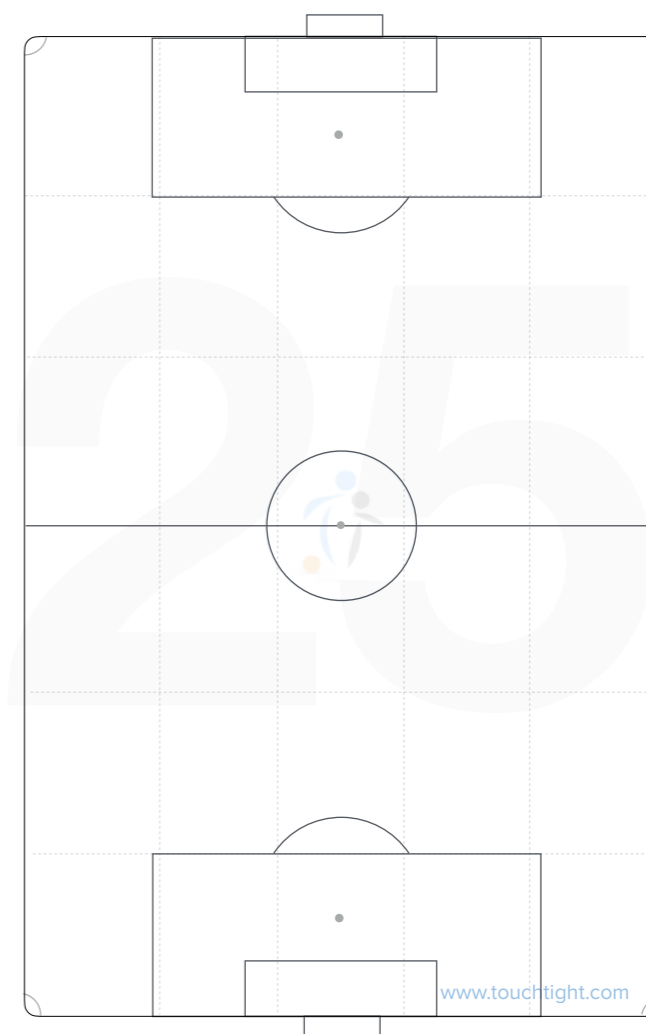
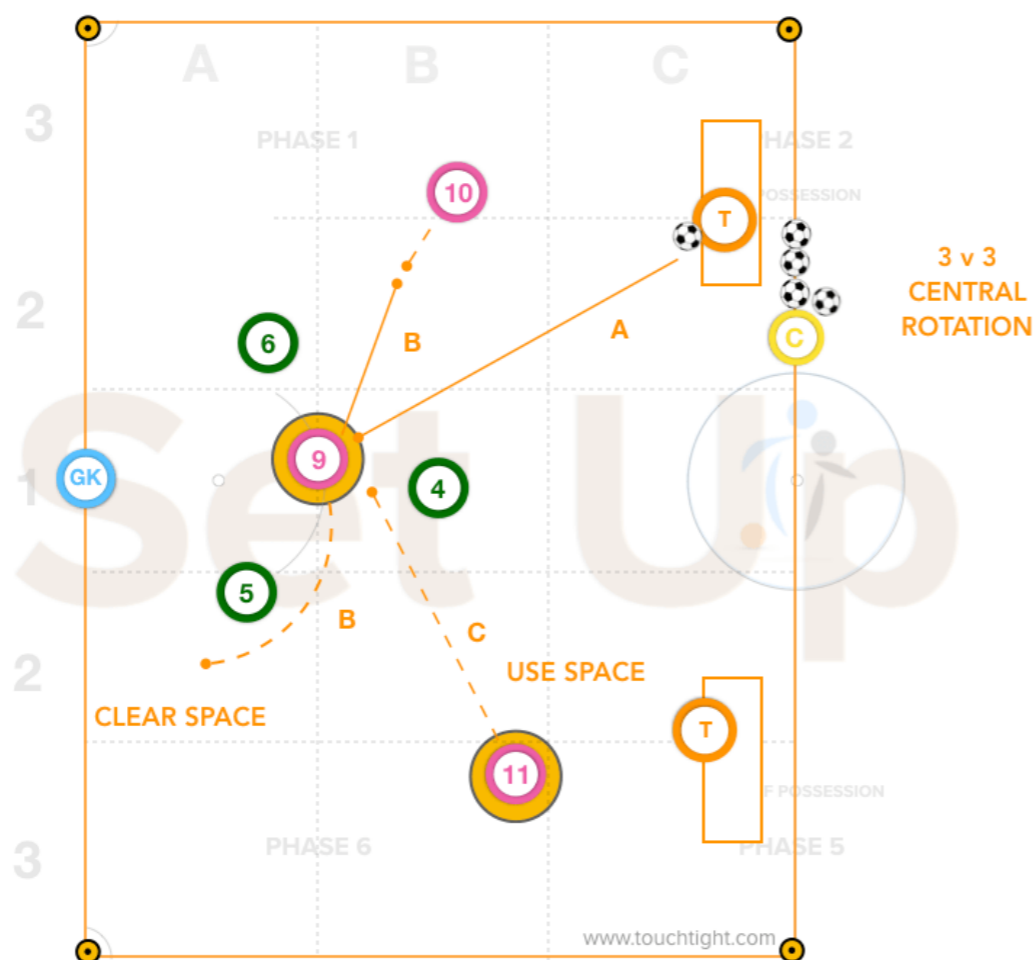




**Type:** Lead Practice

**Area:** 40 x 40 Yards

**Team Objectives:** Rotate with teammates to create goalscoring opportunities



### Set up / Organisation:

This Lead practice, works with our front 3 attacking players and supporting midfield target players against 2 central defenders, a midfielder and GK to protect the goal. Target plays pass into striker and supporting players must make space creating runs to advance upfield. Focus on rotational movement inside and out, around the edge of the box, to encourage defenders to press, leaving space behind.

### Progressions / Constraints:

- Allow a single target player to join, providing additional attacking options
- Continually rotate attacking 5 players, with floaters being replaced.

### Key Coaching Points:

- Identify space being created to exploit
- Make opposite movements to teammates to combine (out/in)
- Execution of pass to break midfield and defensive lines.

### Questions & Notes:

- Where are spaces in deeper areas to begin initial attack?
- Which players are more likely to be drawn out of position?

**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

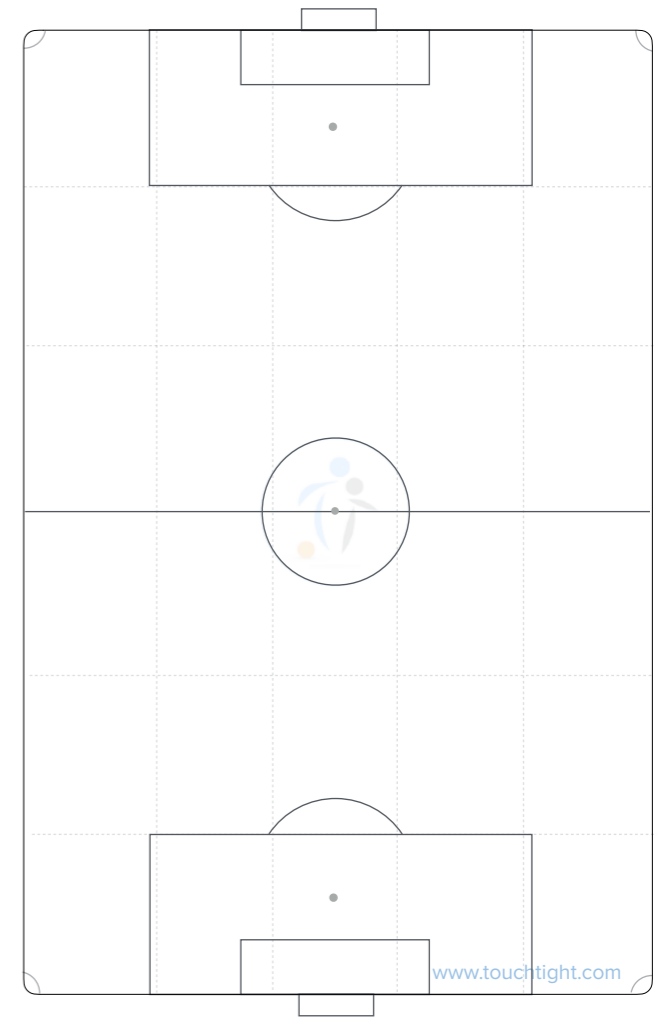
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



www.touchtight.com

**Big Game Question**

How will we apply this session to a game situation?

