

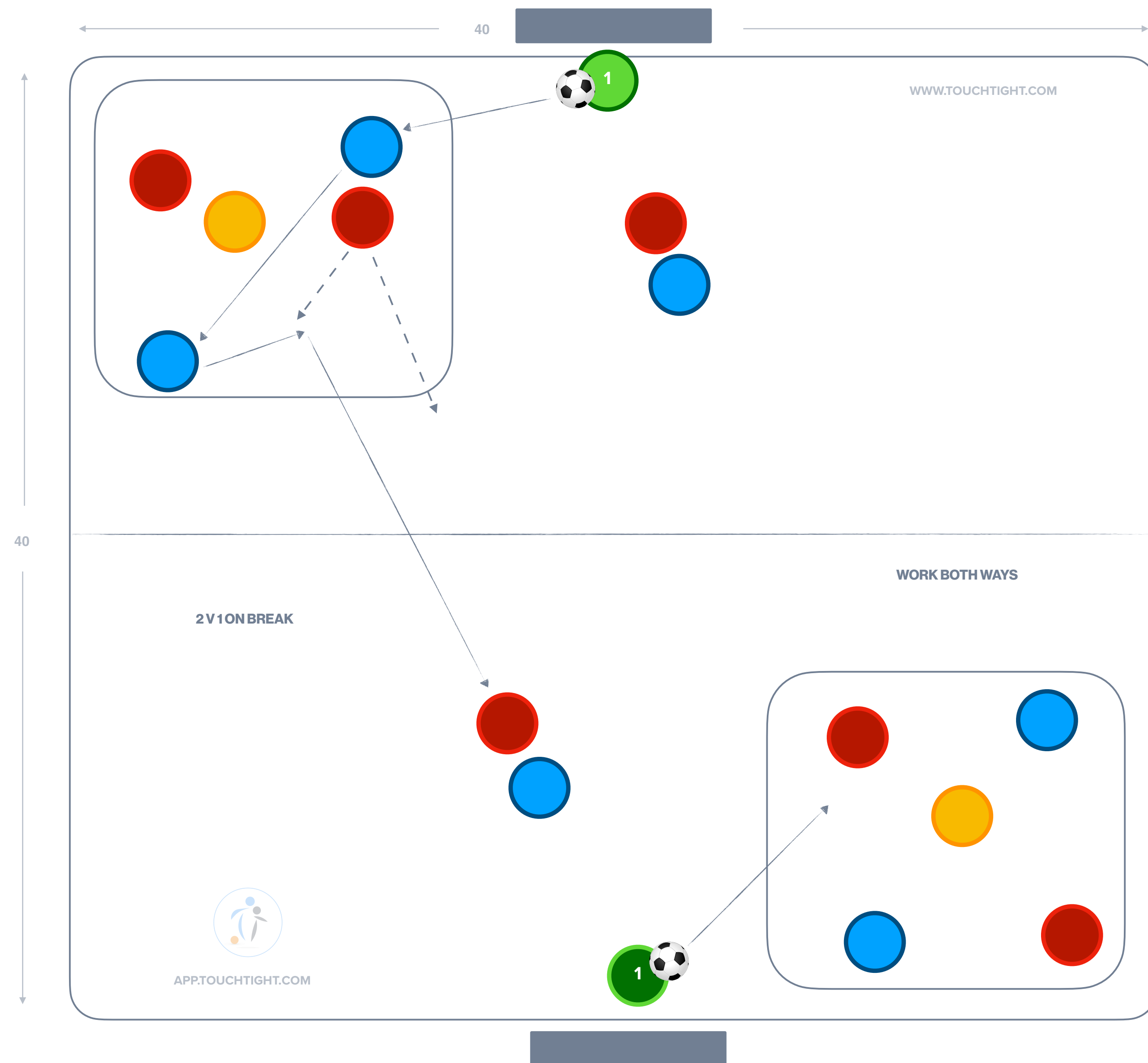
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



SCAN ME

VIDEO

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Coach Notes

Organisation

Practice 3 of our counter attacking theme has a 2 v 2 with a floater in a 15 by 15 square in each corner of the practice. When possession is won, one of two players must play the ball into an awaiting striker with one player able to support, creating a 2 v 1 to finish; the practice must work in both directions.

Key Coaching Points

- Increase tempo on winning possession
- Quality of forward pass to initiate the counter
- Timing of single and double player support
- Ability of striker to hold up play
- Final pass to create opportunity and finishing technique

Progressions

- Two attackers join the striker while one defender can drop in to create a 3 v 2 overload on the counter.

Player Questions

- How can you draw out the defender when attacking in a 2 v 1 overload?
- Are you able to recognise the time when to shoot at goal when attacking?
- Where can defenders position themselves and their body to close down as many angles as possible for the attacker?

Area Size	Duration	Sets
Intensity	Work to Rest Ratio	Energy Type



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Player

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(s)	Objective	Tech / Tact / Soc / Phy / Psych	Evaluation

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Evaluation

Coach (Self)
Session Organisation

Players (Motivation / Engagement / Learning)
Action Points