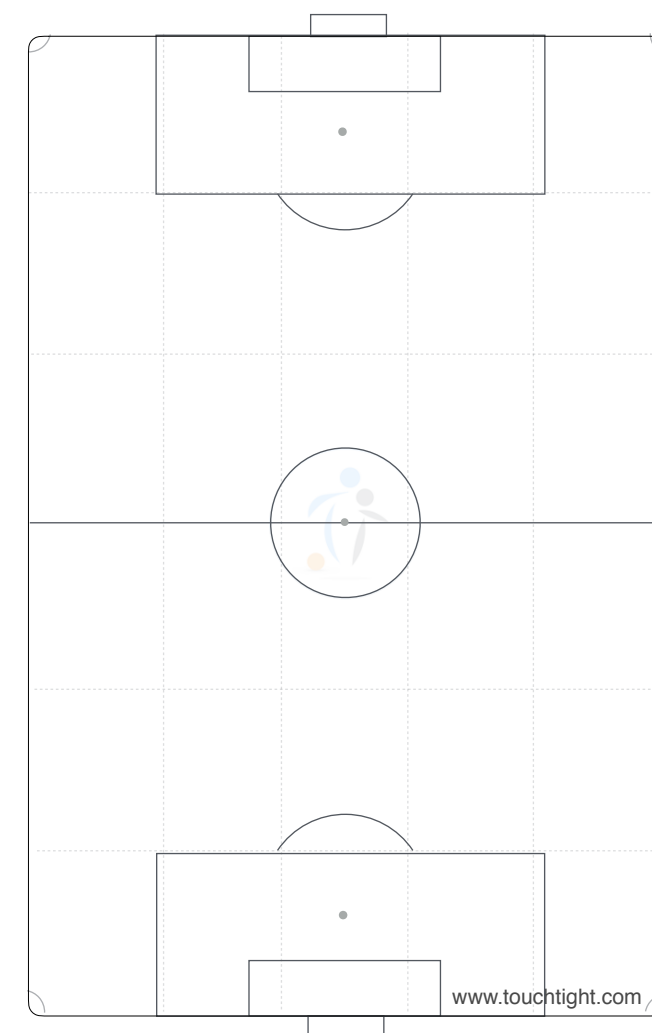
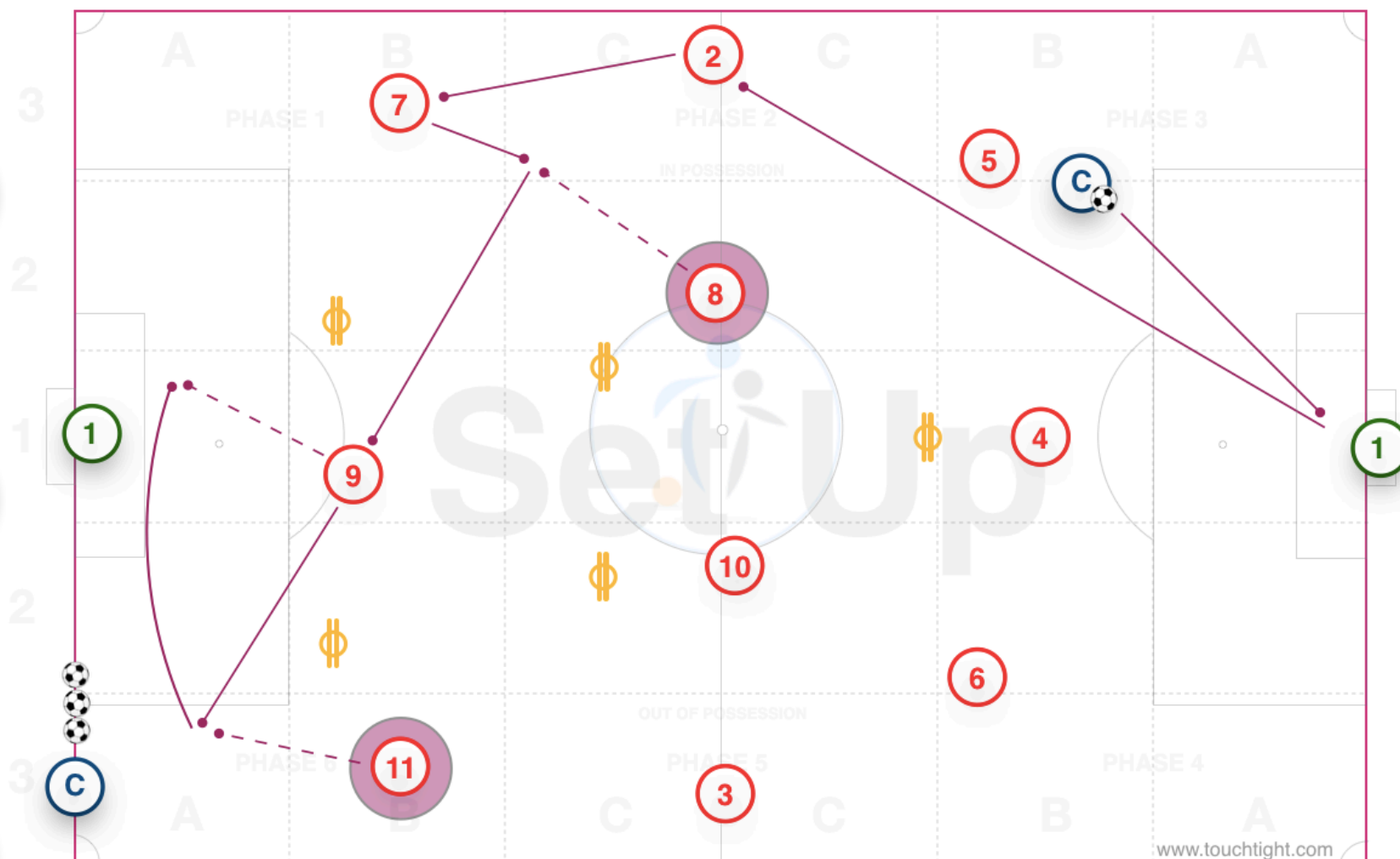




Type: Patterns Of Play Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Working in a 343, play begins initially from our GK into defenders & then directly into attacking players for us to build attacks in attacking third.
- Our opposition is set up as 6 outfield players & a GK making an 11 v 7 opposed practice, with defenders initially playing semi-opposed, allowing attacking team to develop combinations.
- Progress to fully opposed with the flexibility of moving 1-2 players from attacking team to defending team.

Key Coaching Points:

- Players should be reliable enough to play at match tempo, so focus on speed of movement and ball speed during build up play.
- Where are the biggest gaps in 11 v 7 overload and how can these be exploited? How does the opposition try to limit this impact?

Progressions / Constraints:

- Divide pitch into thirds and condition there to be at least 1 rotation of movement in each third before team can score. (e.g. overlap, 3rd man run)
- Take away a player from attacking team and add to defending team e.g. CM to ST for opponents to increase difficulty building out

Questions & Notes:

- How does your game change with increased difficulty? How can you maintain tempo and movement shown initially?

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

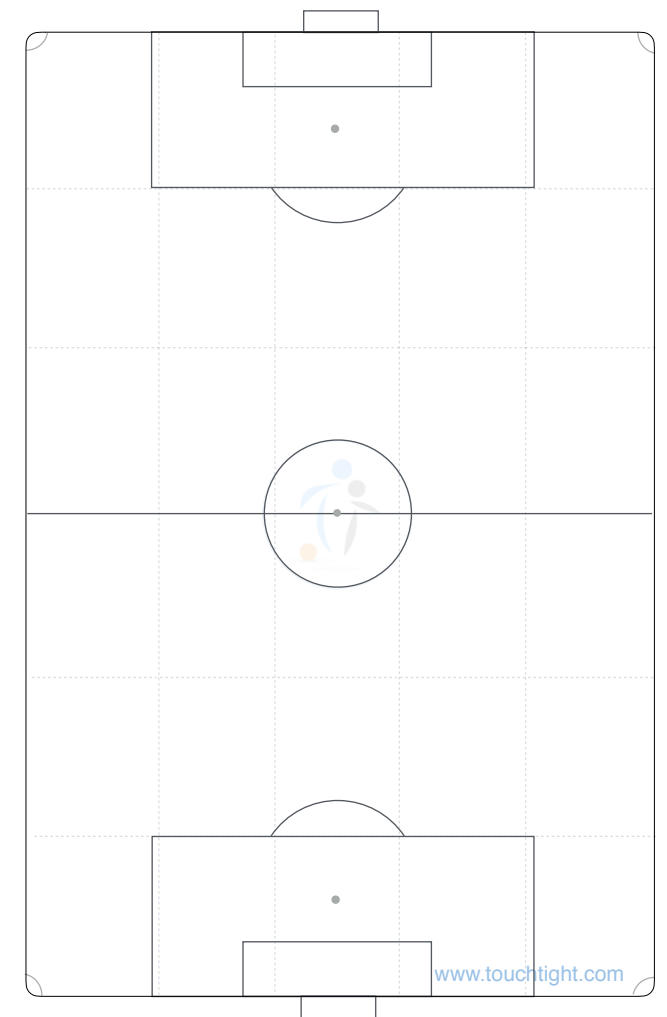
Player Trios initials	Objectives

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?

