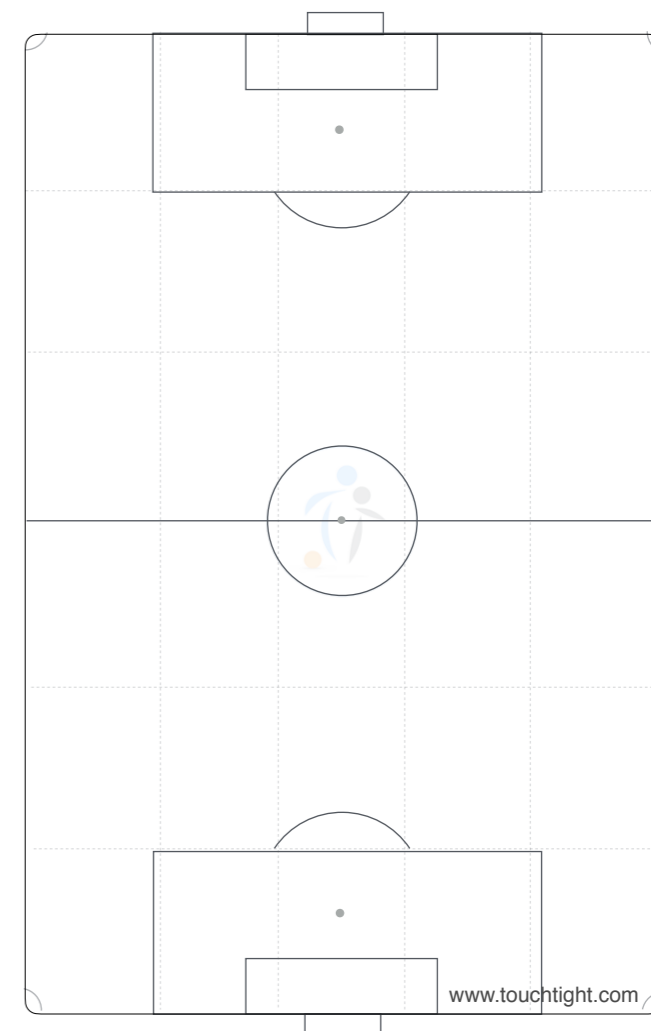
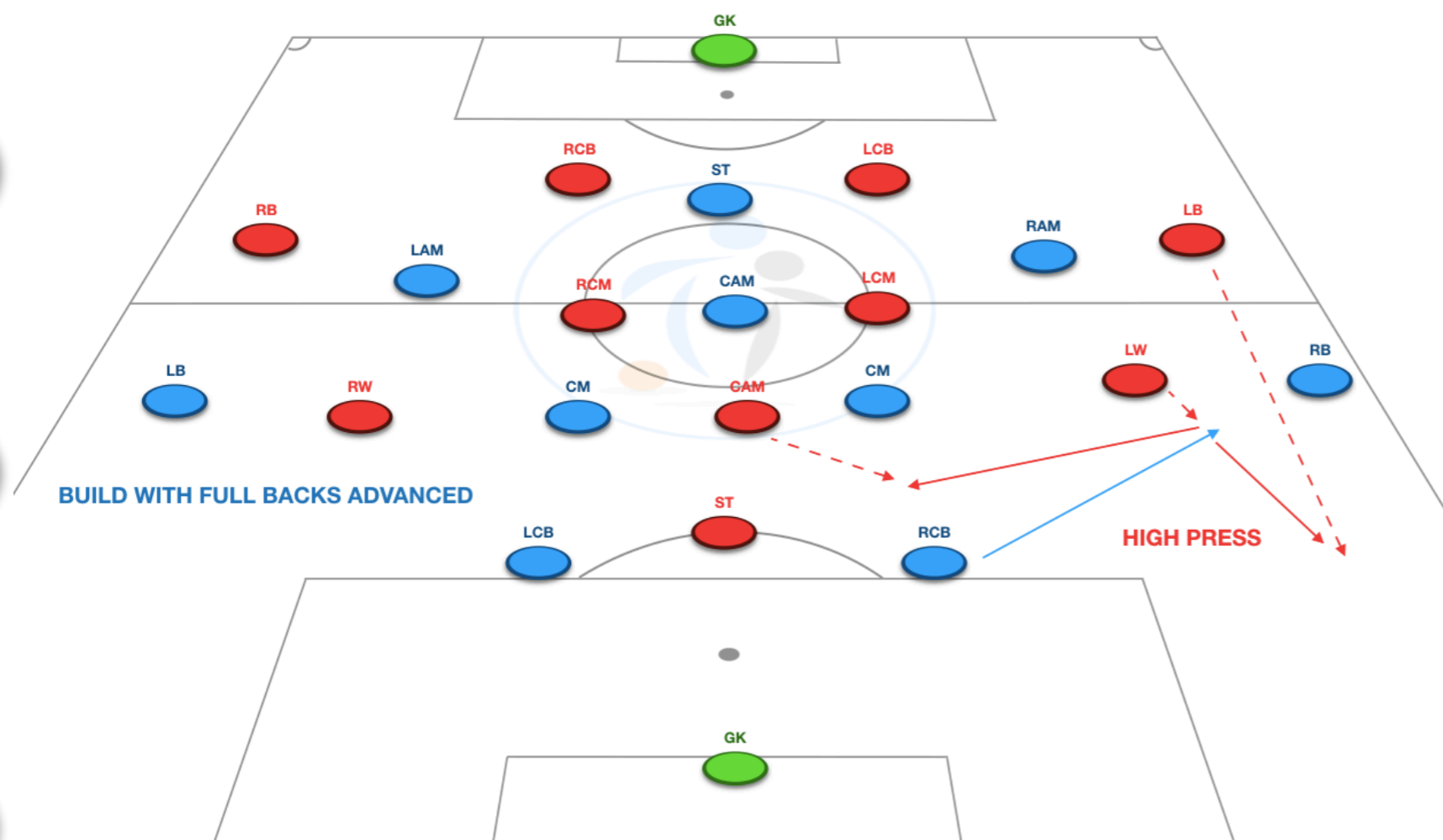




Type: 11 v 11

Area:

Team Objectives: This focuses on the quick counter attack brings all aspects together into this final element of the theme.



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Set up / Organisation:

- This can be used as a follow up to many other sessions such as Lead, Phase, Functions and Small Sided Games, and allows coaches to express their own knowledge of the game to stimulate players.

Key Coaching Points:

- Observe ability to break through the defensive line on the counter and on the rotational movement to exploit spaces when overload created through quick counter.

Progressions / Constraints:

- .
- .

Questions & Notes:

- Recognise how additional players from the Lead Session can aid their ability to counter attack from deep.

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

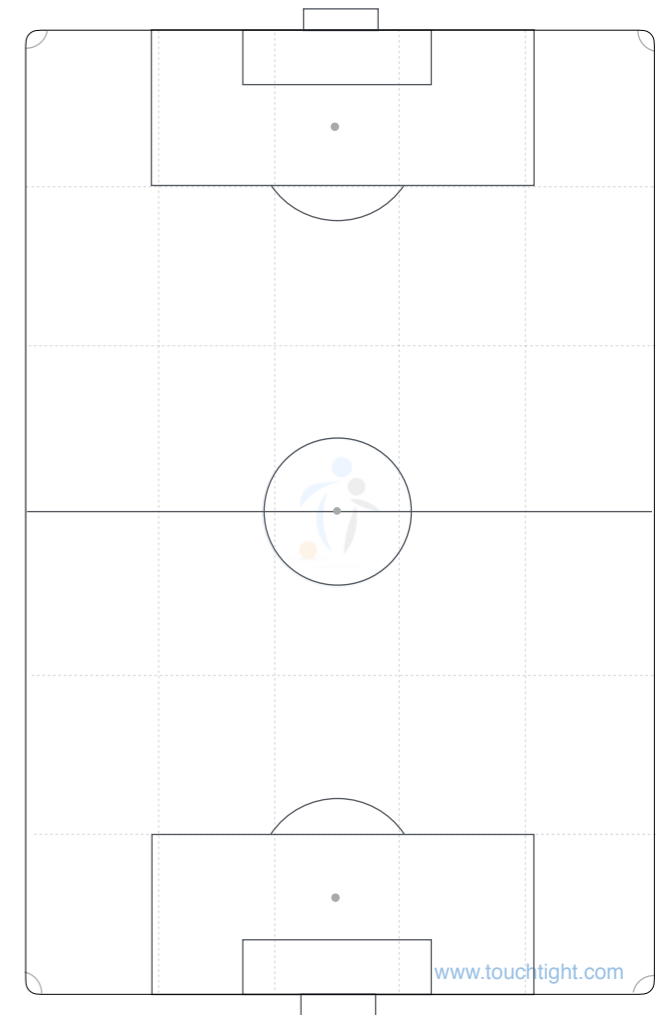
Player Trios initials	Objectives

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?

