



Session Date

Season

Age Group

Players

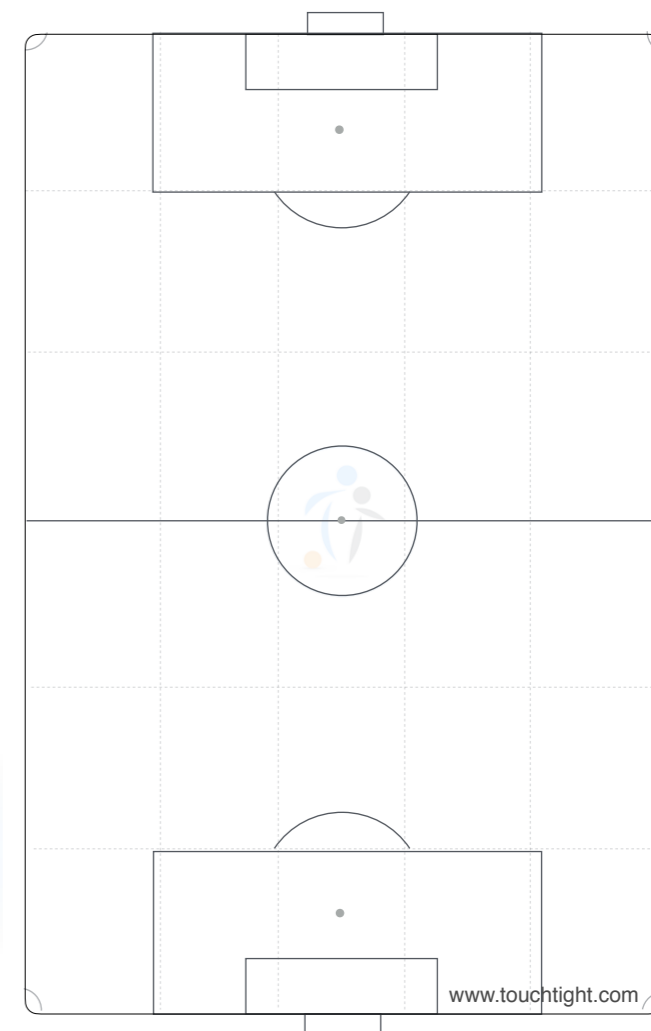
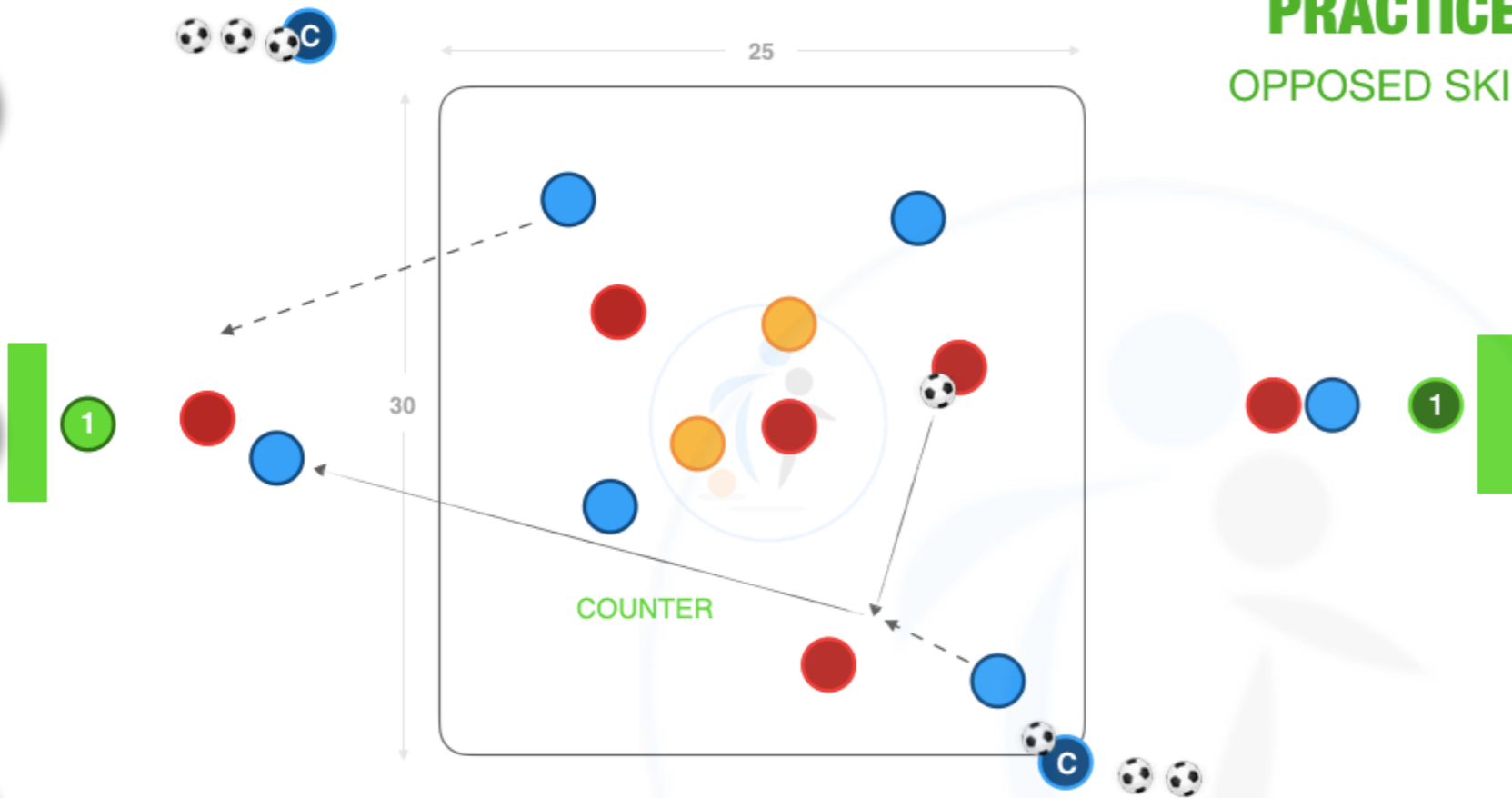
Duration

Type: Skill Practice

Area: 25 x 30 yards

Team Objectives: Objective is to break quickly in gaining possession to create an initial 2 v 1 overload in final third to finish.

PRACTICE OPPOSED SKILL



Set Up & Organisation:

- This Skill practice contains 16 players with a 7 v 7, including GKs, and 2 additional floating players. A 4 v 4 exists, with 2 floating players to support, in addition to an attacker & defender for both teams outside of the area.
- Initial objective is for one team to keep possession whilst other team aims to win possession to counter quickly off their supporting striker in a 2 v 1 in attacking zone.

Key Coaching Points:

- **Timing of movement & pass** | Assess movement of A and position of D to select best passing option. Execution and nature of forward passing, with emphasis on accuracy, weight and whether aerial or along ground. Remaining on-side. Finishing skills and composure in front of goal between striker and supporting runner. Precise control to enable MF's to play with head up and assess opportunity to play into striker with quality and accuracy.

Progressions & Constraints:

- **3 v 2 on Counter** | On winning possession, teams can now provide 2 supporting runners to link up with the hold up striker with one defender tracking runners, resulting in a 3 v 2 in attacking zone.
- Our final progression now requires our striker dropping in to combine in the possession area on team regaining possession and teammate inside area making an off the ball run into the attacking zone. Player can finish in a 1 v 1, or striker can support to create a 2 v 1 to finish.

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

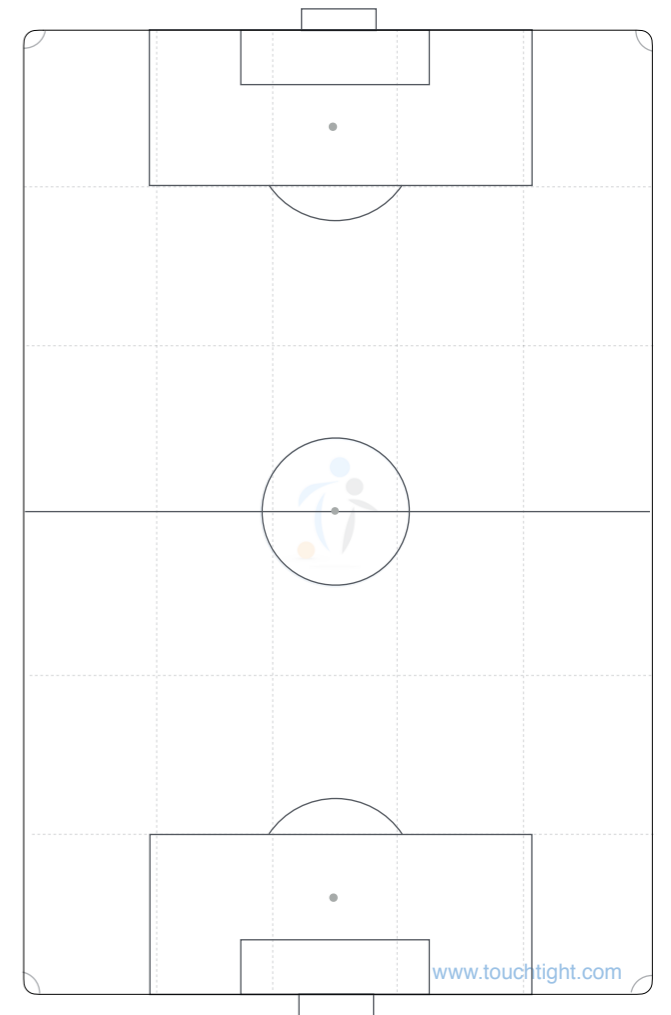
Player Trios initials	Objectives

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?



