



Session Date

Season

Age Group

Players

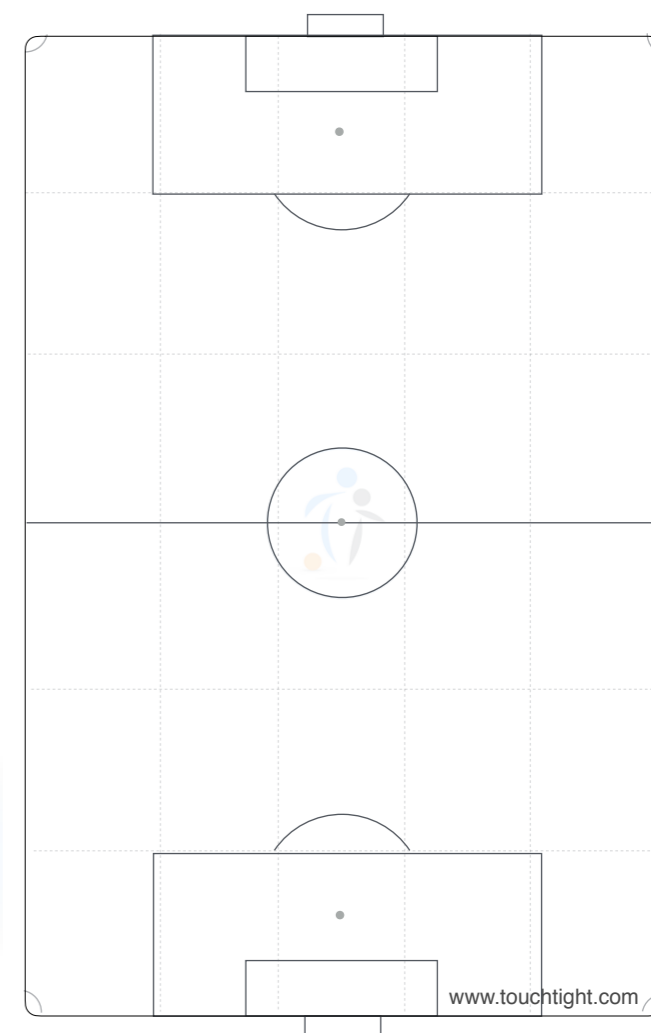
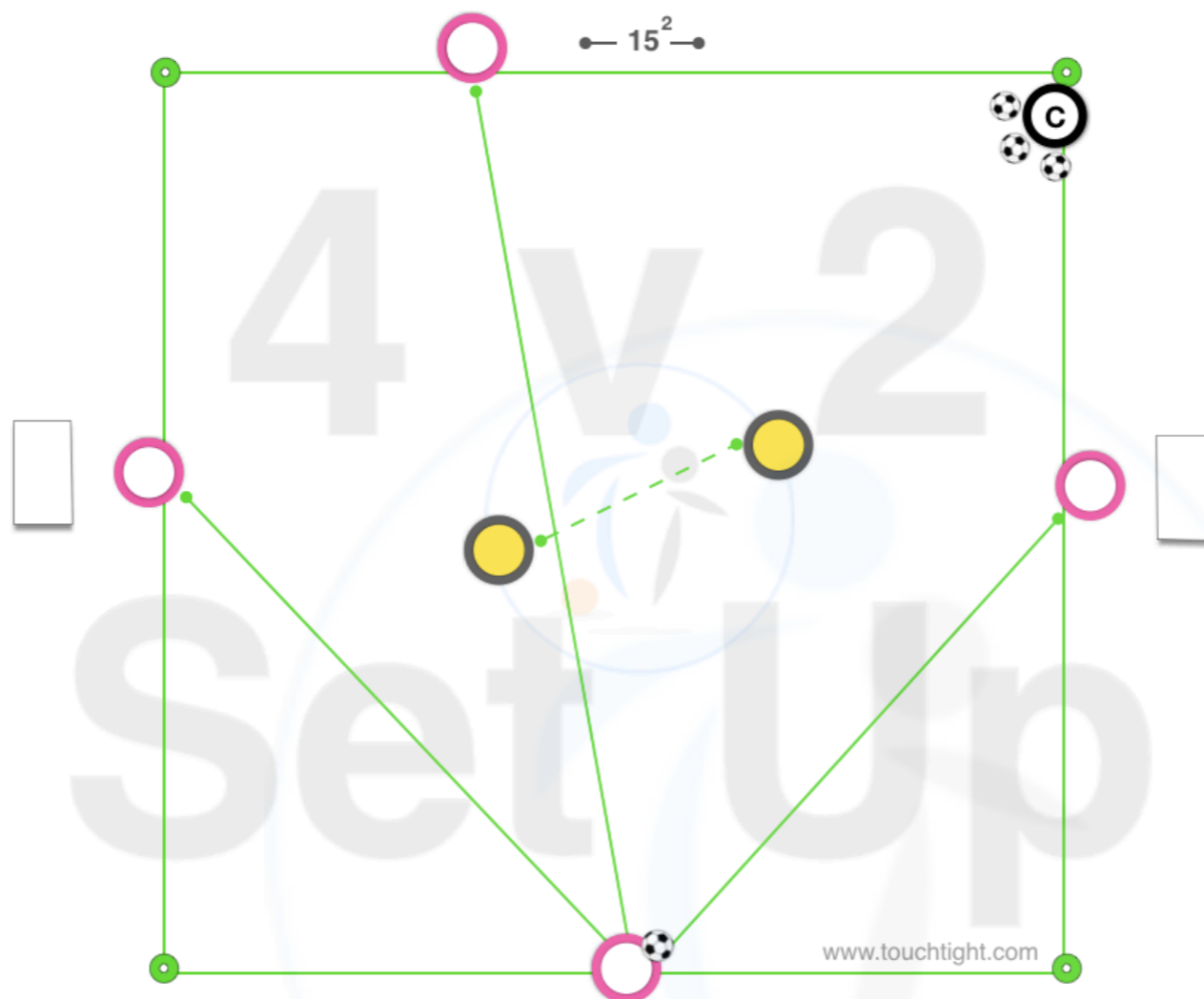
Duration

Type: Skill Practice

Area:

Team Objectives:

6 PLAYERS ON A 15 X 15 YARD SQUARE. 4 PLAYERS ON THE OUTSIDE KEEP POSSESSION AND TRY TO PENETRATE 2 CENTRAL DEFENDERS. WHEN 2 PLAYERS WIN POSSESSION THEY CAN SCORE IN ANY MINI GOAL.



Set Up & Organisation:

- This Diamond Possession passing practice, allows you to embed some simple principles in players who may be playing in a diamond formation, or simply to develop an understanding between units. Objective is for passing team to break the defensive pairs line with penetrative pass.

Technical Detail

- Body shape to play quickly.
- First touch away from defender.
- ABC (Agility, Balance & Co-ordination).
- Players keep ball moving.
- Receiving areas on controlling foot.

Key Coaching Questions:

- How can you create space better?
- What must you do when playing under pressure?
- Can you move defender around?
- How could we change this practice?

Additional Notes:

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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

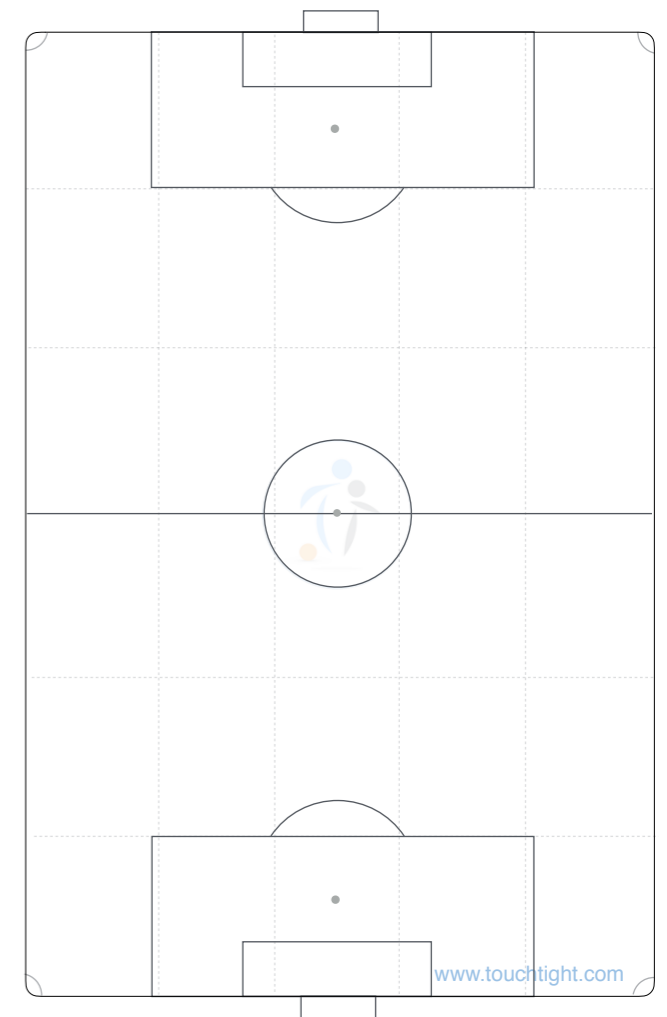
Player Trios initials	Objectives

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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