

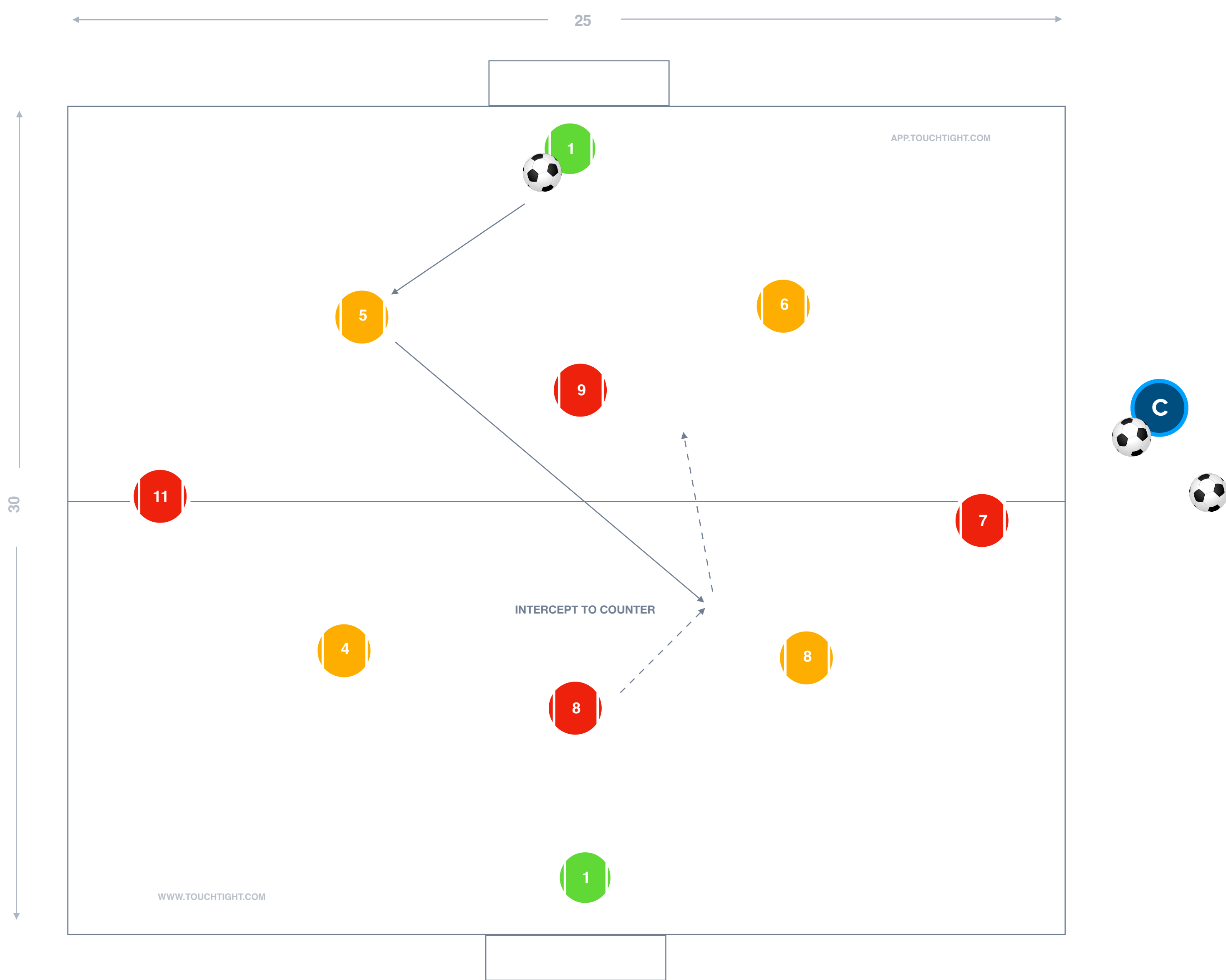
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



SCAN ME

VIDEO

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Coach Notes

**Organisation**

This SSG is played in a 25 by 30 yard area, with a goal and GK at each end, and 4 v 4 in pitch area. Objective is for players to develop quick counter attacks through effective defending and then make full use of overloads and spaces created. Encourage immediate counter attacks through start positions, or allow to free flow and focus on coaching to press high and manage opposition to keep possession with task constraints.

**Key Coaching Points**

- Recognition of most effective type of counter (individual, combination)
- Quick decision making in the attacking half
- Rotational movement to receive the ball in space
- Clinical finishing

**Progressions**

- All players must be in the attacking half to score.
- Create a zone where defenders can receive the first pass before immediately being pressed by the opposition win a 3 v 2 and 2 v 1 setup.

**Player Questions**

- How can you draw defensive pressure and exploit the spaces left by the team?
- Are you able to make effective decisions when in the final third with an attacking overload?
- Can you counter quickly when making an interception deep in your own half?

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