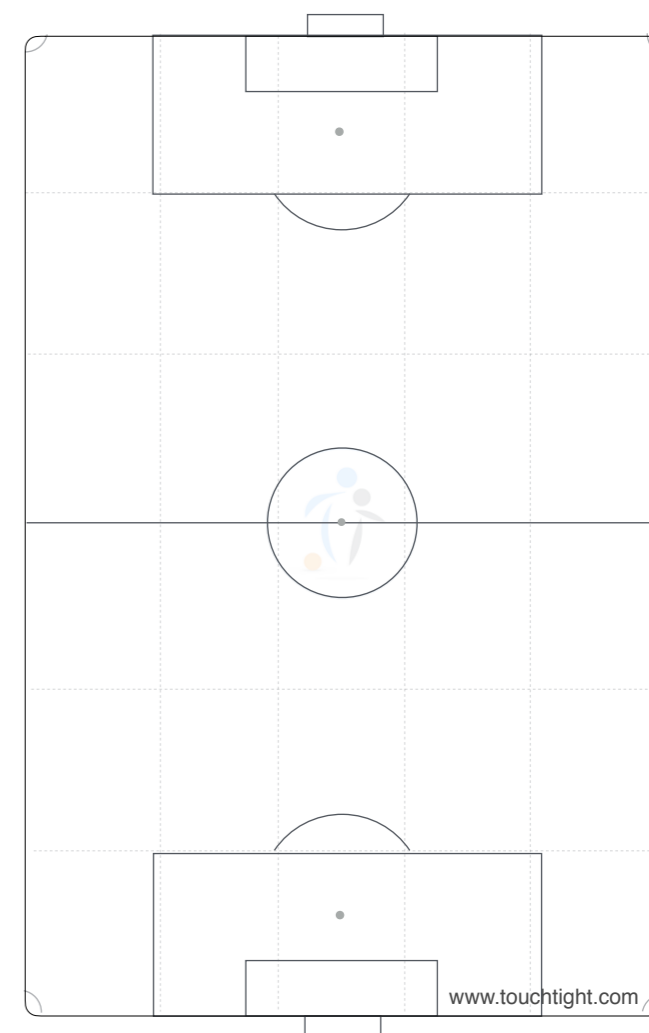
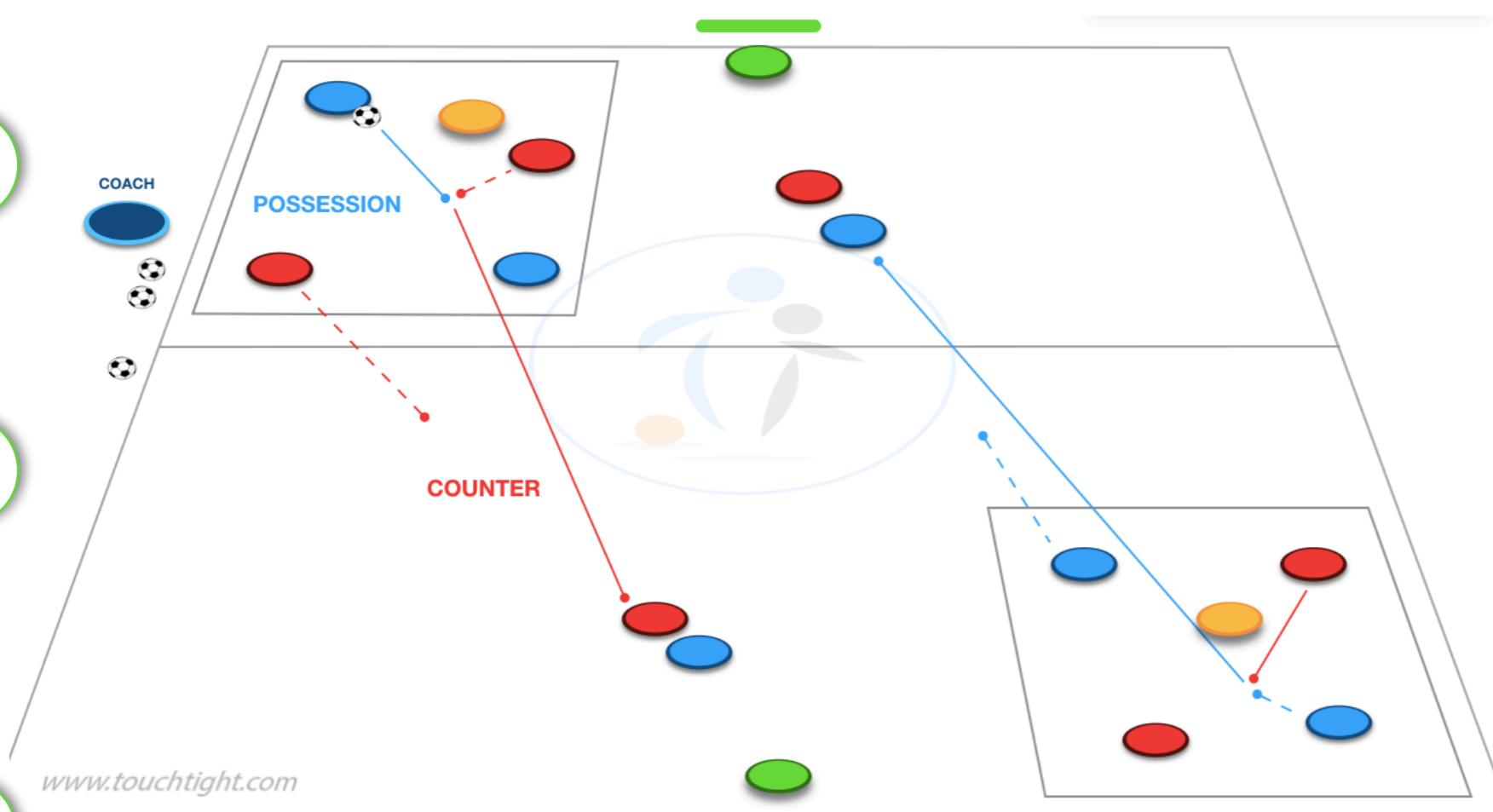




Type: Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- 2 v 2 with a floater in 15 x 15, when possession won play ball into striker and player to support creating 2 v 1 to a finish; work both directions.

Technical Detail:

- Speed and angle of support.
- Initial touch out of square and pass with intent to attack quickly.
- Decision to lay off or turn for striker, depending on defenders skills and decision making.
- Non-verbal and verbal cues to break space and create clear opportunities.
- Finishing technique, being clinical in and around the box.

Progressions / Constraints:

- 2 Players to support striker, defender active on first touch. 1 recovering defender creates 3 v 2 situation - players rotate attackers and defenders.

Questions & Notes:

- How quickly can you escape possession press?
- How can you hold ball up effectively for support?
- What movement is best to create and exploit space in 2 v 1 overload?
- Magic Pass and Clinical Finishing in the box?

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

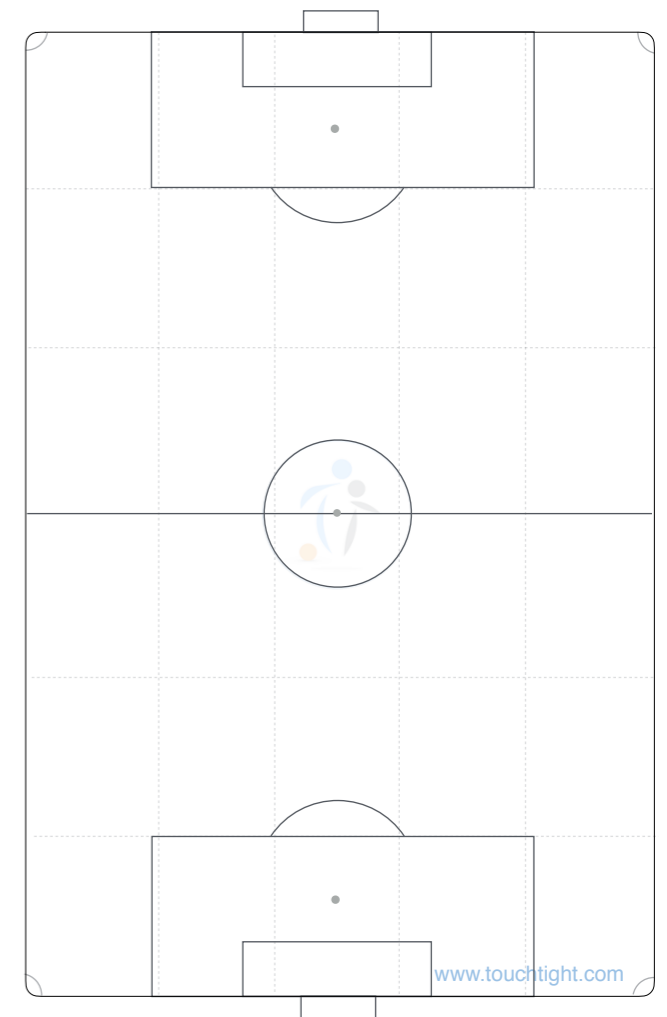
Player Trios initials	Objectives

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?

