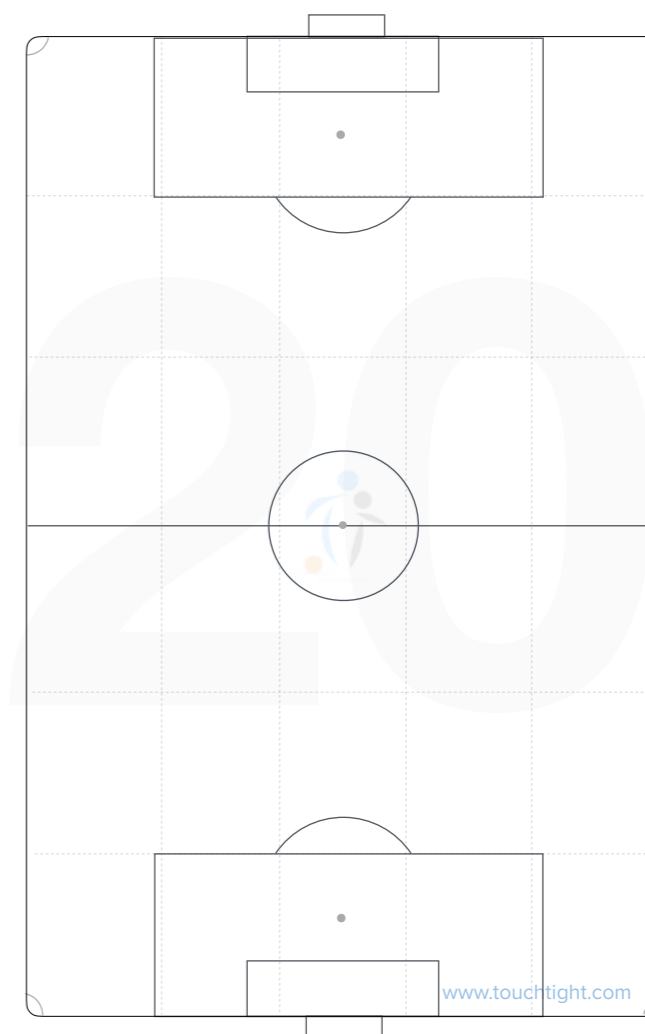




**Type:** Opposed Skill

**Area:** 40 x 40

**Team Objectives:** Support teammates quickly to combine and break pressure



### Set up / Organisation:

This Practice begins with the coach passing a ball into an attacking player who attacks a single defender and goal, with the support of a teammate, creating a 2 v 1 attack. If the attacking pair scores, an extra player joins, creating a 3 v 1 overload. If the defender does not concede they an extra defender joins to create a balanced 2 v 2 outfield situation. There cannot be an overload of more than 2 throughout the practice; ensure you rotate player roles throughout.

### Progressions / Constraints:

- Play with a striker against the defender, different support required
- Add time constraint, if team does not score in 5 seconds then add an additional defender
- Final progression, if team scores they gain a player, defenders lose one

### Key Coaching Points:

- **(Tact)** Timing of forward runs to support
- **(Tech)** Decision of passer to pass or dribble
- **(Psych)** Recognition of space with overload v balanced numbers

### Questions & Notes:

- Where is the best position to support my teammate?
- How can I bring my teammates into play better?
- Who are defenders staying with when overloaded? What does this mean?

**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

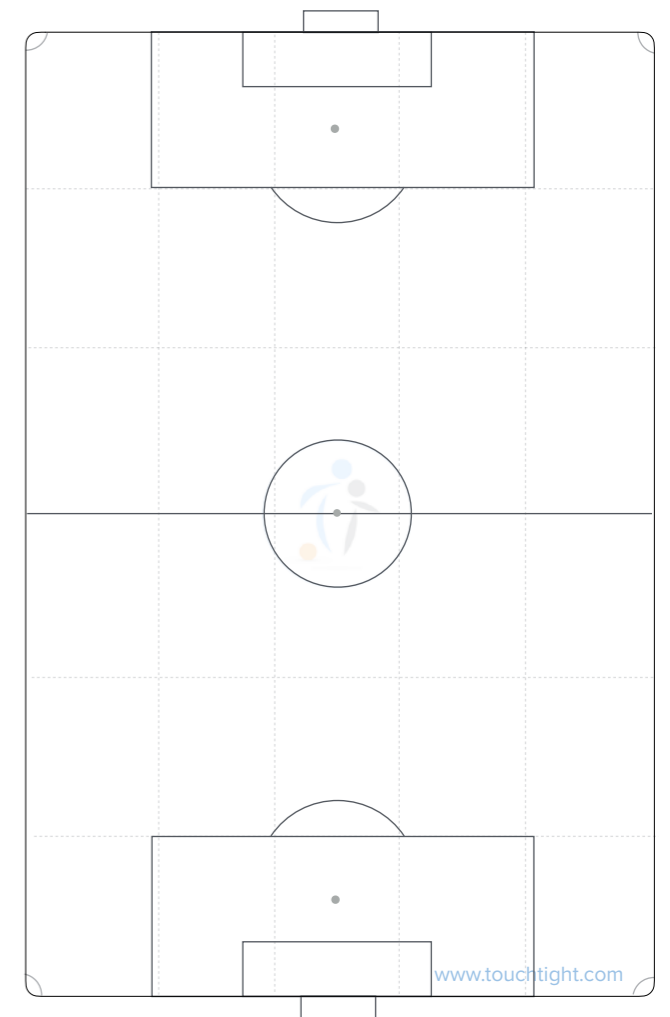
Player Trios initials	Objectives

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?

