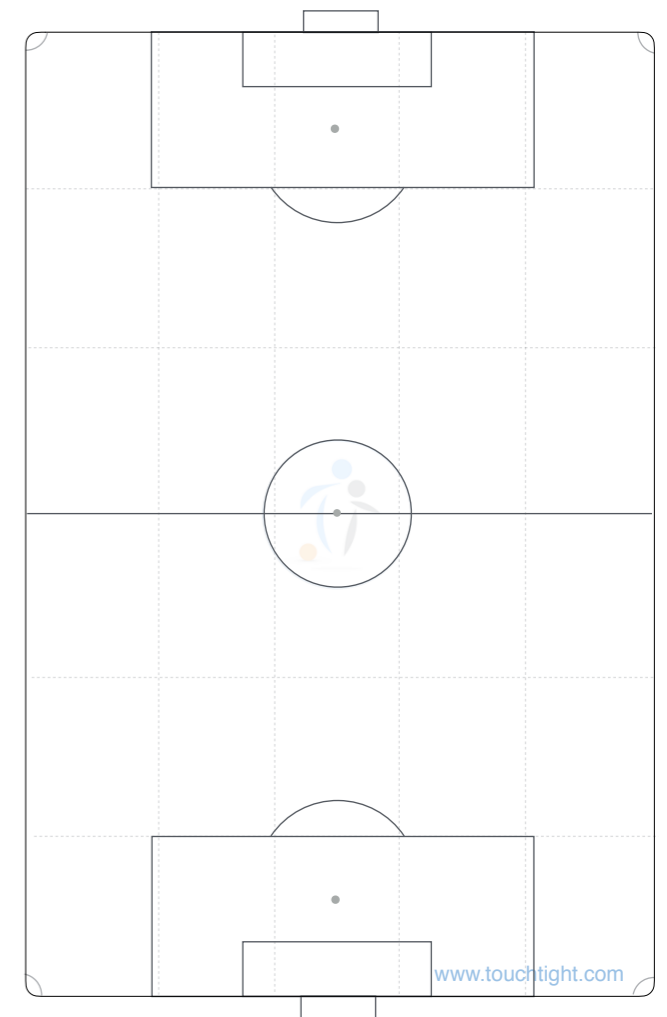
Player Trios initials	Objectives

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

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