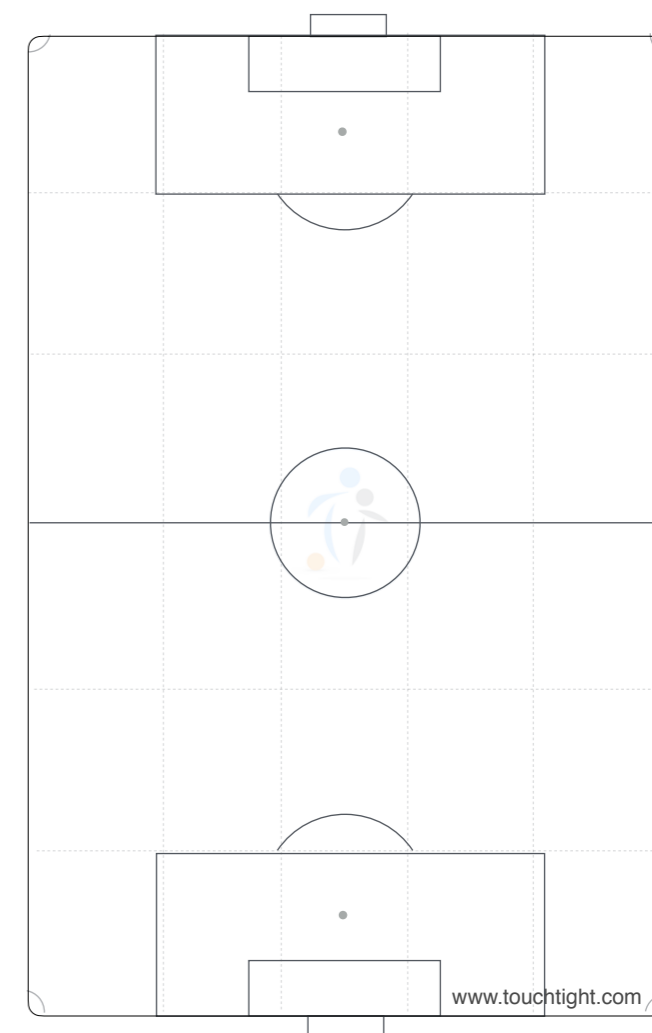
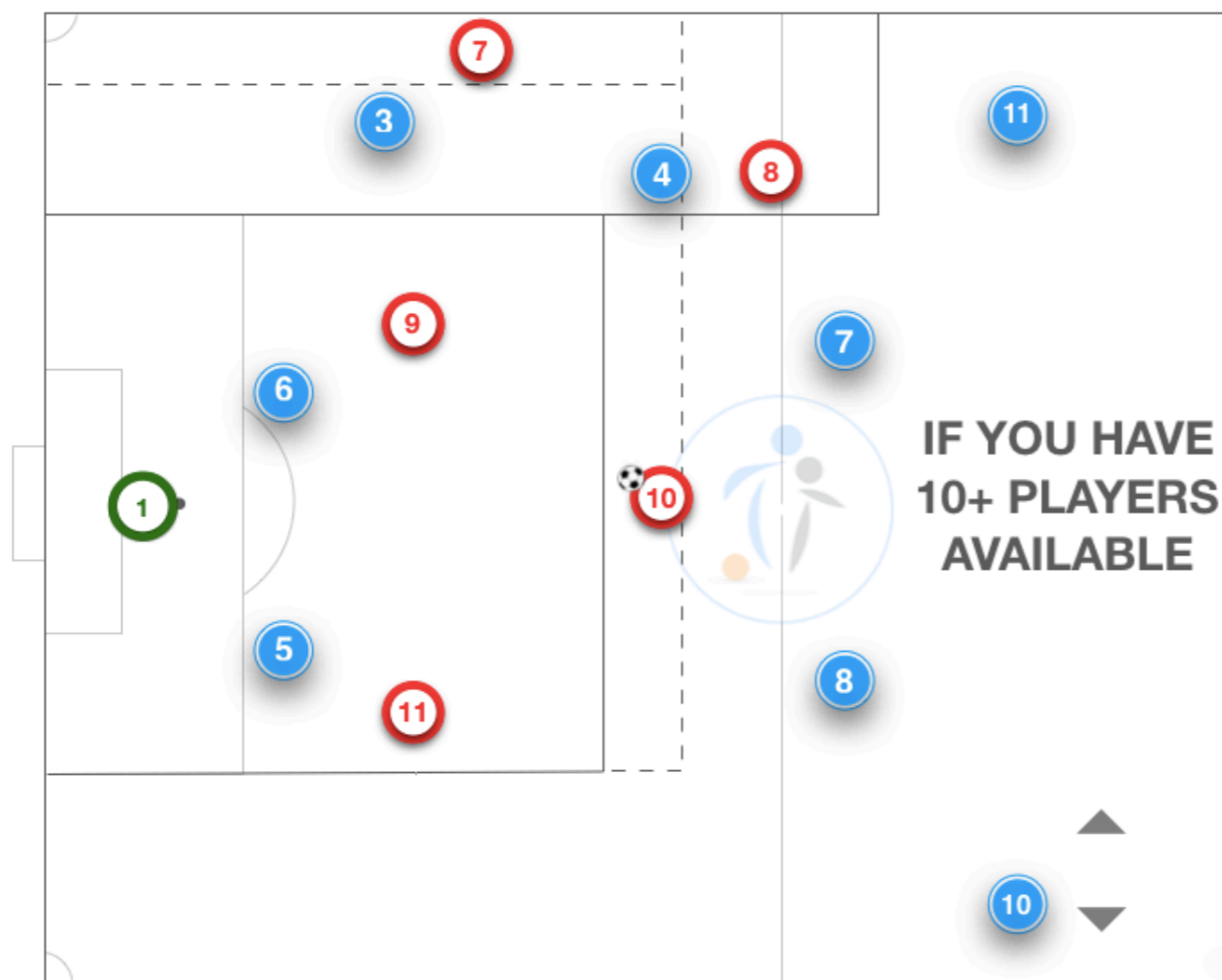




Type: Advanced Lead Practice

Area:

Team Objectives:



Set up / Organisation:

- These practices are position specific with a 3 v 2 in the central area and 2 v 2s in wide areas. Focus is on attacking players reaction to losing possession, limiting space or pressing to win the ball back in the right areas.

Key Coaching Points:

- (Tact) Focus on player understanding linking to the game, shape with 10 or 14 players.
- (Social) Transition for teammates, how can they recover for each other?
- (Psych) Determined when overloaded to make right decisions in pressing or delaying

Progressions / Constraints:

- Based on a 433 shape we can develop player to player relationships, linking practice to 11 v 11..
- If you have 14 or more players, we can introduce additional wide channels to recreate additional 2 v 2.
- Combine all groups, with either a 5 v 4 plus goalkeeper if you have 10 players. If you have 14 players, combine into a Phase with a 7 v 6.

Questions & Notes:

- What decisions are important in your 3 v 2 compared to 2 v 2 situations??
- Are you forcing play one way or keeping opposition players in front and why?
- How does the progression influence your defensive decisions? Focus on mindset and how you are influenced.

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

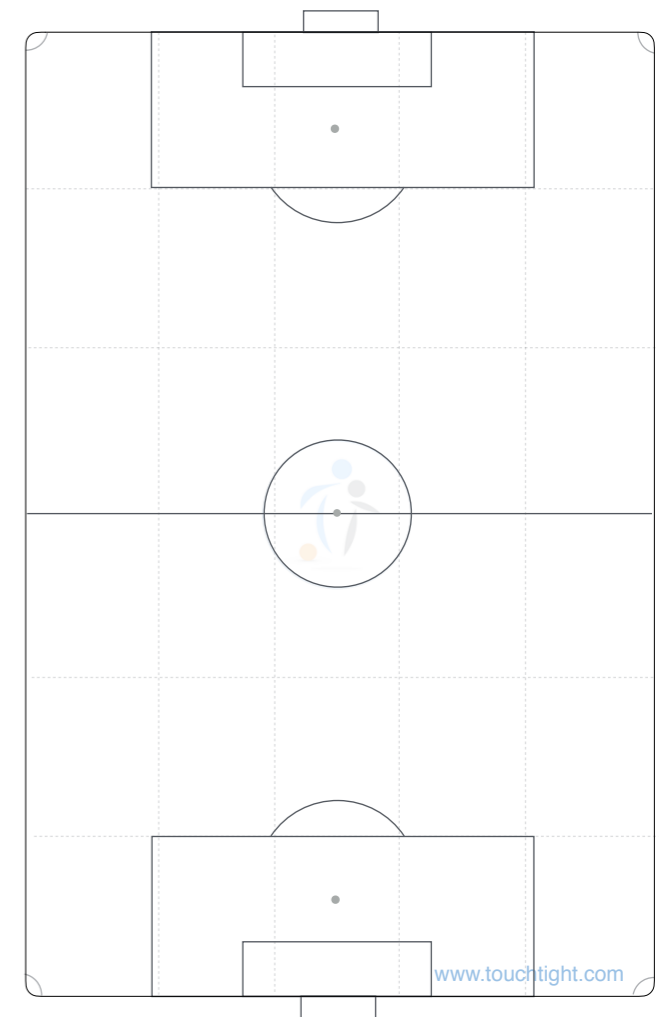
Player Trios initials	Objectives

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?

