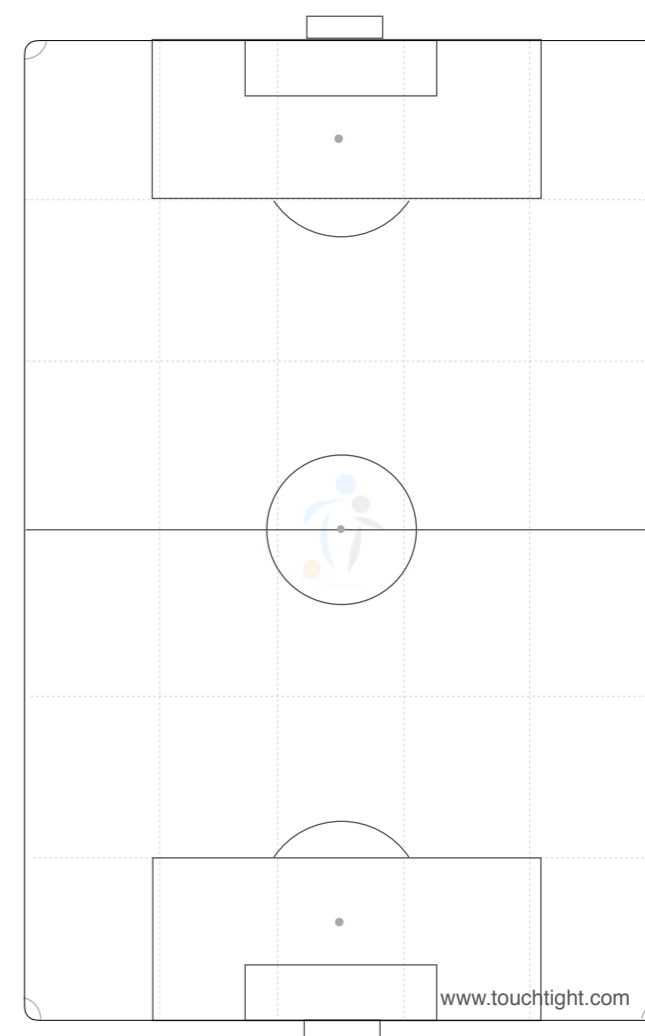
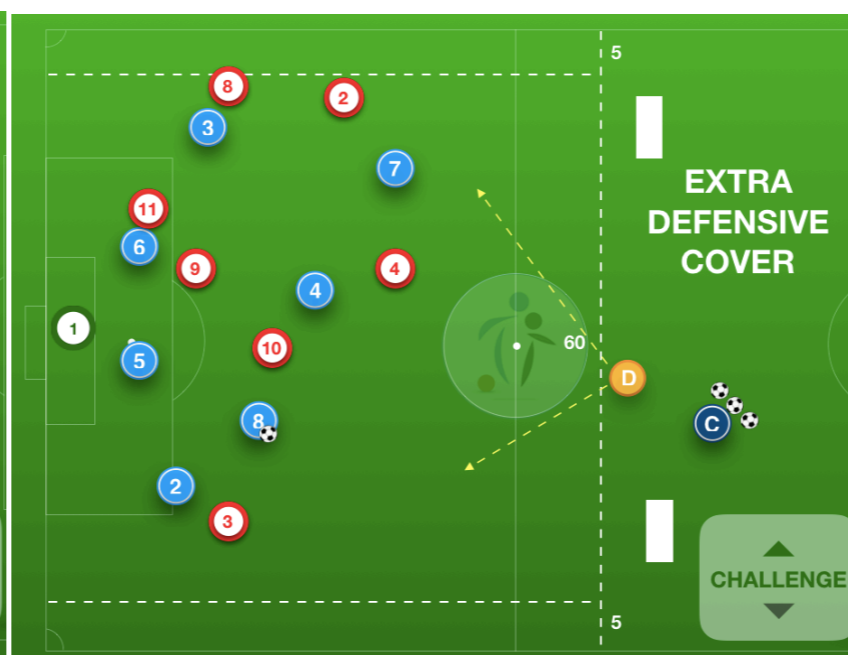
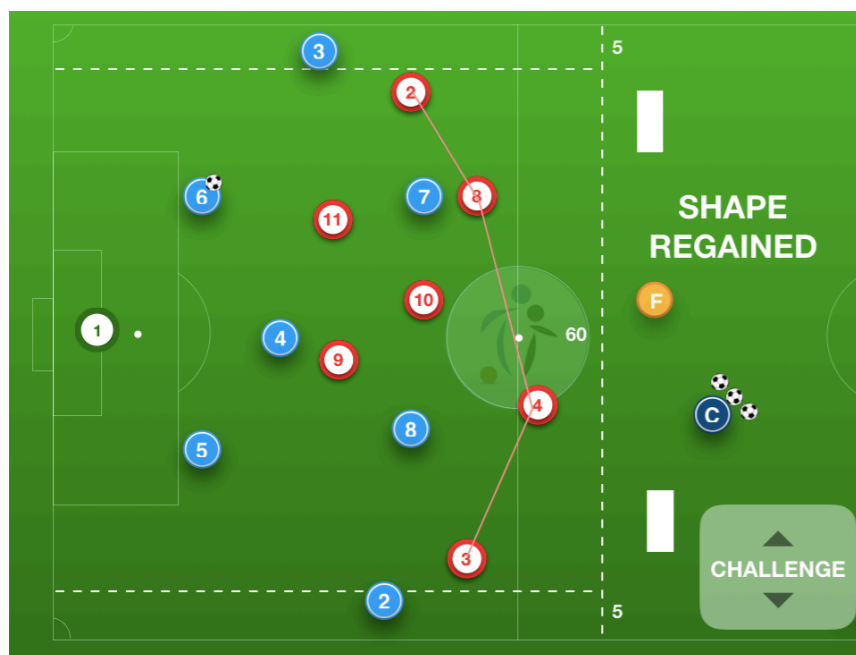




Type: Phase Of Play Practice

Area:

Team Objectives:



Set up / Organisation:

- This practice focuses on attack and defence, with attention given to the transition phase. CAM (10) plays pass into 2 strikers against 2 defenders to score in main goal against GK.
- If defenders win possession can they counter with either FB (2/3) to score in mini goals, becoming a 3 v 4 attacking overload.

Key Coaching Points:

- (Tact) Shape to be able to attack effectively, whilst maintaining balance to deal with the counter
- (Social) Recognition of players positions, focused on the 'What If'
- (Psych) Focused and able to switch mindset quickly from creative to protective instantly

Progressions / Constraints:

- Increase Challenge: Reds to have 10 seconds to score, which will encourage more expansive attacking play, making defending the counter more difficult.
- Balance Challenge: Floater can become defensive cover on the transition, providing Reds more time to recover into their shape.

Questions & Notes:

- How committed do you want to be with your attacking players (numbers)?
- Where do opposition pose the most threat on the counter attack and how can you limit this threat?
- How do progressions influence your mindset? Are you more or less defensively focused, and why?

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

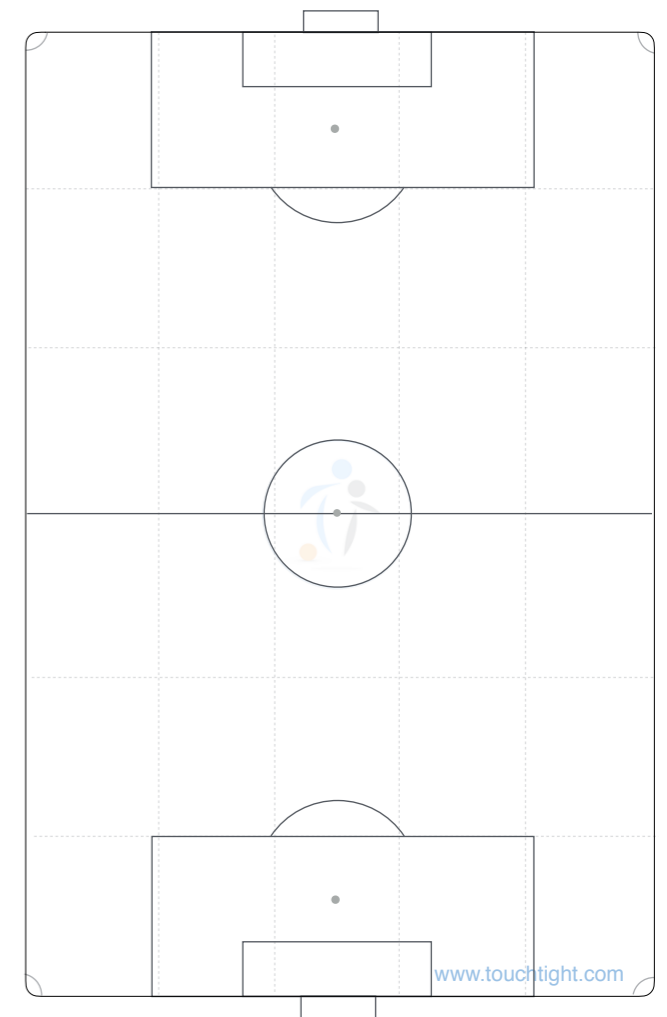
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



www.touchtight.com

Big Game Question
How will we apply this session to a game situation?

