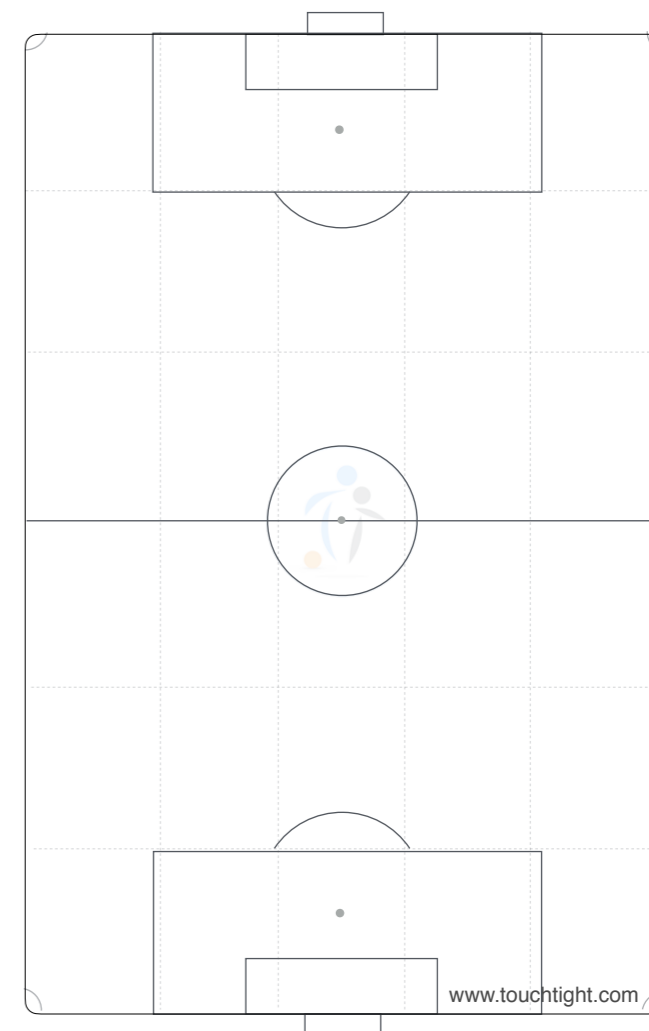
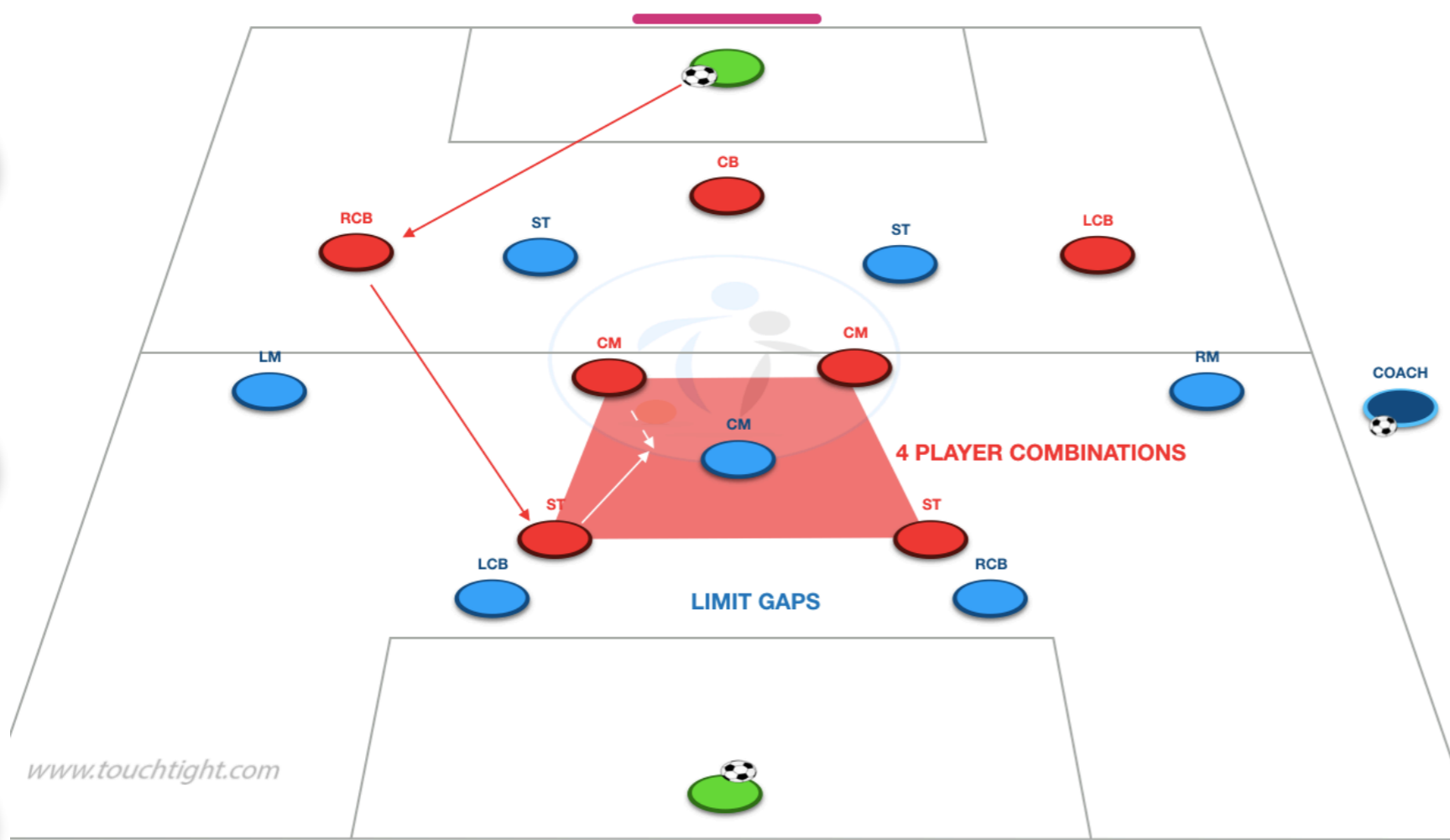




**Type:** Medium Sided Game

**Area:**

**Team Objectives:** Objective is to create 4 v 3 situation with overloads in central midfield. Could enact transition allowing central counter to take place.



### Set up / Organisation:

- Played in an area 50 x 60 yards. Reds attack in a 322 (simulating a 433) against Blues in a 232 (simulating a 343).
- Reds must simply create opportunities through combining in central areas, with Blues aiming to provide challenge defending as normal.

### Key Coaching Points:

- Allow Reds to initiate a few attacks from the goalkeeper to identify where spaces exist and how they expect to attack centrally.
- Manage Blues to attack in strength, allowing Reds to counter. Focus on types of runs (offside line) and weight/accuracy of magic pass.

### Progressions / Constraints:

- Direct balls from deep, recognition of spaces left and ability to play driven, diagonal passes to exploit gaps. When is this possible?
- Can you create 4 v 3s to break and focus on decision making in advanced areas; this will normally occur on the counter.

### Questions & Notes:

- Are opposition defending as you would expect? Observe shape and ensure they are managed to get the correct key coaching points out for Reds during the attacking phase.
- This session should be allowed enough free play for Reds to be creative with their combinations, encourage forward runs off the ball and quality of the magic pass to create opportunities.

Work / Rest Ratio:

mins  sets

Session Date:

Team:

Coach:



**Session Objective/s:**

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 initials | Technical | Tactical | Social | Psychological |
|-----------------|-----------|----------|--------|---------------|
|                 |           |          |        |               |
|                 |           |          |        |               |
|                 |           |          |        |               |

| Player Pairs initials | Objectives |
|-----------------------|------------|
|                       |            |
|                       |            |
|                       |            |

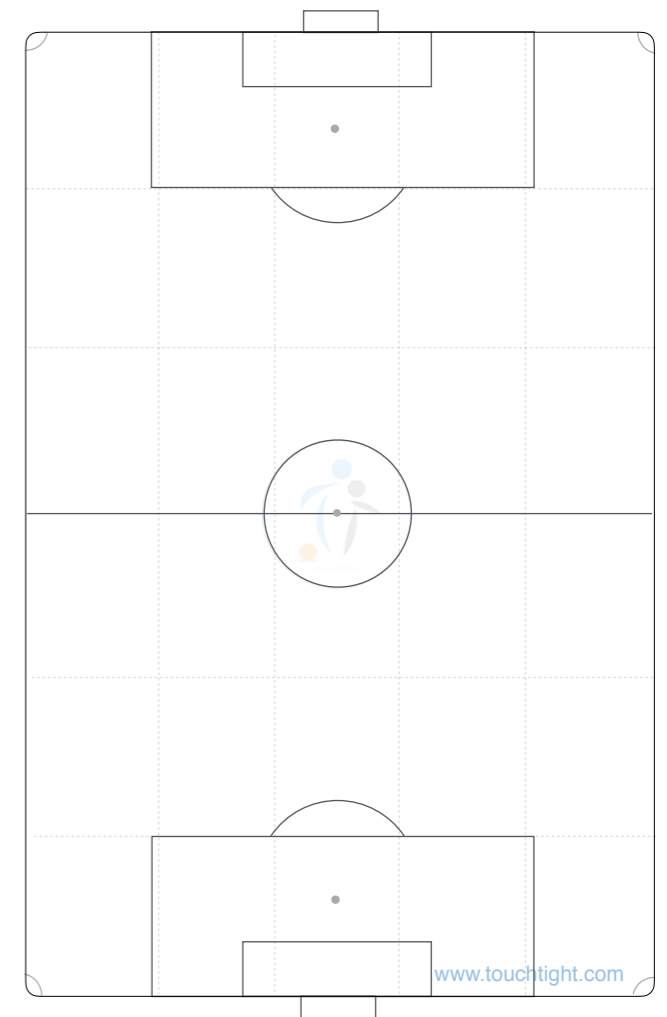
| Player Trios initials | Objectives |
|-----------------------|------------|
|                       |            |
|                       |            |
|                       |            |

| Player Units initials | Objectives |
|-----------------------|------------|
|                       |            |
|                       |            |
|                       |            |

Post Session Outcomes

| What went well? | What did we learn? |
|-----------------|--------------------|
|                 |                    |
|                 |                    |
|                 |                    |

Absentees: initials



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**Big Game Question**  
How will we apply this session to a game situation?

