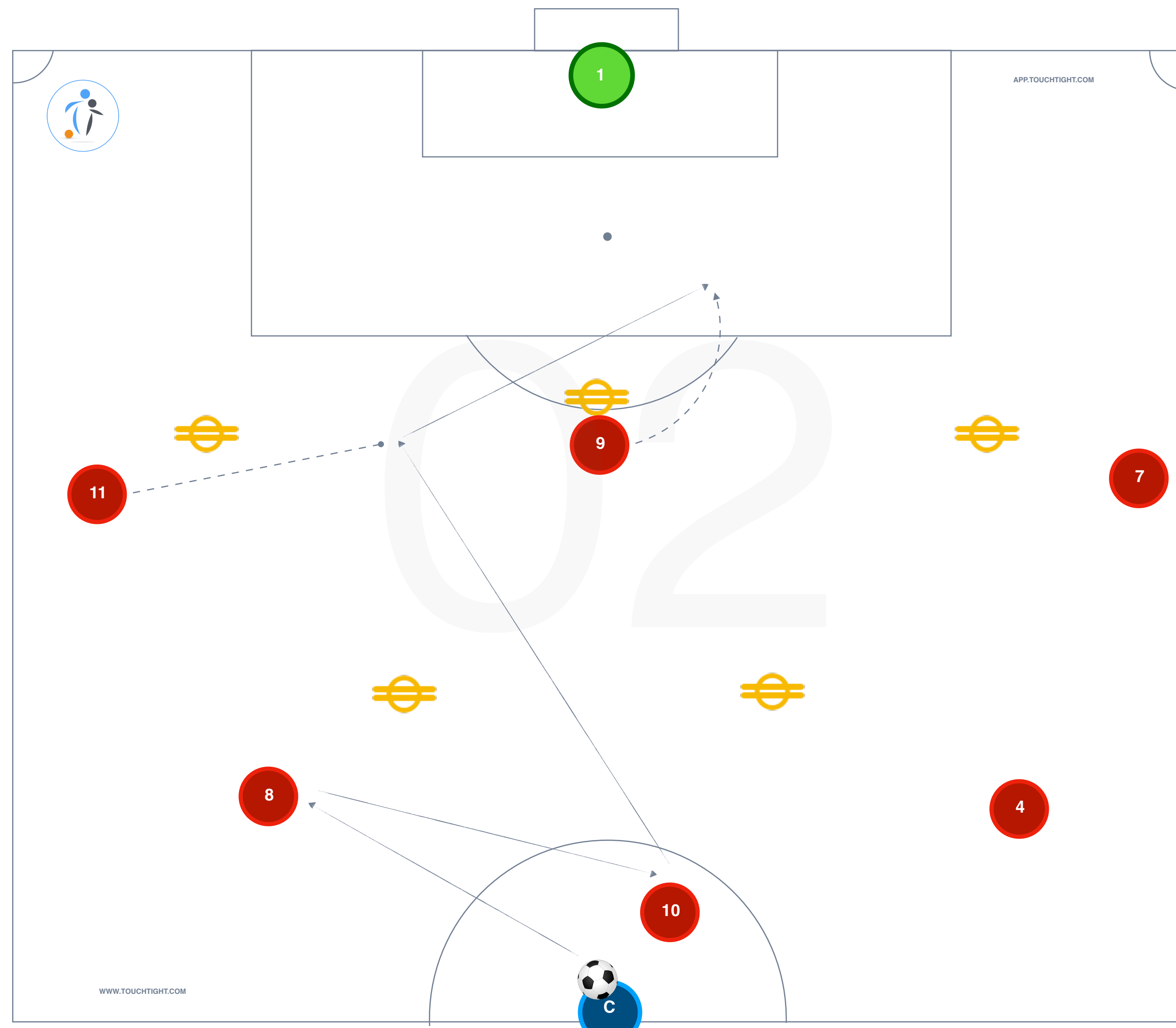


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



SCAN ME

VIDEO



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Coach Notes

Organisation

This Pattern Of Play practice can take place on a full size pitch, with a complete team or in units. For the purpose of this practice we will have 9 players and balls positioned on the pitch as shown. Players must react to the number call from a coach or from ball played into a specific area as players react, be creative as a coach to stimulate individual players.

Key Coaching Points

Coach plays into midfielder, who plays first touch into an inside wide player who looks for a direct ball into the striker. All players replicate positions taken up. Wide counter, with advanced full back, winning possession off winger & countering either through wide player, or striker. What is the best decision? Breaking lines counter from midfield into wide player. Quick support provided by full back to play 1-2 & through ball into striker. Quick play?

Progressions

Variations in the combination play between the players. Encourage one-two's and quick play to replicate match situation. Add two defenders to create realism when playing final pass/cross.

Player Questions

- How quickly can you react to coach call?
- Who is the slowest to react and why?
- What different types of counter can you come up with?
- Can you encourage passer to play best option?

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