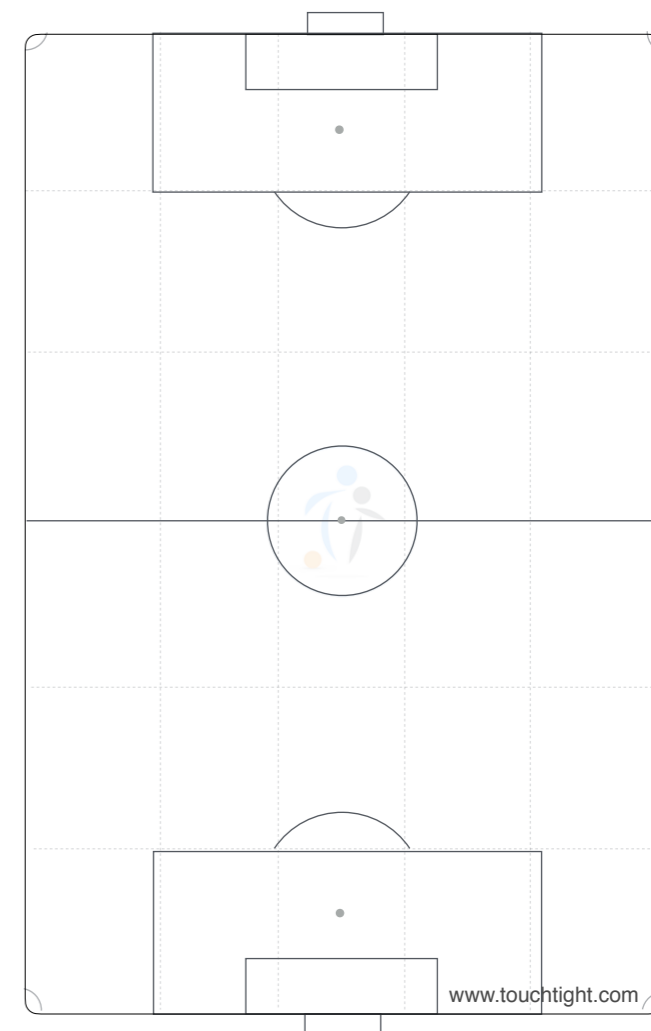
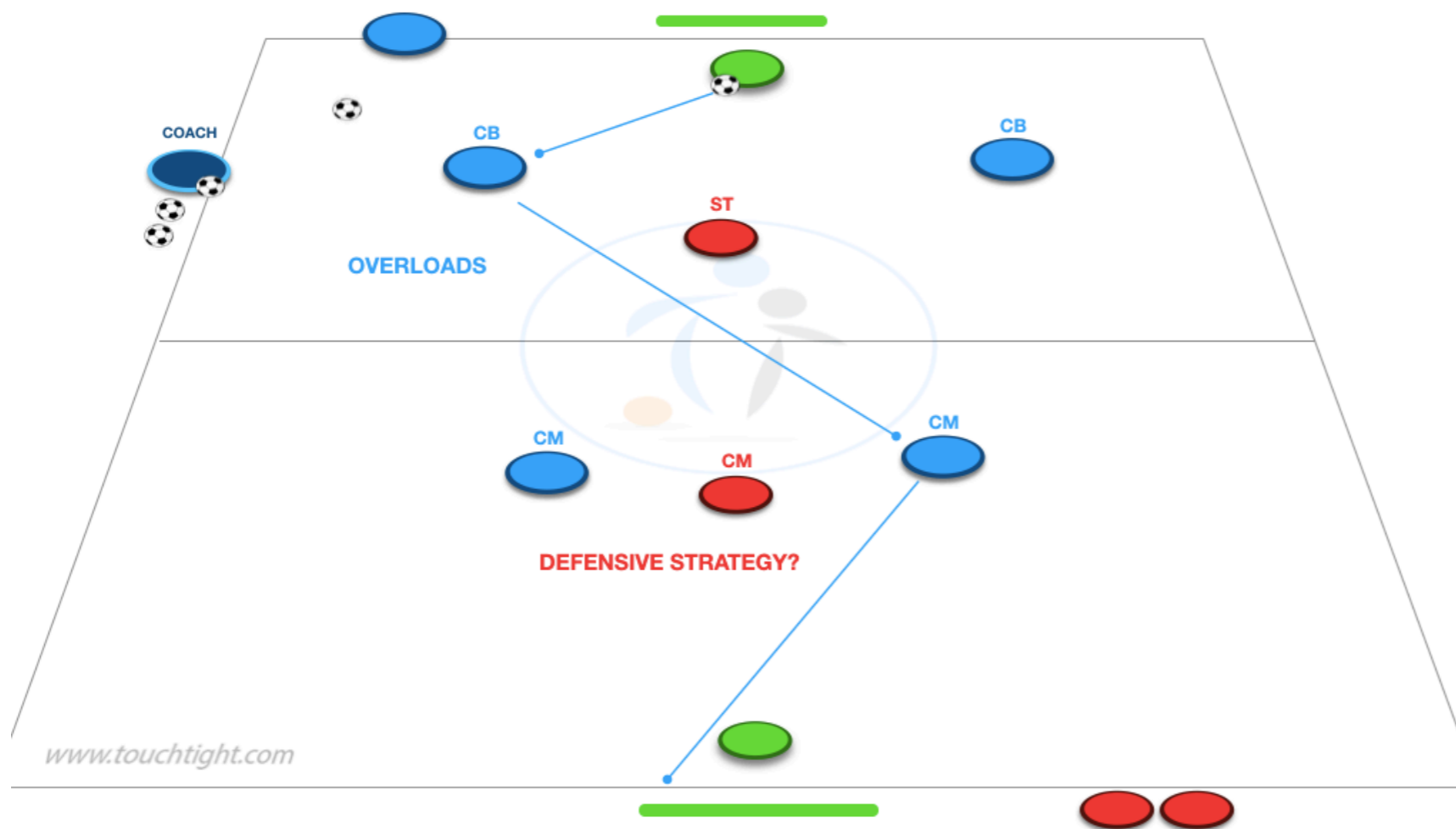




Type: Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This 30² yard practice is used to develop the player's ability to build attacks in central areas with overloads to begin possession build. Set up has 2 goals each with a Goalkeeper in to protect and attacking team (Blues) has 4 players against 2 defending Reds.
- Area is split into halves to begin with and a restricted 2 v 1 overload for Blues in each half, objective is to play through and combine to score. If Reds regain, they can pass through, or finish first time opposite end.

Key Coaching Points:

- Player Focus - Creating space to play forward - Combinations - Clinical Finishing
- Freedom to create own combinations, developing different combinations to encourage players to attempt different ways to attack in central areas.

Progressions / Constraints:

- Ability to create space with overloads and with progressions identify how players vary their ways to attack, e.g. must dribble from one area to another.
-

Questions & Notes:

-
-

Work / Rest Ratio:



mins



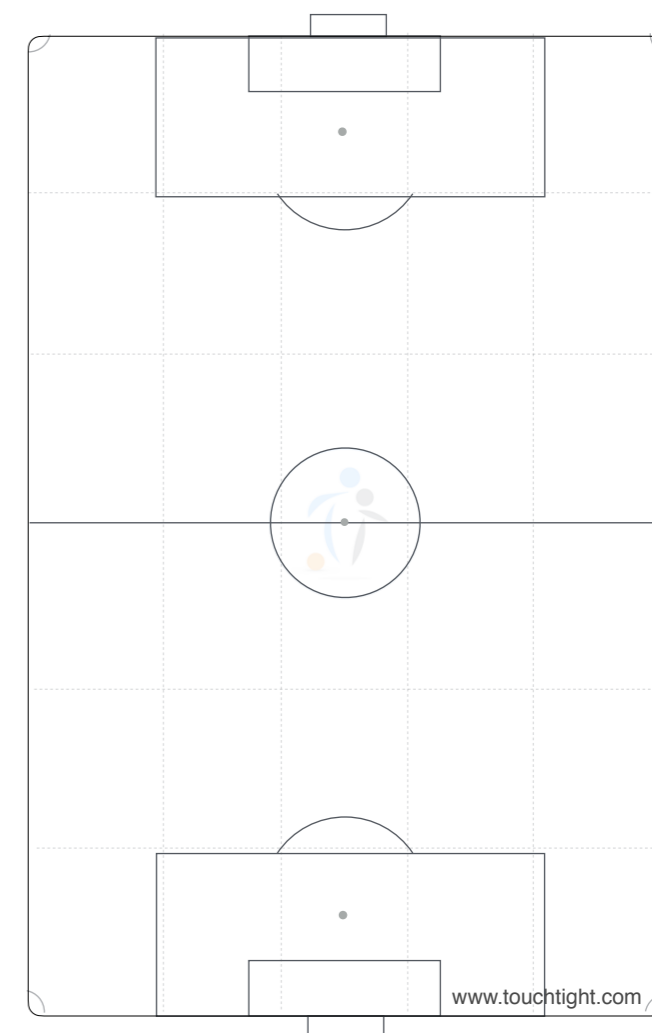
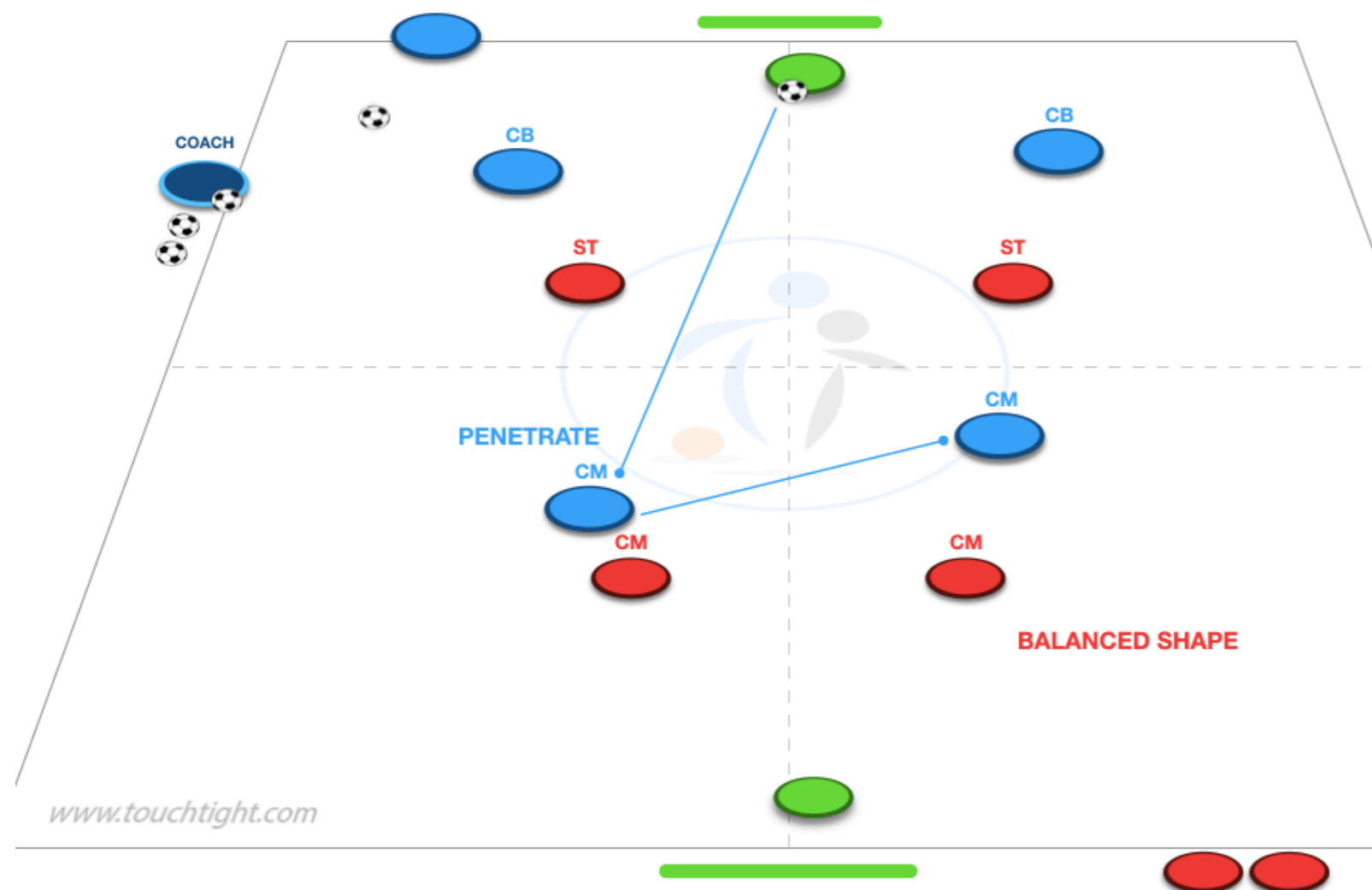
sets



Type: Small Sided Game

Area:

Team Objectives: Encourage players to attack effectively in central areas



Set up / Organisation:

- The playing area is 30² yards, with a goal at each end, plus 2 Goalkeeper's to protect.
- The pitch is split into 2 halves for you to recognise areas where players can build through with rotation to attack, whilst maintaining security. Coach Reds to combine centrally and manage Blues to defend as normal providing challenge and allowing freedom for players during the game.

Key Coaching Points:

- Player Focus - Create space by losing markers and developing overloads through thinking quickly away from the ball.

Progressions / Constraints:

- Goal can only be scored with an overlapping run or 3rd man to break into and beyond defensive line.

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Questions & Notes:

- Can attacking players play 1 touch when in and around goal, with supporting midfield runners creating quick overload?

•

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

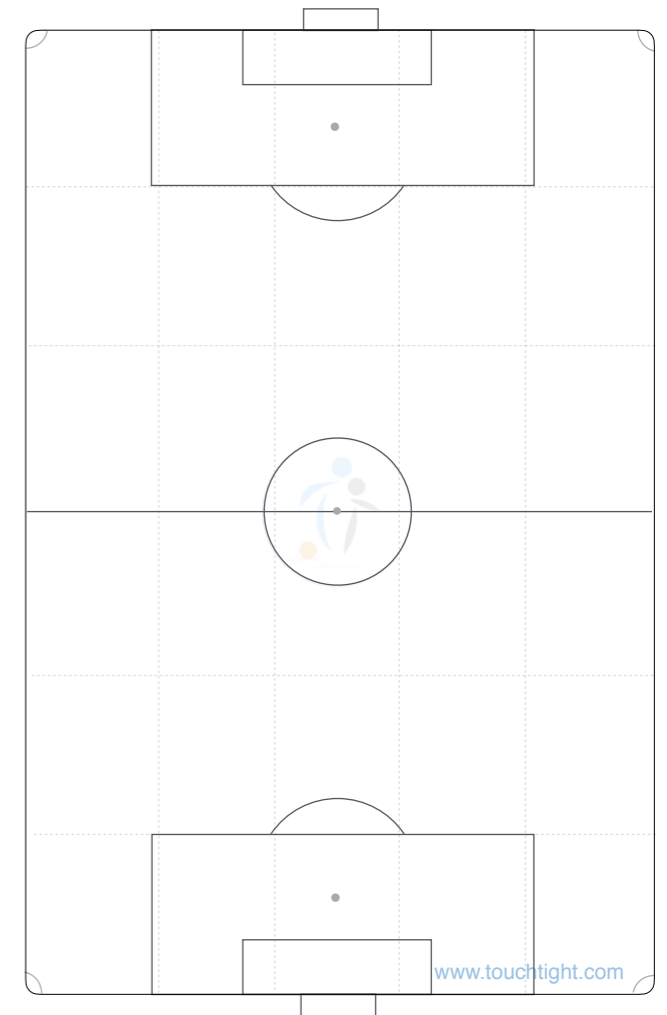
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

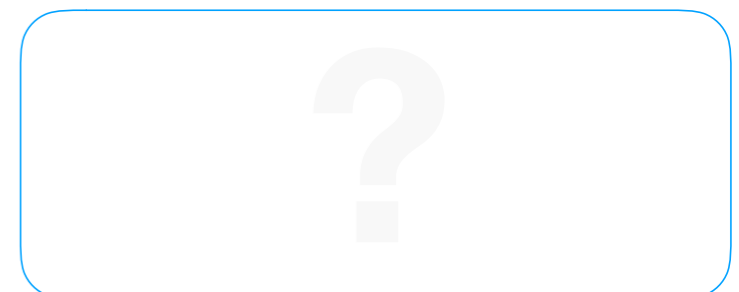
What went well?	What did we learn?

Absentees: initials



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



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation