



Session Date

Season

Age Group

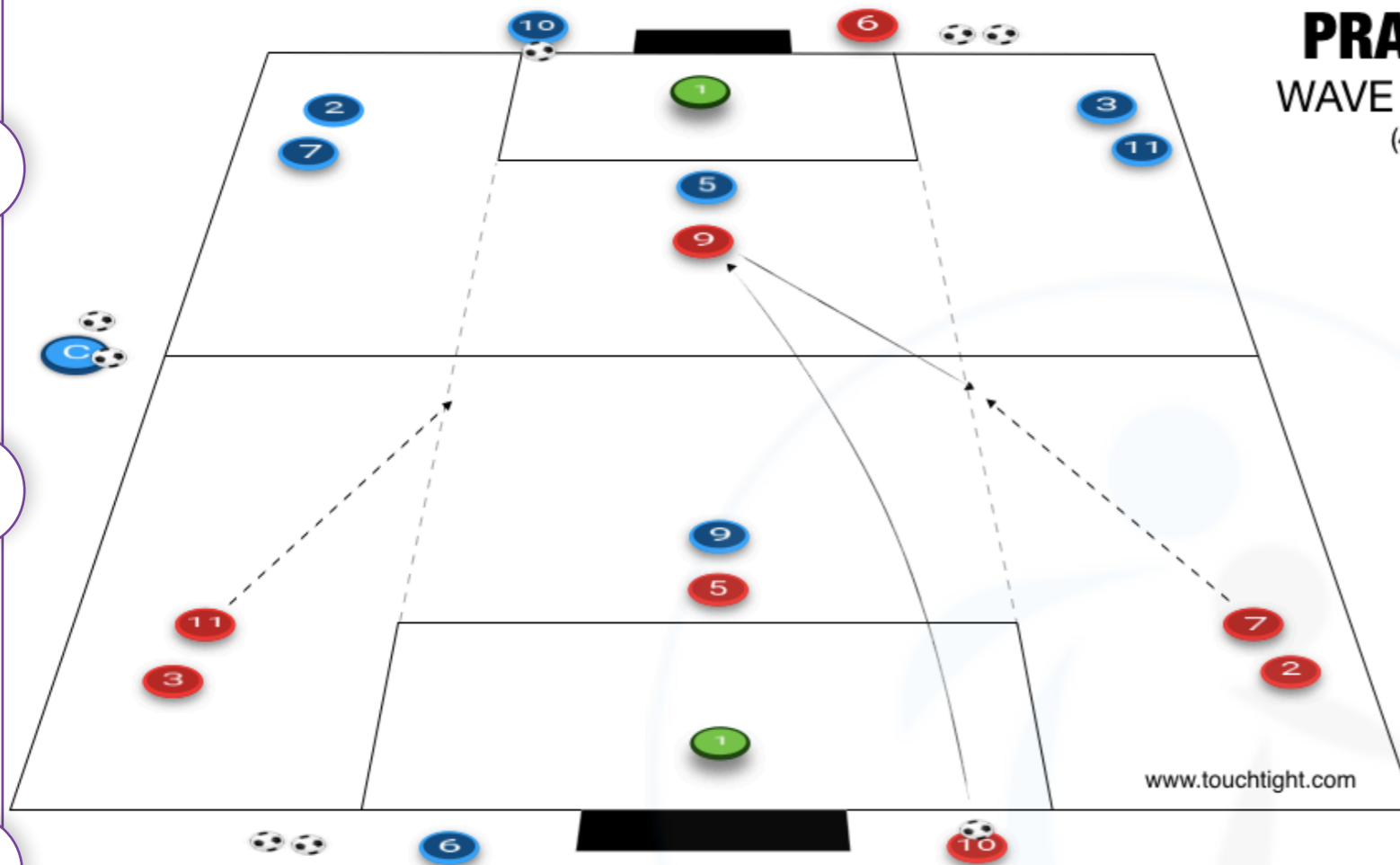
Players

Duration

Type: Wave Practice

Area:

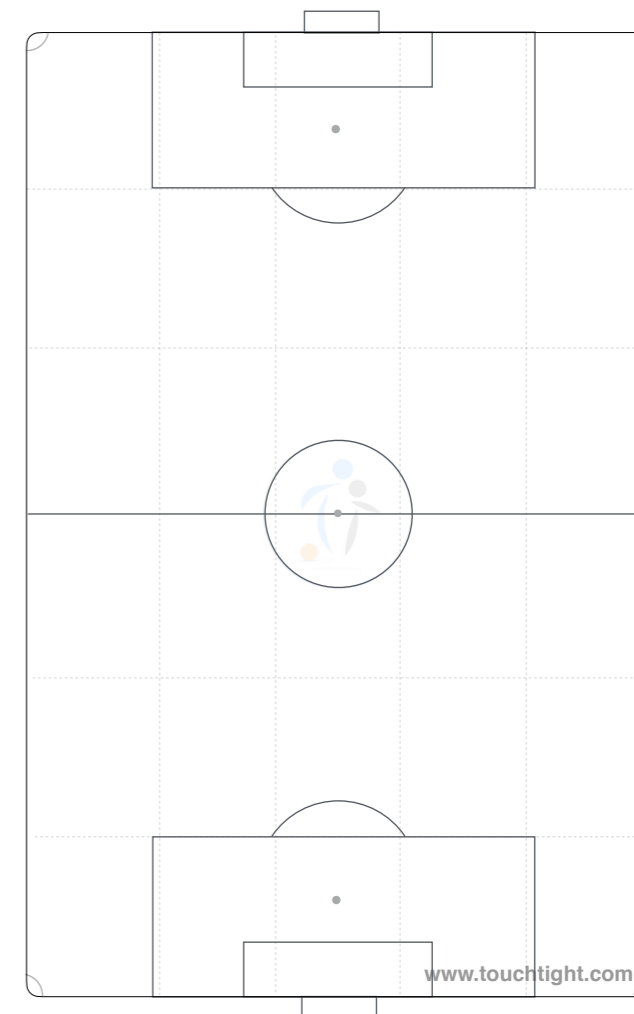
Team Objective:



PRACTICE

WAVE OF PLAY

(4231)



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Set Up & Organisation:

- This Wave of Play practice can take place in a 70 long x 40 wide yard area, as shown. Objective is for 2 support players to counter off the striker, who is marked by opposition defender, creating a 3 v 1. Defenders will have a recovery player who will track back once striker takes the first touch, creating a 3 v 2, and forcing attackers to create chances quickly.

Technical Detail

- 1 | Speed of counter attack.
- 2 | Speed of support play from runners.
- 3 | Ability to hold up play and bring others into the game.
- 4 | Set and spin to create angles for passers to create chances.
- 5 | Being clinical with final pass and finishing in and around the box.

Key Coaching Points:

- Develop first touch, speed of support and combinations to get shot off. Challenge each group, giving points for hitting target, 1-2 combinations etc.
- Additional defender providing more challenge for attacking team in 3 v 2. How does this change the practice? Where are spaces now limited?
- Challenge players to play around the corner into channels, points for outside touch and other creative movements. 2 goals for 1 touch finish.

Questions & Notes:

- 1 | What is important in your first touch and forward pass into Striker?
- 2 | How quickly can you support front player?
- 3 | How can you be creative in your forward runs?
- 4 | How does recovering defender influence your attacks?

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

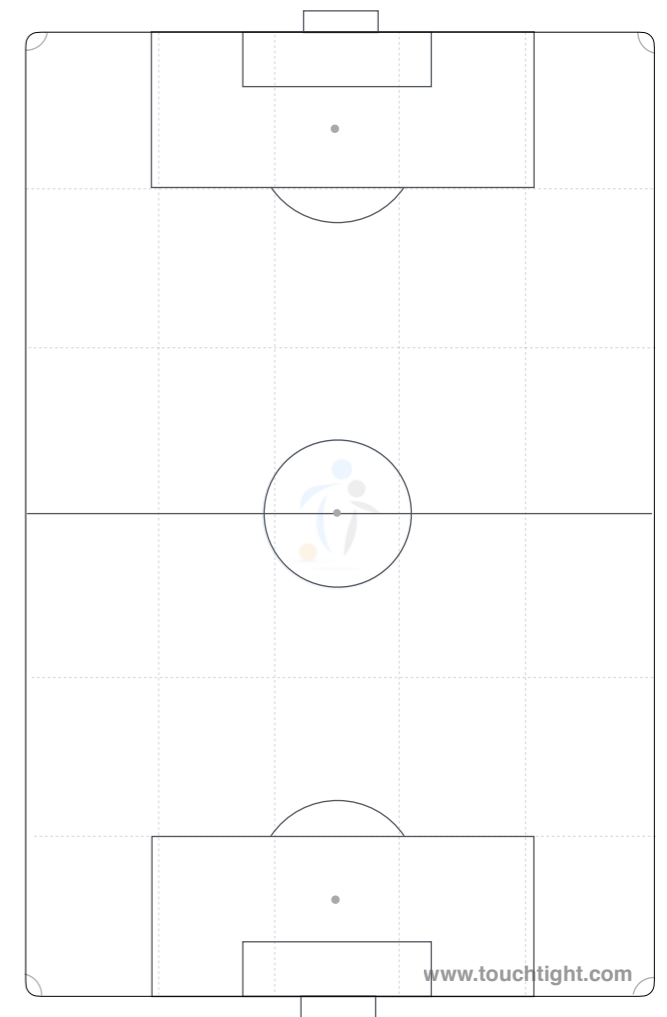
Player Trios initials	Objectives

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?



