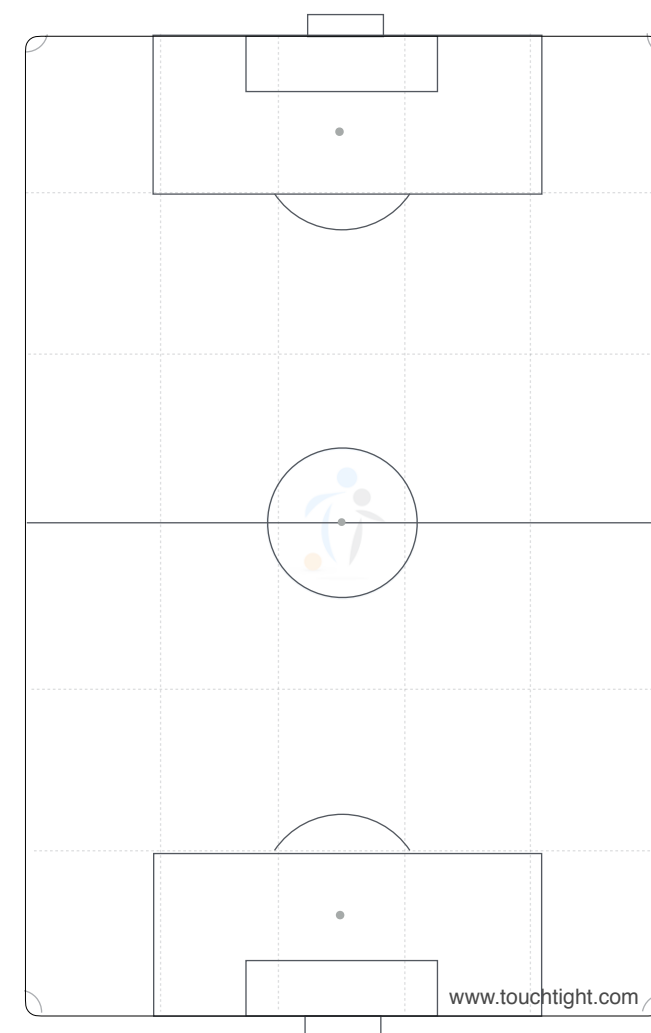
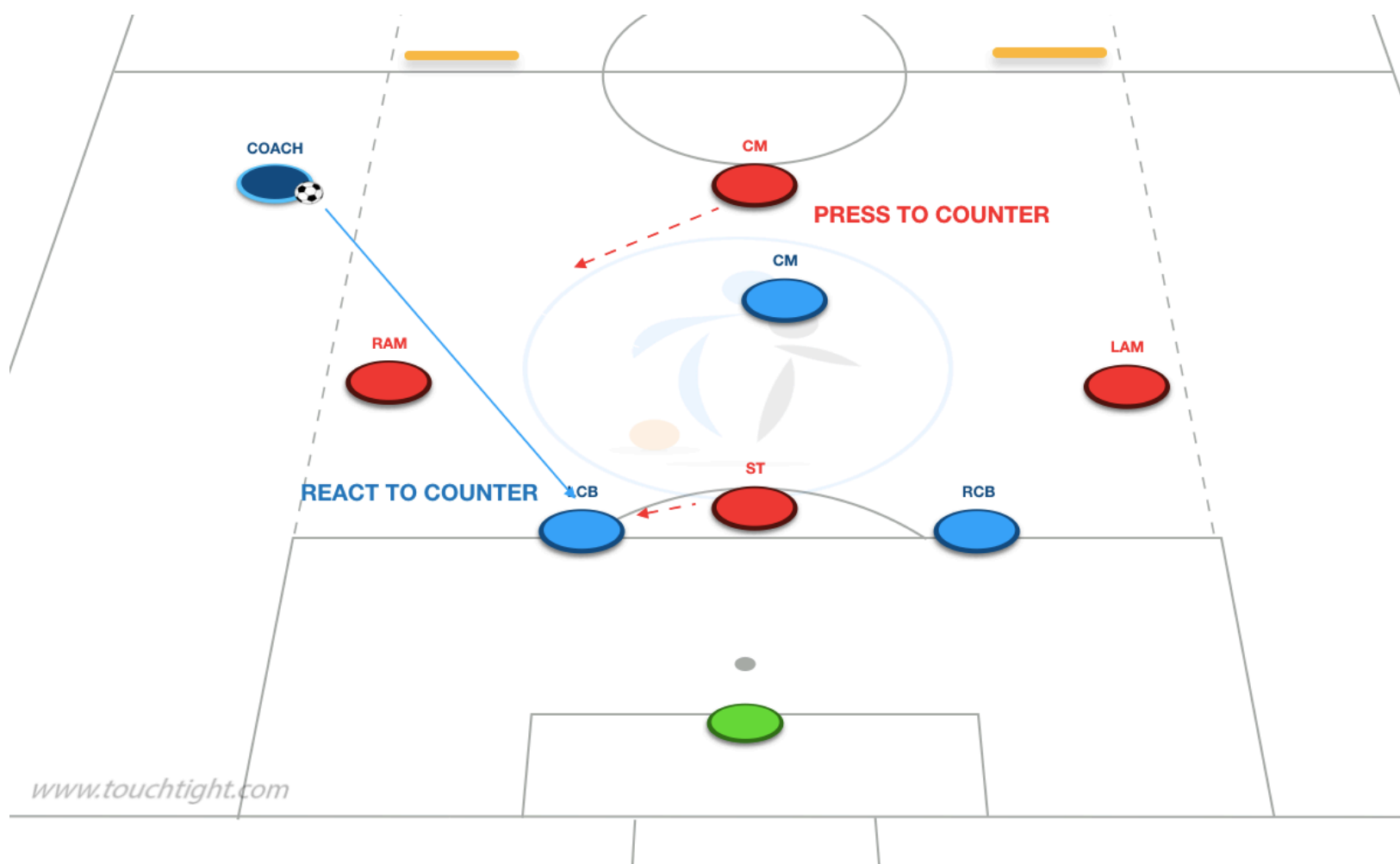




Type: Lead Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Three Opposition players managed against four coached players plus a target player for possession team to play into to score in one of two mini goals.
- Coach counter attacking team to attack quickly in a 13 against managed team in a 21. This replicates teams attempting to play out in central areas and focuses the counter on exploiting spaces left in this single player overload.

Key Coaching Points:

- Attacking midfielder (10) high press on central midfielder (4) to regain and create a 4 v 2 around the box; focus on runs beyond from wide players.
- Once inside the box in around byline, develop movement and quality of decision and final ball to finish. Near (9), central (10) far (7) examples.
- As defenders (5 & 6) drawn out to wide players, 2 v 1 gaps appear in the box for forward runners (7 & 9). How can we ensure this is maximised?

Progressions / Constraints:

- Conditioning type of counter (solo, combination, direct)
- Goal for number of passes made by possession team
- Amend numbers in play

Questions & Notes:

- In this session, observe ability to break through defensive line on the counter and on the rotational movement to exploit spaces with a single player overload. Also, identify how floating end player moves in relation to the ball providing angles for effective support.
- Playing off the shoulder of players on the break and immediate eye contact to develop player understanding of rotational triggers and quick decision making is key.

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

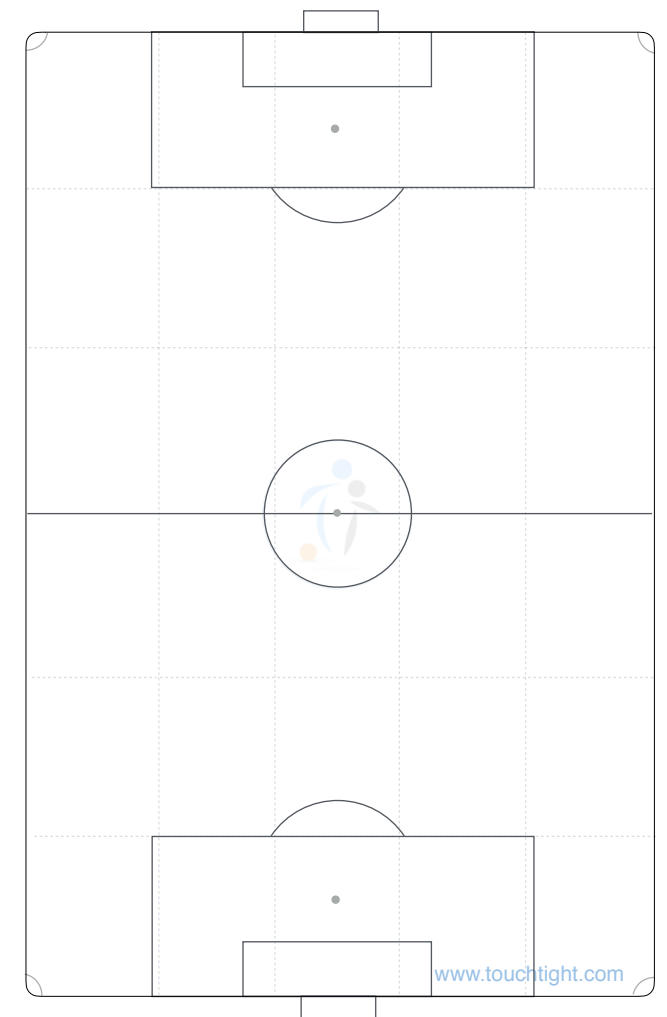
Player Trios initials	Objectives

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?

