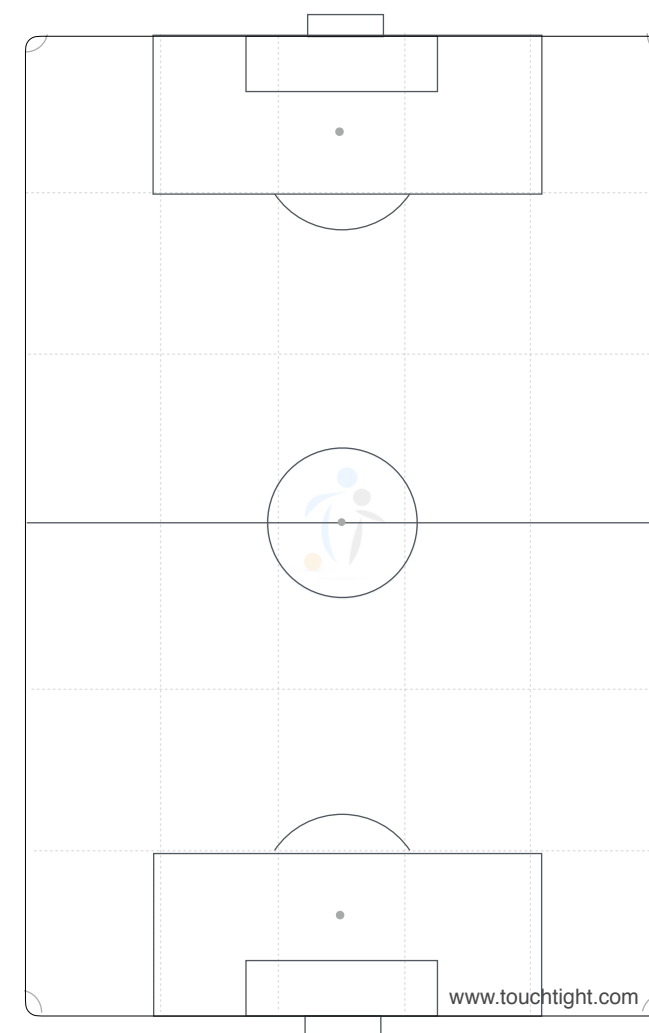
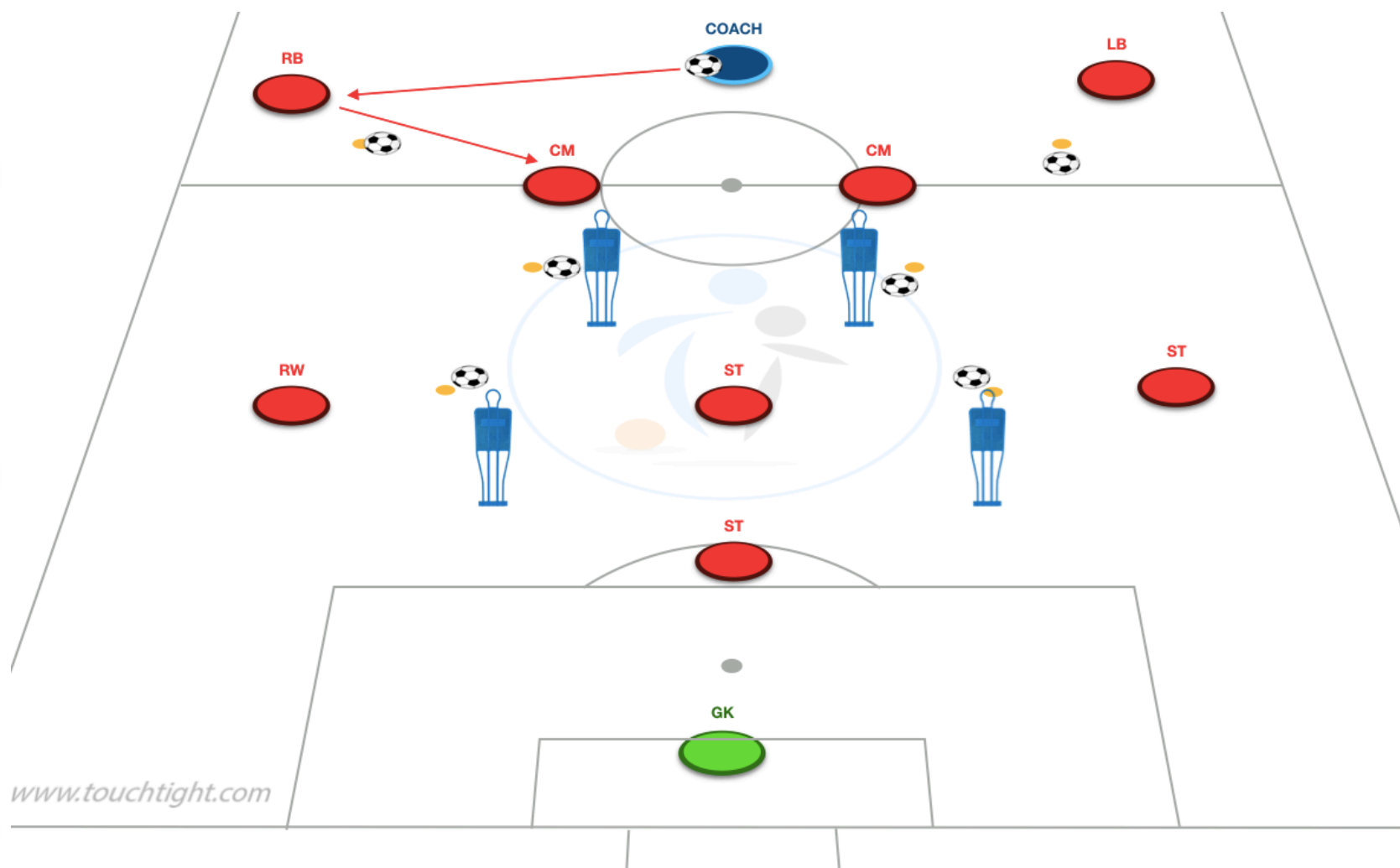




Type: Patterns Of Play Practice

Area:

Team Objectives:



Set up / Organisation:

- This Pattern Of Play practice can take place on a full size pitch, with a complete team or in units. For the purpose of this practice we will have 9 players and balls positioned on the pitch as shown.
- Players must react to the number call from a coach or from ball played into a specific area as players react, be creative as a coach to stimulate individual players.

Key Coaching Points:

- Coach plays into midfielder, who plays first touch into an inside wide player who looks for a direct ball into the striker. All players replicate positions taken up.
- Wide counter, with advanced full back, winning possession off winger & countering either through wide player, or striker. What is the best decision?
- Breaking lines counter from midfield into wide player. Quick support provided by full back to play 1-2 & through ball into striker. Quick play?

Technical Detail:

- Speed of counter attack.
- Immediate Support from teammates.
- Ability to stretch opposition immediately.
- Confidence in attacking play, especially 1 v 1s.
- Providing security during counter to prevent opposition counter.

Questions & Notes:

- How quickly can you react to coach call?
- Who is the slowest to react and why?
- What different types of counter can you come up with?
- Can you encourage passer to play best option?

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

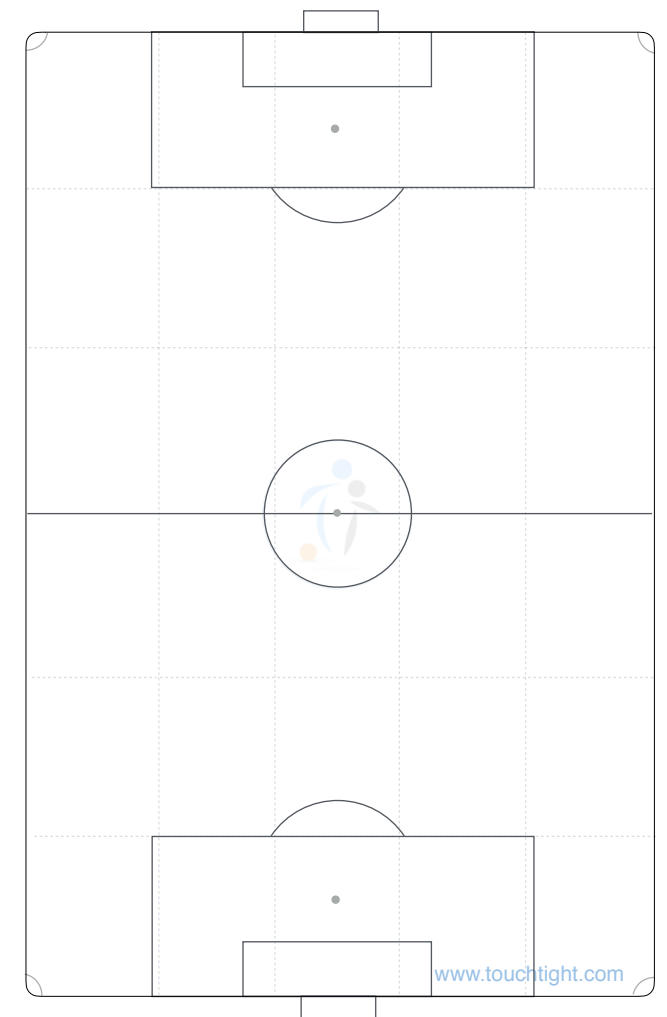
Player Trios initials	Objectives

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?

