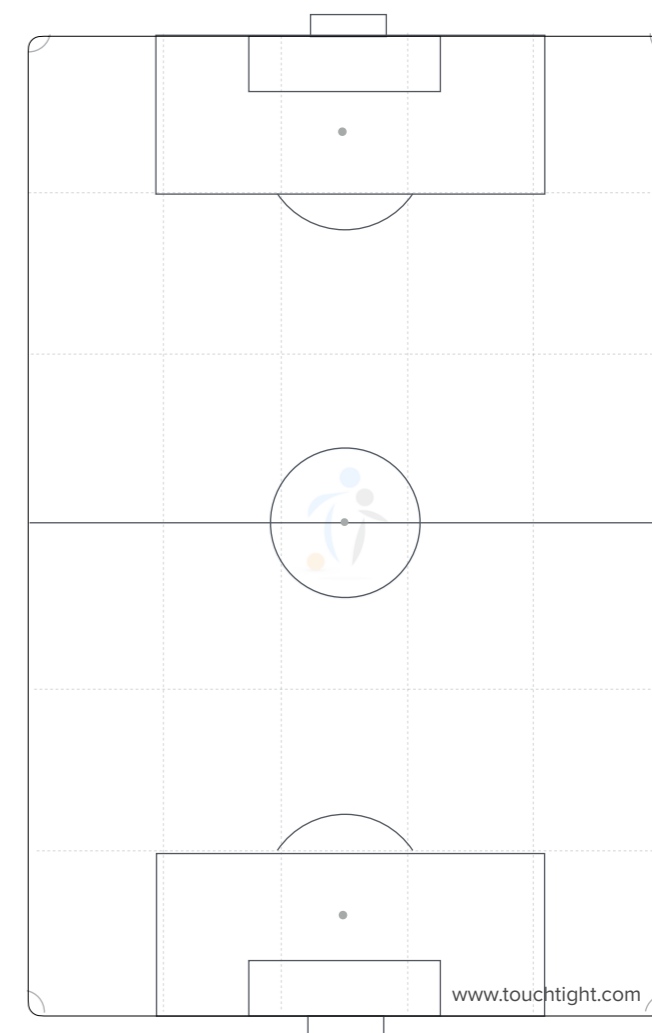
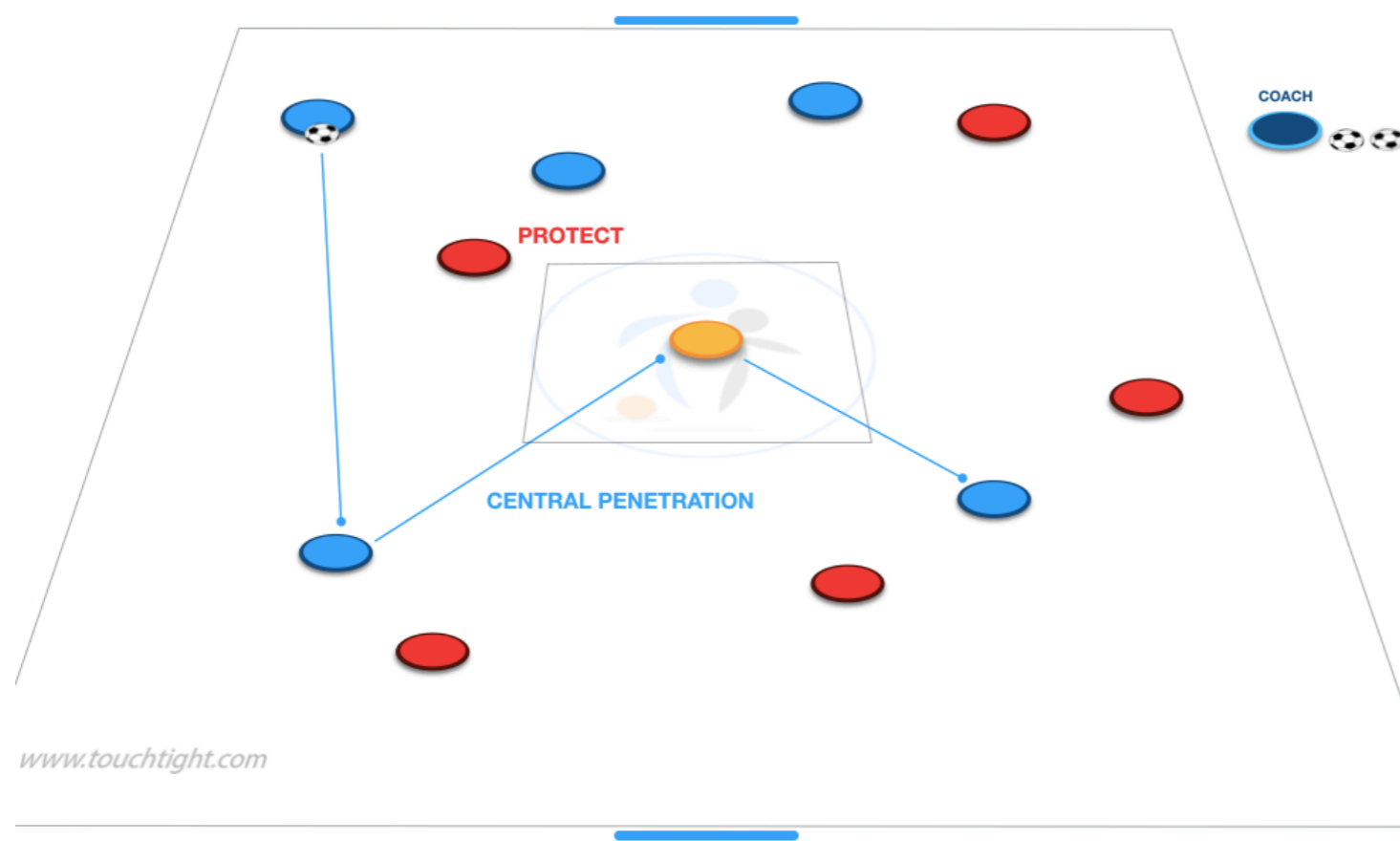




Type: Skill Practice

Area:

Team Objectives: Develop player's ability to combine and rotate in central areas, penetrating defensive covering lines.



Set up / Organisation:

- 5 v 5 in a 30 x 30 Yard area with a 10 x 10 Yard area with a single floater to connect play.
- Objective is for the possession team to use the central floater to keep possession in their attack.

Key Coaching Points:

- **Tactical** | Recognise when to combine with central player to score point
- **Technical** | Weight and accuracy of pass and central player to play on one or two touches to combine
- **Social** | Work collectively to build attacks and create space for central pass

Progressions / Constraints:

- Remove floater and have a player from possession team to play in central area
- Rotation in central area for possession team, either after pass or during possession phase

Questions & Notes:

- How do the opposition defend against this and what problems does this cause?
- How can central players combine in one touch effectively, what support can you provide in your teams for this player?

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

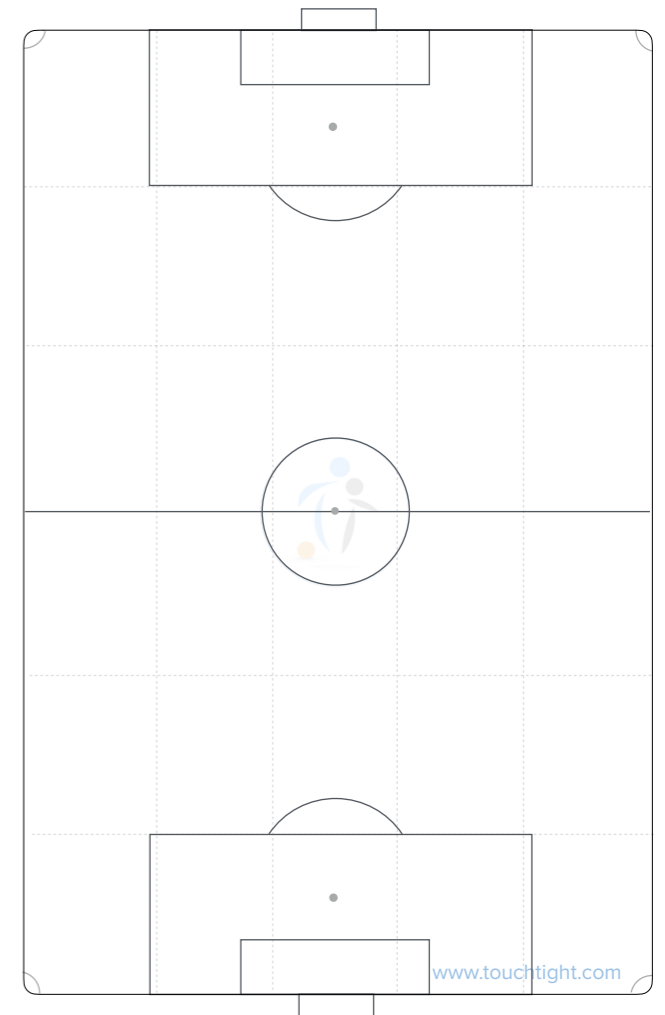
Player Trios initials	Objectives

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?

