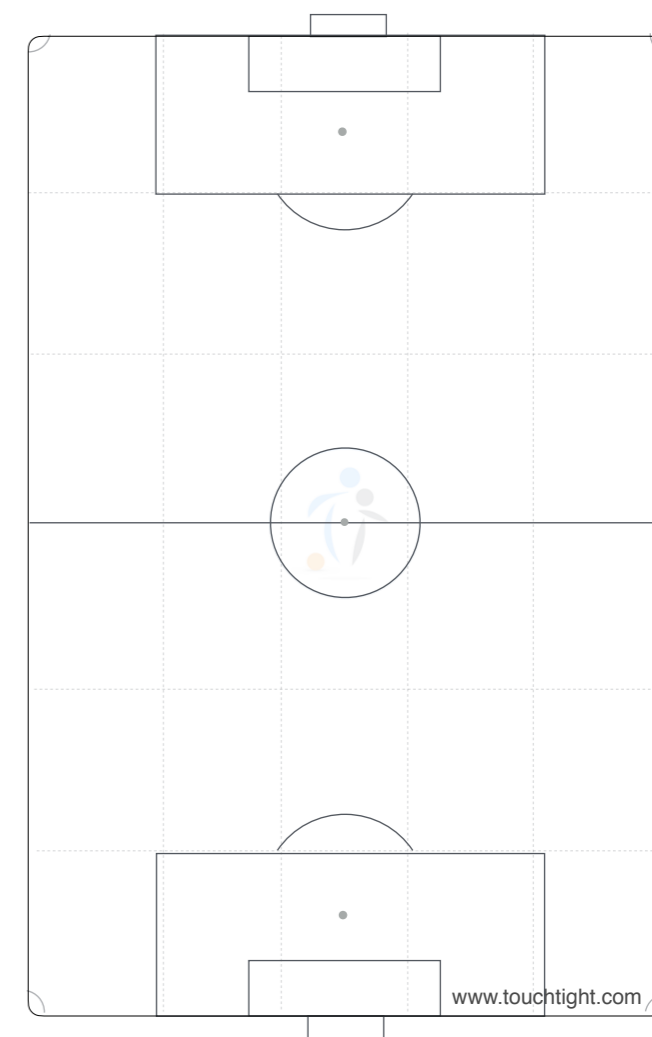
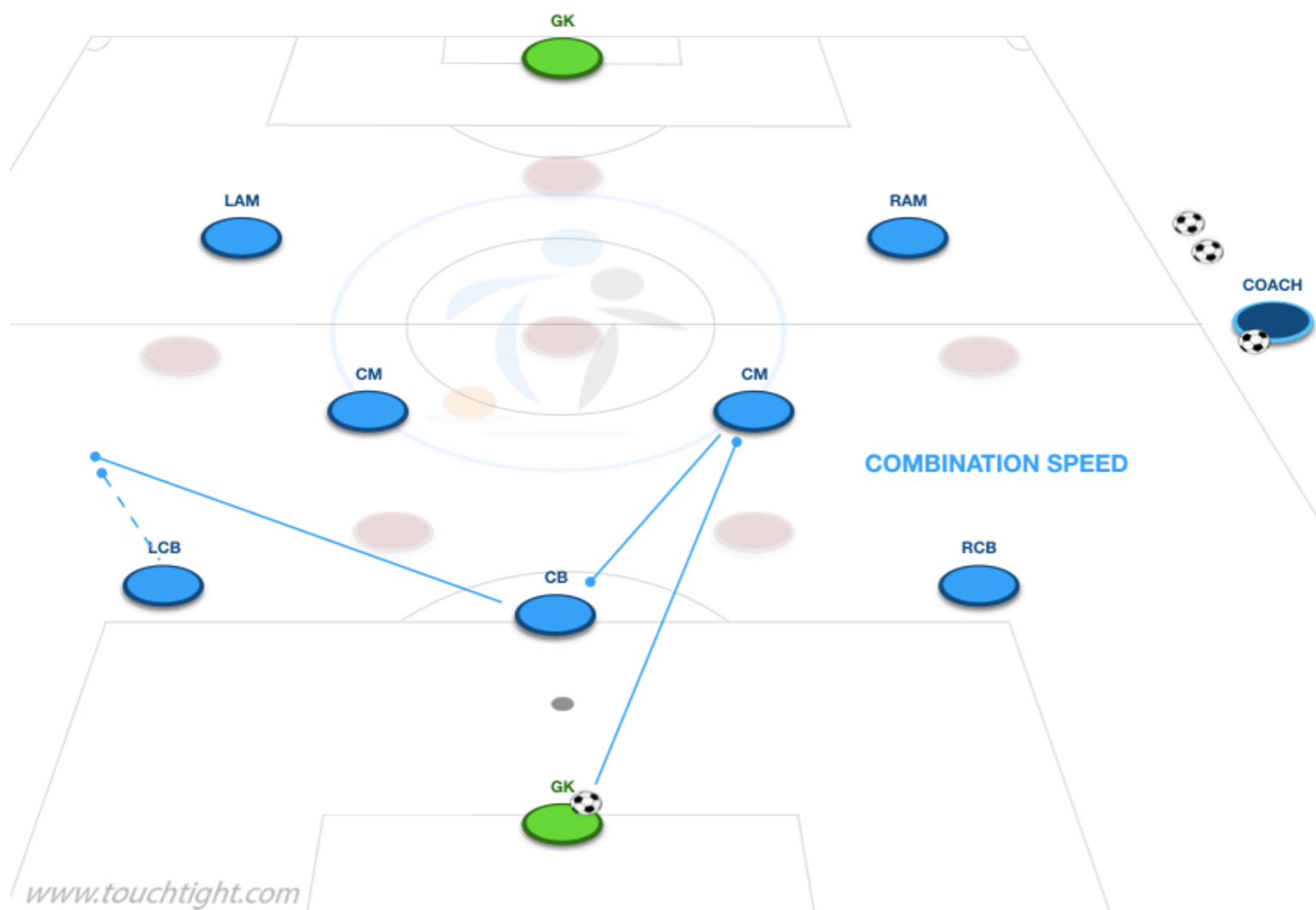




Type: Patterns Of Play Practice

Area:

Team Objectives:



Set up / Organisation:

- Taking place in an area 60 (L) x 50 (W). For the purpose of this practice our pattern will consist of 7 players + GK(s) if needed, with balls positioned on 5 stations as shown. Players must react to a number call from coach, or from a ball played into area. As players react to call they must develop quick attacks to get shots off, before jogging back into position for their 10-20 seconds recovery.

Key Coaching Points:

- Can you provide immediate support for your teammates?
- What combinations can you create moving into the attacking third?
- How quickly can you pass the ball and maintain possession?
- How can you assist off the ball?
- How can you ensure you are clinical in the box?

Technical Detail

- Speed of central attack
- Immediate Support from teammates
- Forward runs, beyond striker
- Final ball (Magic Pass).
- Set targets for clinical finishing (e.g. 8 out of 10 must be finished realistically).

Questions & Notes:

- .
- .

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

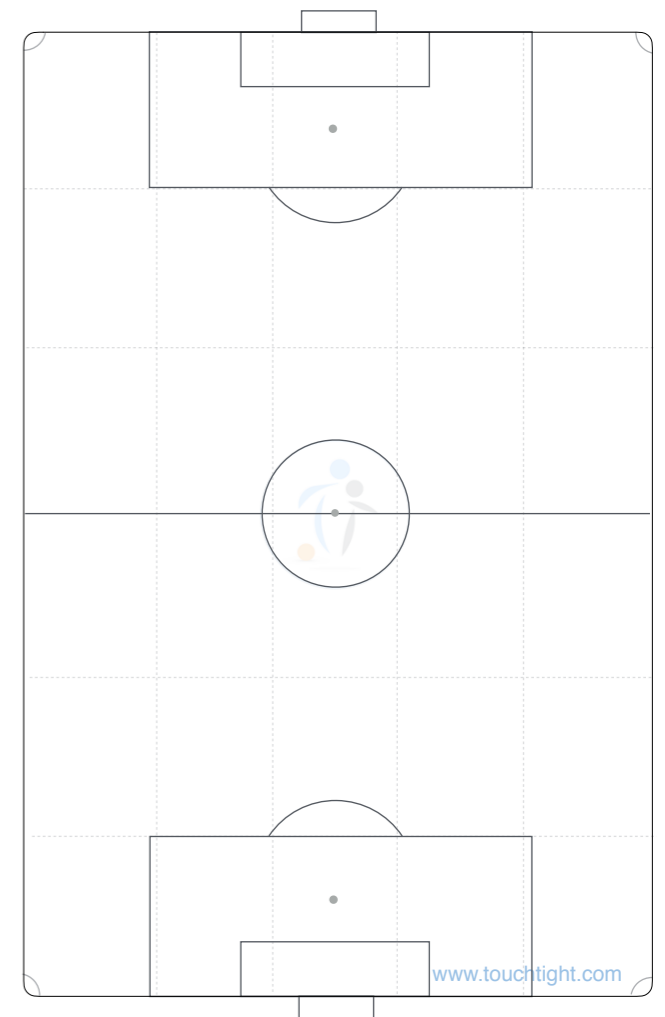
Player Trios initials	Objectives

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?

