



Session Date

Season

Age Group

Players

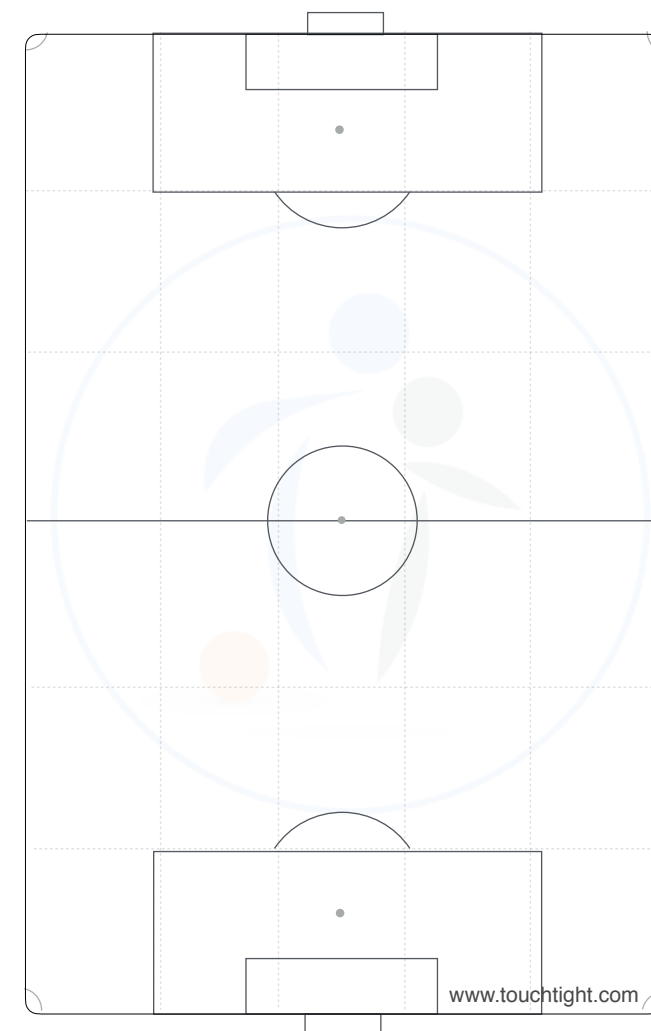
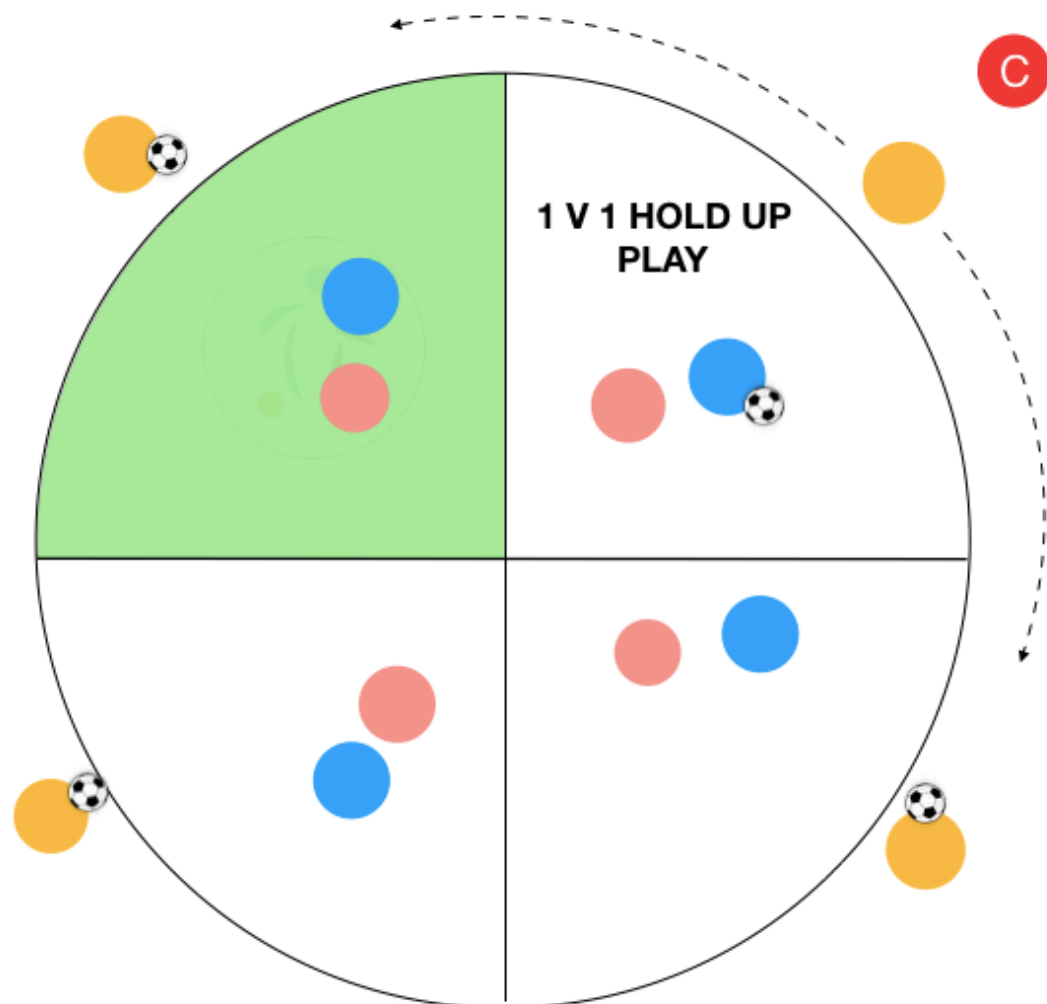
Duration

Type: 1 v 1 + Support

Area:

Team Objectives:

4 ZONES



**Set Up & Organisation:**

- Practice 1 of Theme 61 Protecting Possession, can be applied to players of all age groups and is a physical exercise testing individuals to hold up play in a 1 v 1. In a circle 20 yard in diameter (adjust for your age group), we split the area into 4 quadrants each with a 1 v 1 situation.
- The player in possession must then hold up the ball until a different player is able to support, allowing player 1 to bounce the ball back to the outside. The attacking player must then switch to another area to receive a pass off a different floater, with defenders remaining in their quadrant.
- On the outside a single floater will pass a ball into player 1, and then move to another quadrant on the outside.

**Progressions & Constraints:**

- Progress by creating 2 v 2s in each area with 2 support players, one outside player will then rotate between groups, as will one attacking player on successfully keeping possession.

**Key Coaching Points:**

- Physical: Strength to hold up play in 1 v 1 situations
- Cognitive: Recognition of when and how to connect
- Technical: Touch and passing to combine when needed

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

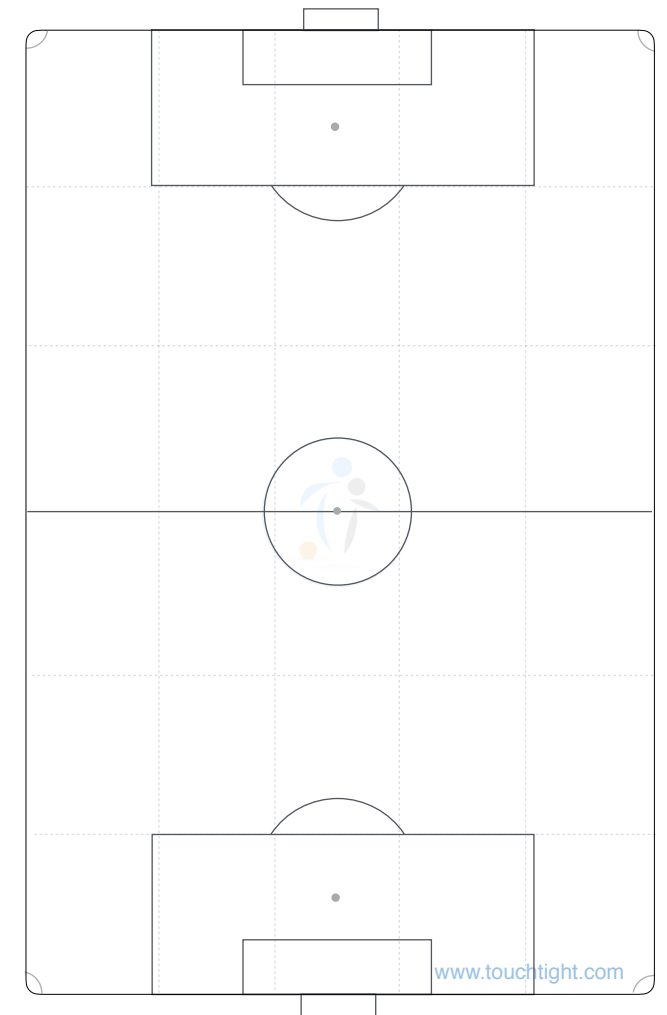
Player Trios initials	Objectives

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

