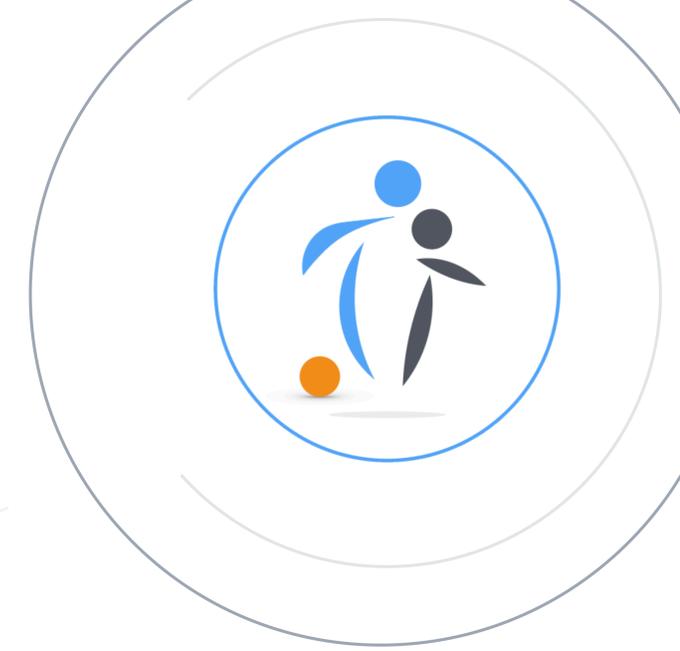


By: touchtight coaching



SCAN ME

VIDEO



SESSION 12.

Playing Through The 10

Minimum Age: U17+

Number of Players: 14+

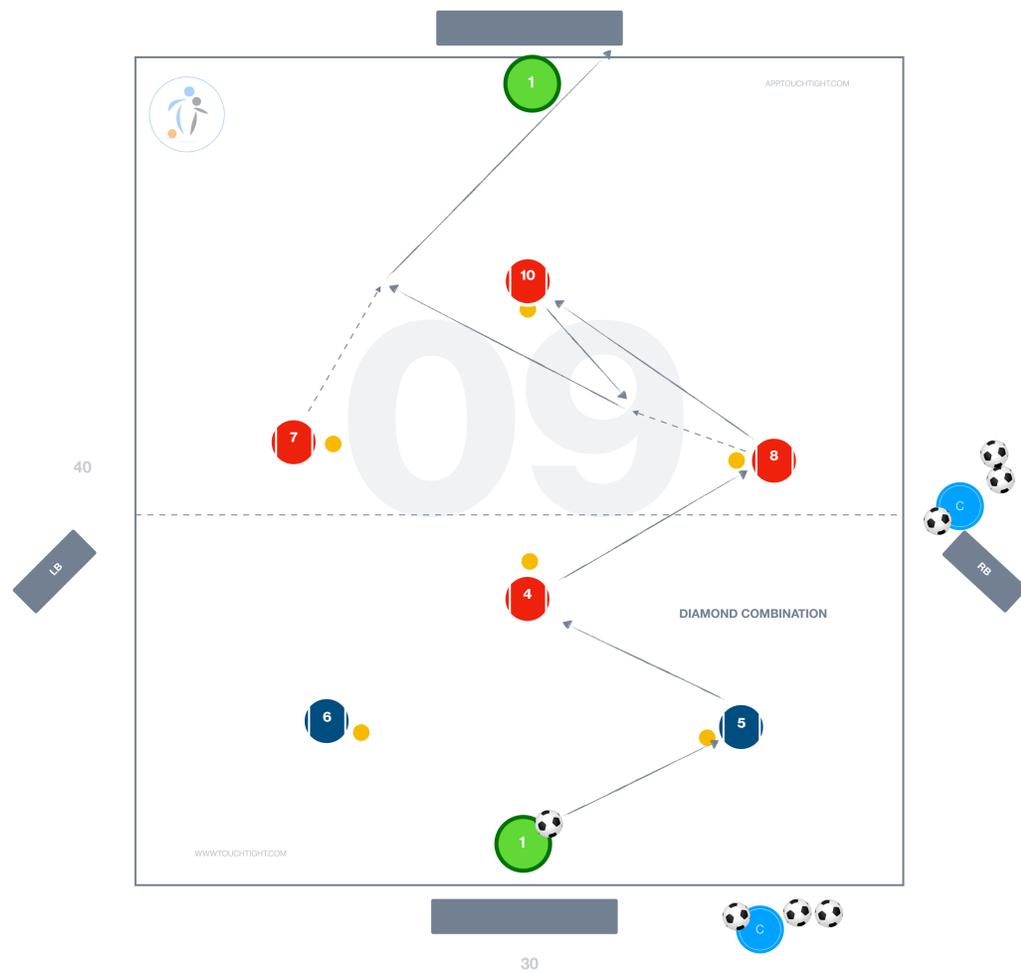
Duration: 90 Minutes

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



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Coach Notes

Organisation

This practice is a Lead practice in theme 9 and is focused on combining to a finish in a diamond shape. We begin with the goalkeeper playing out into central defenders, who then combine in one and two touches with the midfield 4, who must finish from a through ball. Once shot taken, coach plays a pass into the attacking players where 3 players will then attack the 2 central defenders immediately.

Key Coaching Points

1. Finishing technique around goal
2. Ability to build up play with accurate passes
3. Quick response to coach pass on the transition
4. The magic Pass, can you find it to create chances?

Progressions

Players must attempt a shot within three passes in the 3 v 2 attack. This will force attackers to be more direct and should increase the amount of quick combination play to finish.

Player Questions

1. What type of combinations work best with the players on your team?
2. How can you improve your one-touch finishing?

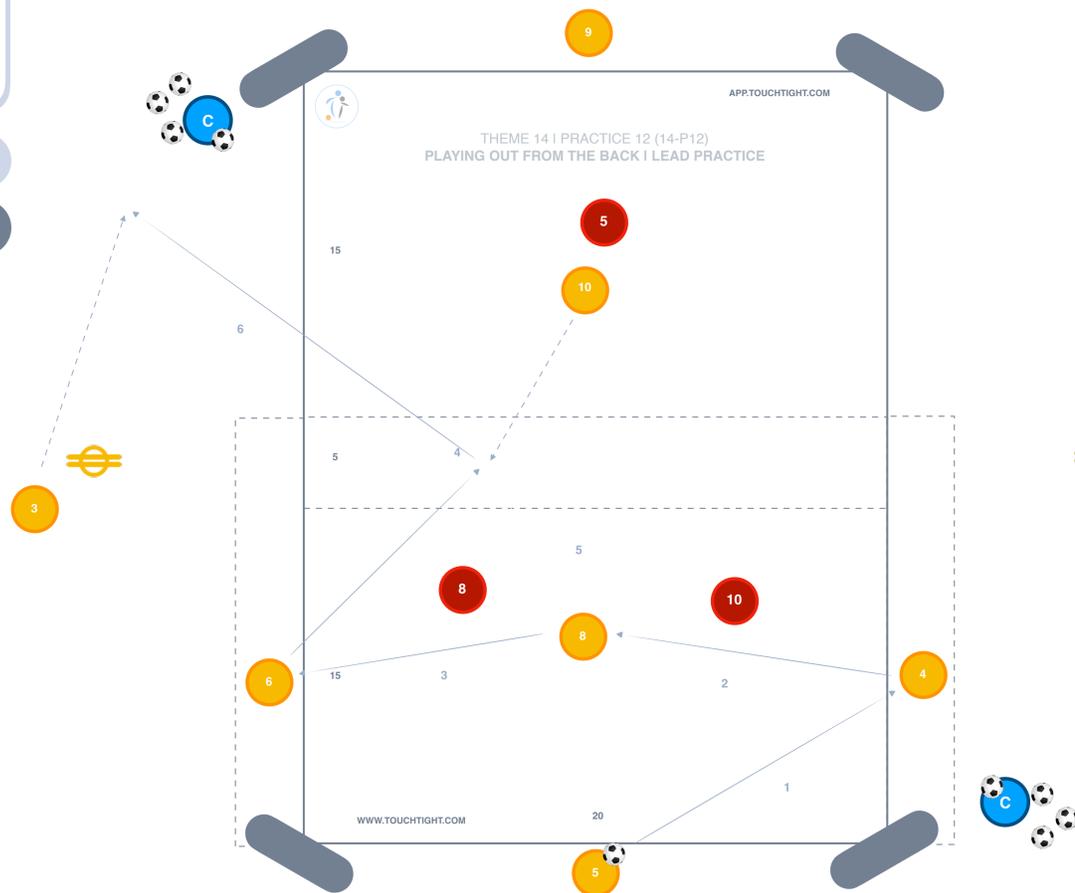
Area Size	Duration	Sets
Intensity	Work to Rest Ratio	Energy Type

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



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Coach Notes

Organisation

Practice 8 of our Coaching Theme Playing out from the back is a Wave practice and focuses on our back 3 combining to build play, with 2 wing backs and 2 forward players to support. Set up with your back 3 and single midfielder against 2 pressing defenders in the first zone, with wing backs positioned wide. Objective is to combine with the midfielder before or after a connection with our CAM (10,) who drops into the central channel to connect before playing through to the end striker. Defenders must win possession and attack one of 2 goals.

Key Coaching Points

1. Movement to connect off the shoulder of defenders
2. Timing of movement for forwards to drop into space vacated.
3. Speed of thought and passes to progress play quickly

Progressions

1. Progress to allow attacking team to finish in one of 2 mini goals after connecting with the advanced striker on one touch.
2. We can now allow 9 and 10 to rotate from out to in, yet our striker (9) must receive the ball within 3 seconds of dropping into space or players must switch again.
3. Challenge attackers by allowing all 3 defenders to defend together in each zone

Player Questions

1. Where is the space for our Deep midfielder to connect and how are 2 opposition defenders pressing?
2. Is the single defender marking our striker tightly and if so how can we counter this to build play?
3. Can our Right and Left Central Defenders connect somehow with our wing backs as they would in a game and how?

Area Size	Duration	Sets
Intensity	Work to Rest Ratio	Energy Type

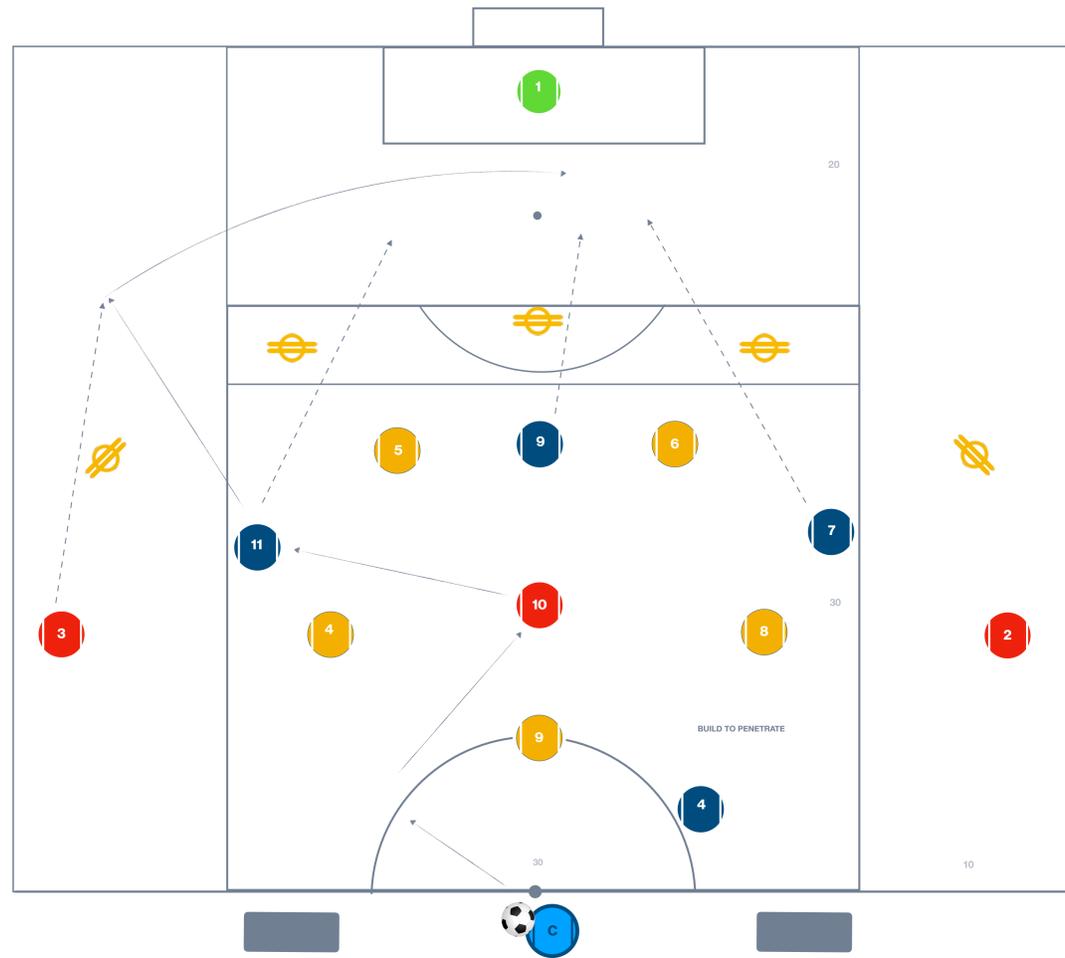


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



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VIDEO



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Coach Notes

Organisation

This final third combination practice is a function and is number 9 in the series. 2 Teams of 5 are set up in a 23 formation with a floating player (10) in a 30 x 30 yard area. The objective is to be able to play through the 10 in order to penetrate the defensive line with a final pass to finish. We have 2 floating wide players (advanced full backs) who are also available to build and find angles to connect through the trigger point 10 and can also be released to deliver in wide zones on 2 touches. Focus on implementing your philosophy in this function and link to exactly how you want to play the game as a team.

Key Coaching Points

1. Movement to create angles to play on the half turn
2. Increase speed of pass to penetrate
3. Recognise when to play quickly on one and two touches
4. Understand when to make runs in behind off teammates movement
5. Be positive in play.. always looking forward

Progressions

1. Focus on 10 penetrating the mannequins to play driven ball into forward running wing backs
2. Central midfield pulling out into full back zone to draw midfield out
3. This can trigger our final progression with full backs playing inside to join attack centrally

Player Questions

1. What are your key relationships with specific players in this game that you can take into matches?
2. For the 10: What is your main focus as a player here and why? Drive? Penetrate Central? How does the defence dictate your solution?

Area Size	Duration	Sets
Intensity	Work to Rest Ratio	Energy Type

