



Session Date

Season

Age Group

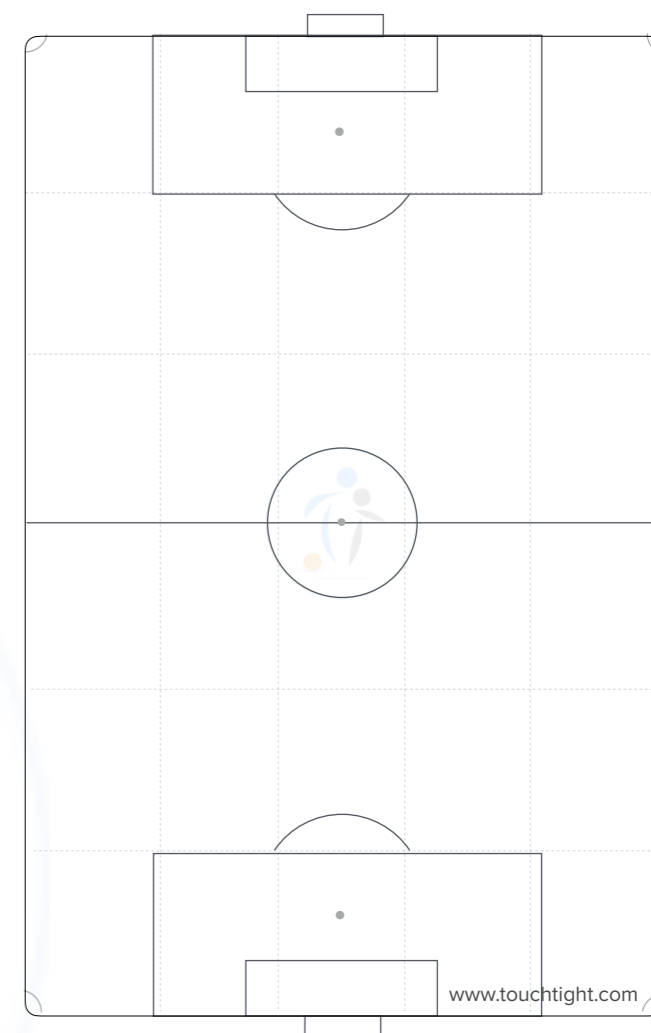
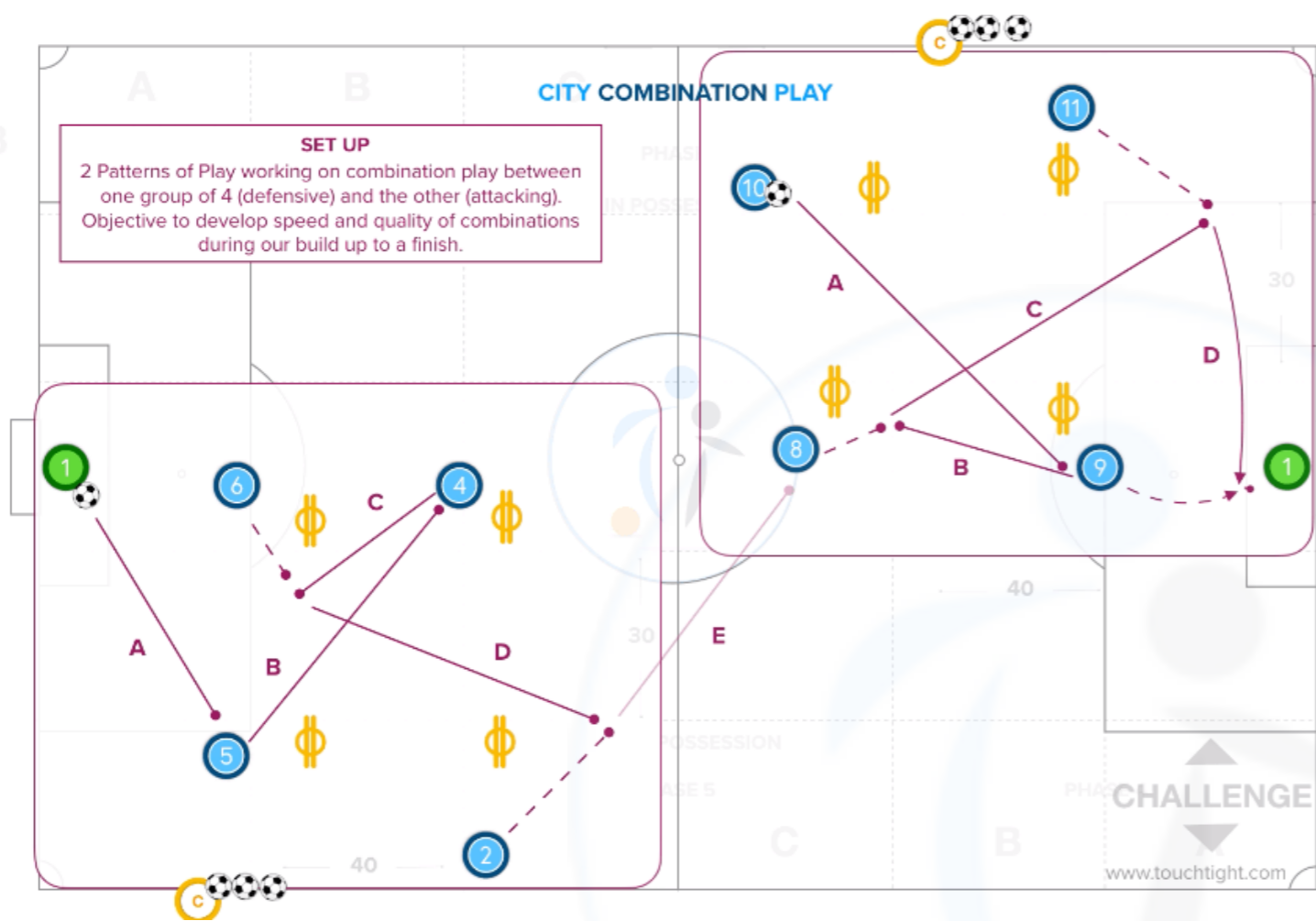
Players

Duration

Type: Patterns Of Play

Area:

Team Objectives:



**Set Up & Organisation:**

- 2 Patterns of Play working on combination play between one group of 4 (defensive) and the other (attacking). Objective to develop speed and quality of combinations during our build up to a finish.
- Begin with the goalkeeper playing out to a central defender who combines with 3 teammates in the first square, before switching play into 4 attacking players who combine to finish.

**Progressions & Constraints:**

- Develop 1 rotation in each square to create space that could be effective in 11 v 11 structure.
- Allow rotation between each grid, with realistic movement between midfield players.

**Key Coaching Points:**

- Quality of pass unopposed with weight of pass and accuracy to allow teammates to play forward crucial.
- Timing of movement to switch play with a high tempo (mimic the game)

**Questions & Notes:**

- How can you ensure your movement creates space quickly for teammates in that square?
- What are the rotational movements that players find are effective in their build up play and how could this influence your game play?

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 |
|-----------------------|------------|
|                       |            |
|                       |            |
|                       |            |

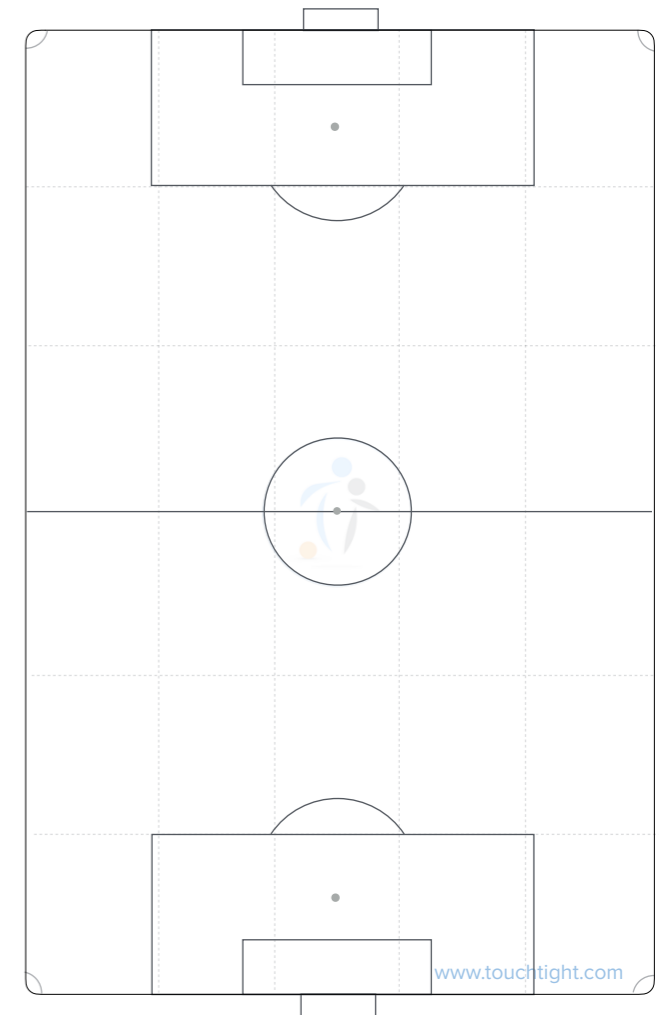
| Player Trios initials | Objectives |
|-----------------------|------------|
|                       |            |
|                       |            |
|                       |            |

| 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?



