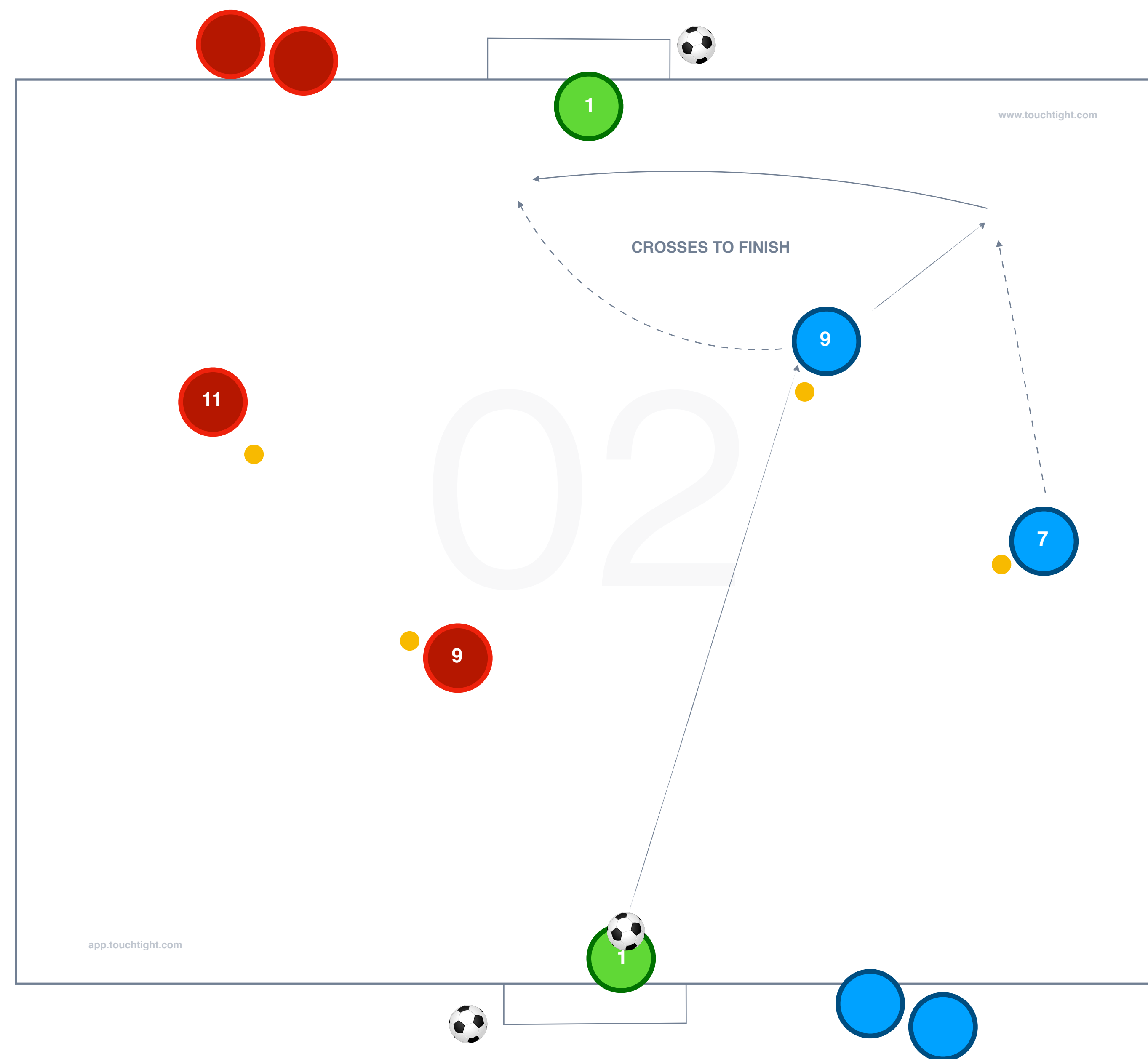


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



SCAN ME

VIDEO



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Coach Notes

Organisation

Practice 4 of theme 2 is played in a 30 by 30 yard square, with a goalkeeper at each end and 2 groups of players at the side of each goal, combining to score. Players must combine in one and two touches to get a shot off on goal or for a cross to be delivered for a finish. Players must move to the next station once each sequence is complete.

Key Coaching Points

- Quality of pass (short and long)
- First touch to maintain practice tempo
- Timing and angle of supporting run
- Finishing quality in 1 v 1 with GK

Progressions

Alter the sequence by adding a quick 1-2 between the striker and winger ending with a finish from the wide player.

Player Questions

1. Are you able to provide a high quality cross without the goalkeeper intercepting?
2. What type of finishes are best from a ball being delivered from wide?
3. How can you improve your one touch passing when combining quickly?

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)	Players (Motivation / Engagement / Learning)
Session Organisation	Action Points