



Session Date

Season

Age Group

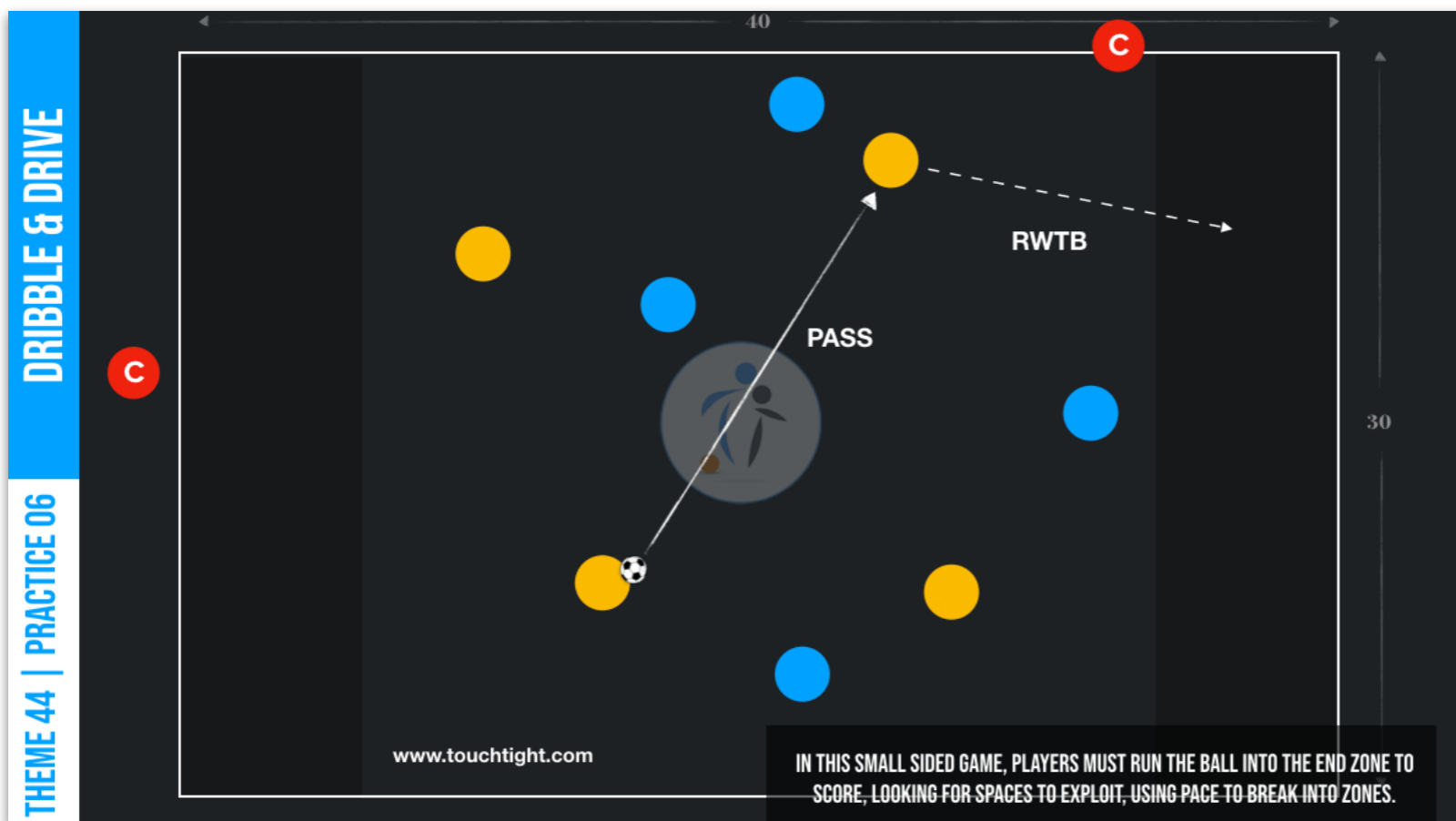
Players

Duration

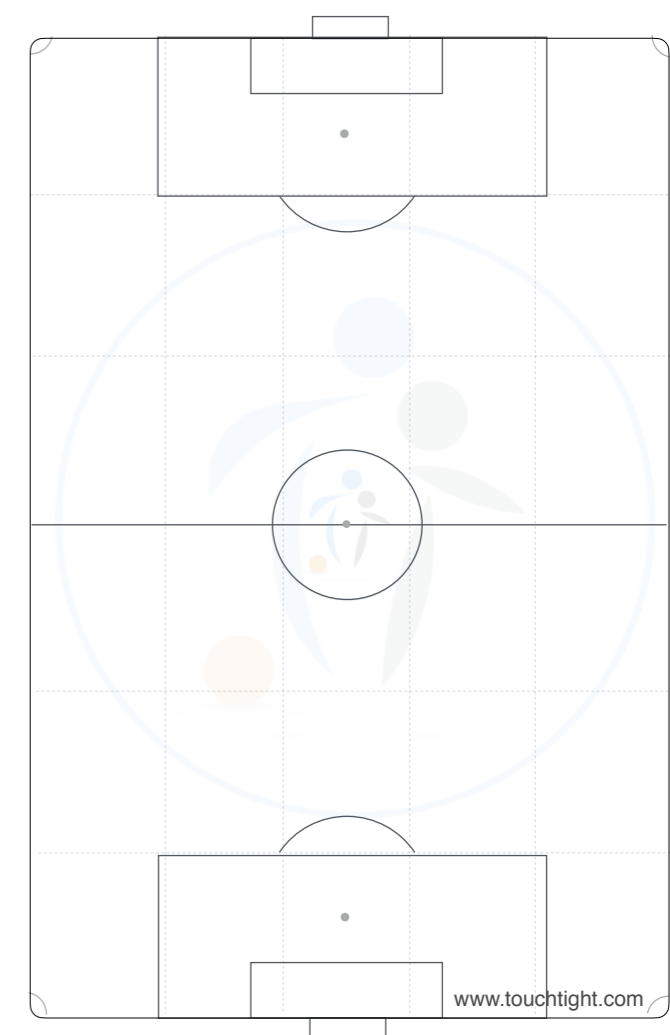
Type: Small Sided Game

Area:

Team Objectives:



IN THIS SMALL SIDED GAME, PLAYERS MUST RUN THE BALL INTO THE END ZONE TO SCORE, LOOKING FOR SPACES TO EXPLOIT, USING PACE TO BREAK INTO ZONES.



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Set Up & Organisation:

- Practice 6 of Theme 44 receiving to dribble and drive is a small sided game that encourages players to find spaces to run with the ball into an end zone to score a point. In this 4 v 4 possession, we have no goalkeepers or goals, putting an emphasis on the defending ability in dealing with attacking runners.
- Emphasise the need to defend effectively, setting challenges for attacking players. We can then focus on creating spaces for players to receive on the front foot to drive into the end zone.

Progressions & Constraints:

- Progress the practice by splitting the pitch into 4 zones, with defenders having to occupy all areas to deal in 1 v 1s. If beaten, teammates can support to double on attacking players.

Key Coaching Points:

- **Tactical** | Recognition of space to play forward into
- **Technical** | Running with the ball into space to break lines
- **Social** | Build relationships with teammates to attack and break space

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

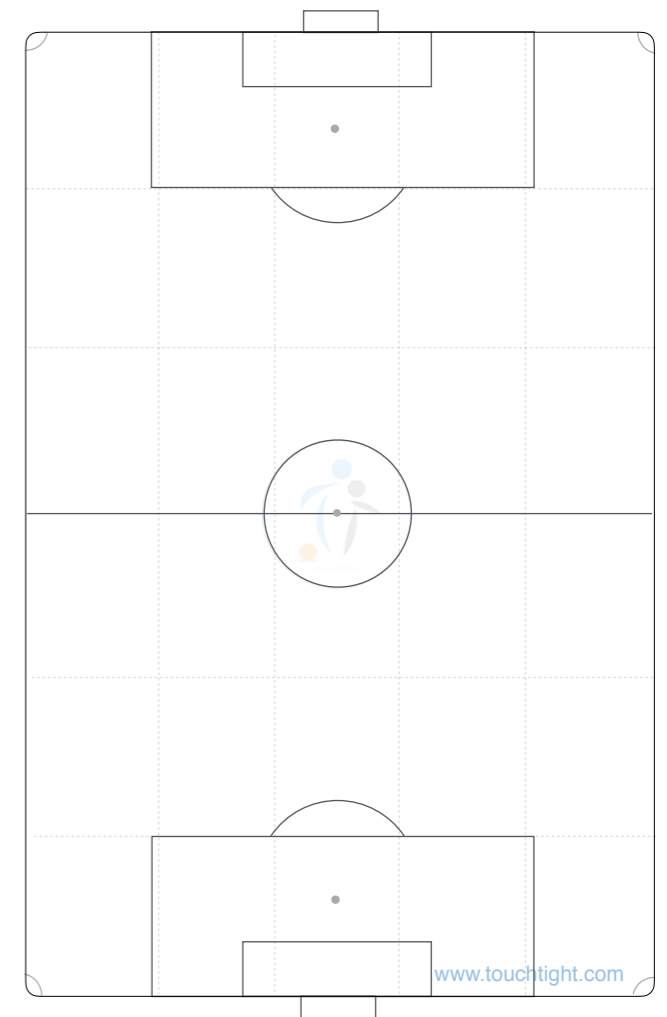
Player Trios initials	Objectives

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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