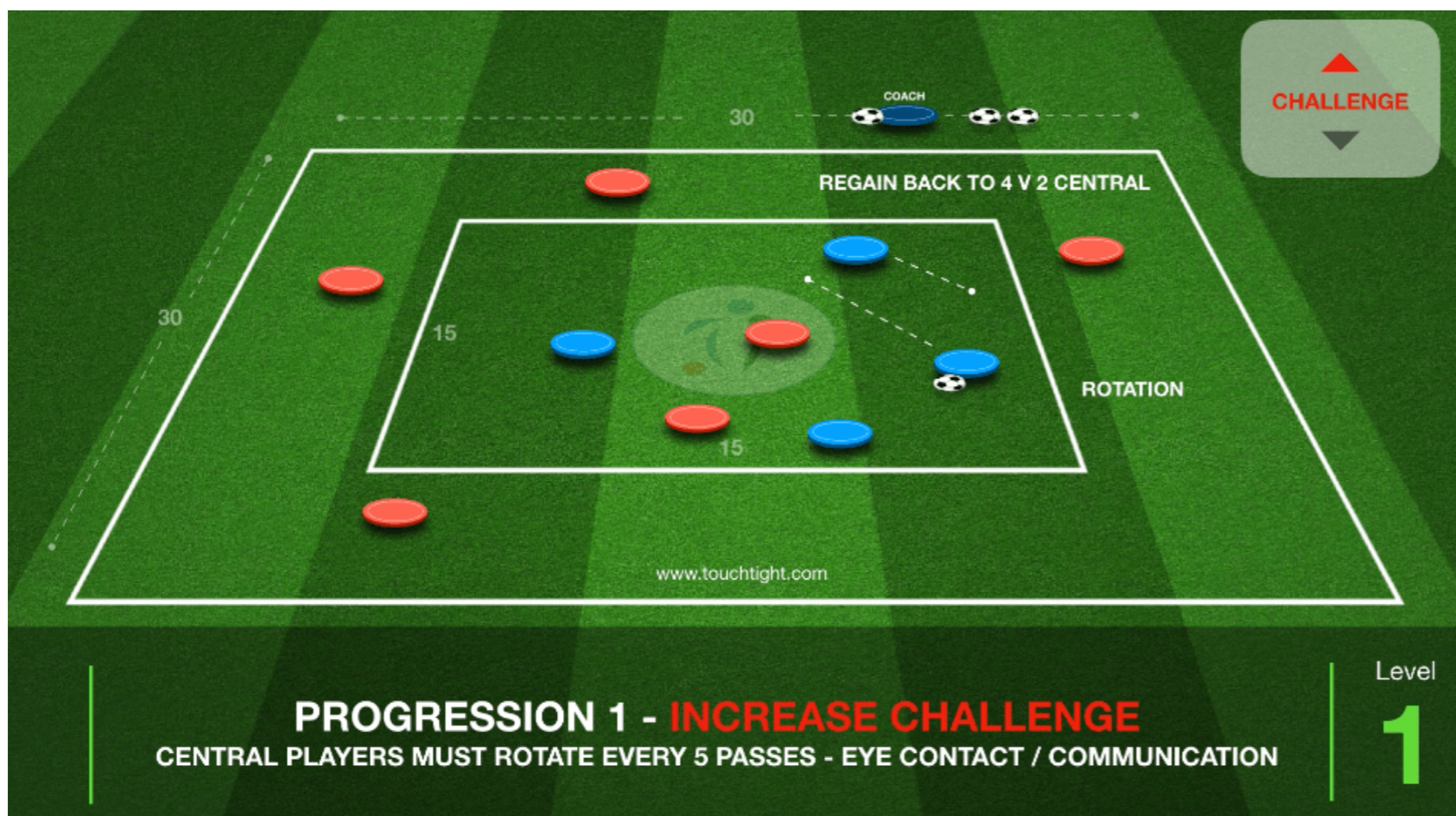




Type: Opposed Skill

Area:

Team Objectives:

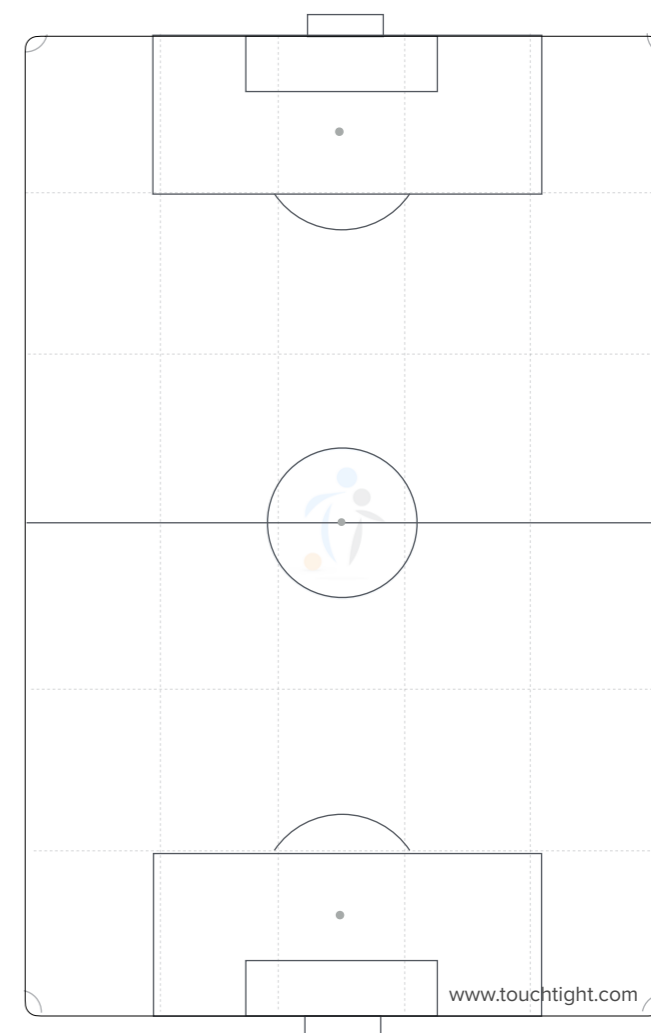


PROGRESSION 1 - INCREASE CHALLENGE

CENTRAL PLAYERS MUST ROTATE EVERY 5 PASSES - EYE CONTACT / COMMUNICATION

Level

1



Set up / Organisation:

- This practice focuses on players rotational movement to create space in a central area, before reacting to winning possession. With a 30 x 30 Yard area and 15 x 15 Yard central area, 4 players keep possession against 2 centrally. 2 defending players who win possession can breakout with 4 outside players to create a 6 v 4 overload.
- Develop rotational movement between central players and outside players to create space to exploit.

Key Coaching Points:

- **Tactical** | Recognise when to rotate to move opposition players
- **Technical** | Passing quality to keep the ball in tight spaces
- **Social** | Player understanding of when to move out and replace teammates in space created

Progressions / Constraints:

- Central players must rotate every 5 passes, through effective verbal and non verbal communication (e.g. Eye Contact and hand gestures) to move opposition players around.
- Reds can now rotate central players providing more flexibility, yet keeping 2 players in the central area at any one time.

Questions & Notes:

- Where is the space on regaining possession and how can you exploit this?
- How do defenders react with slow possession and when you speed up possession?

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

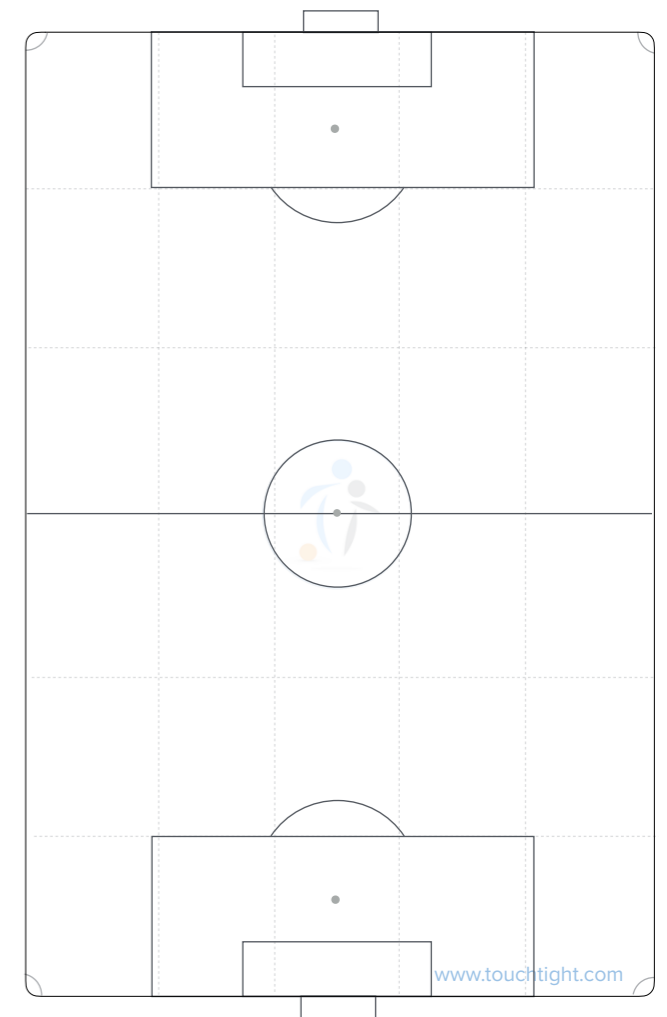
Player Trios initials	Objectives

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?

