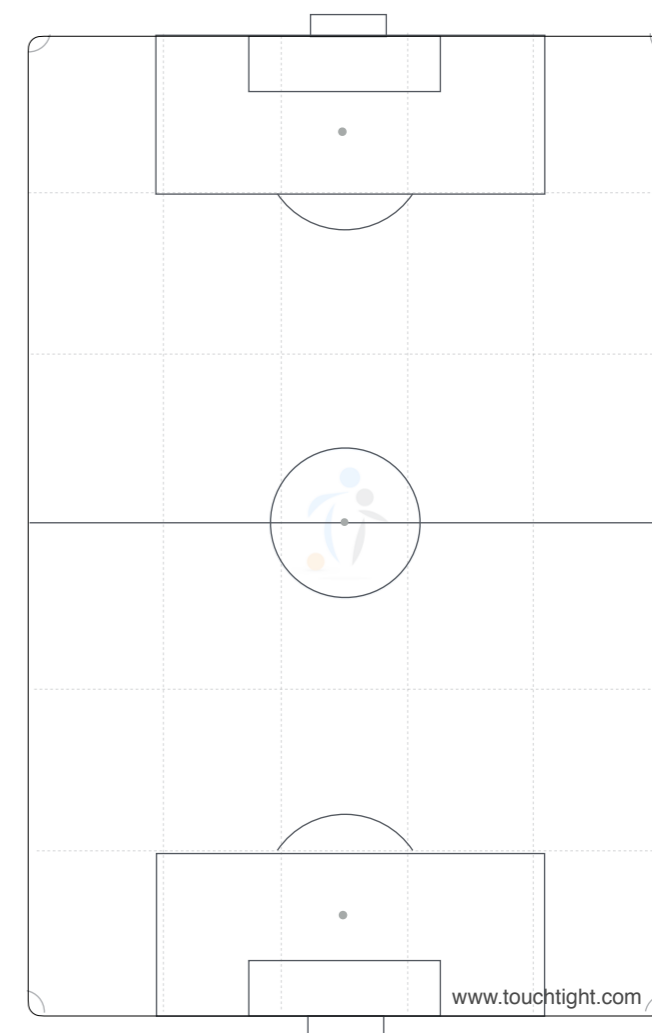
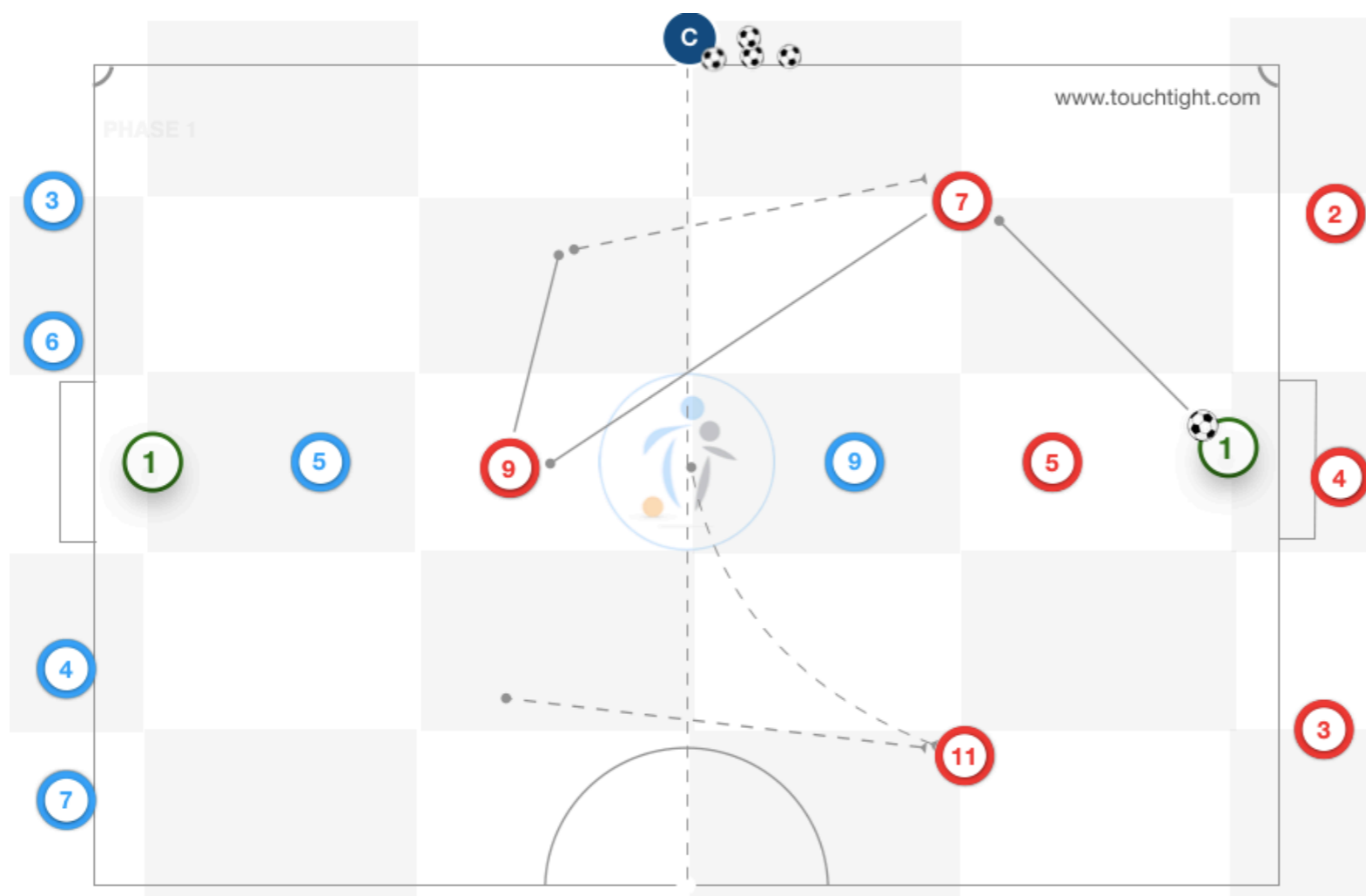




Type: Wave Practice

Area:

Team Objectives: Play into feet and make effective supporting runs to create opportunities.



Set up / Organisation:

- Start with 3-4 players positioned either side of a full size goal at each end, with GK in a 40 x 30 yard area split into two 20 x 30 halves. Position attacking team with 2 players deep (1 in possession playing first pass) and 1 Striker higher, against 2 Defenders, with 1 in each half.
- After each attack, attacking players must rejoin their group around pitch, whilst defending team begin their own attack.

Key Coaching Points:

- The weight of pass and ability of Striker to hold up play and bring support players into game, can they see most advanced space to play into?
- How does unrestricted 3 v 2 influence attacking players? Slower build? Quicker support to break lines? Adjust practice appropriately.

Progressions / Constraints:

- Allow 1st defender to be able to recover into attacking half, rather than being restricted to own half during the build.
- Must attempt 3rd Man run, 1-2 combination or another clever piece of play to create a chance.

Questions & Notes:

- Try to facilitate, allowing players to be creative, make mistakes and speak to individuals about what they could try.

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

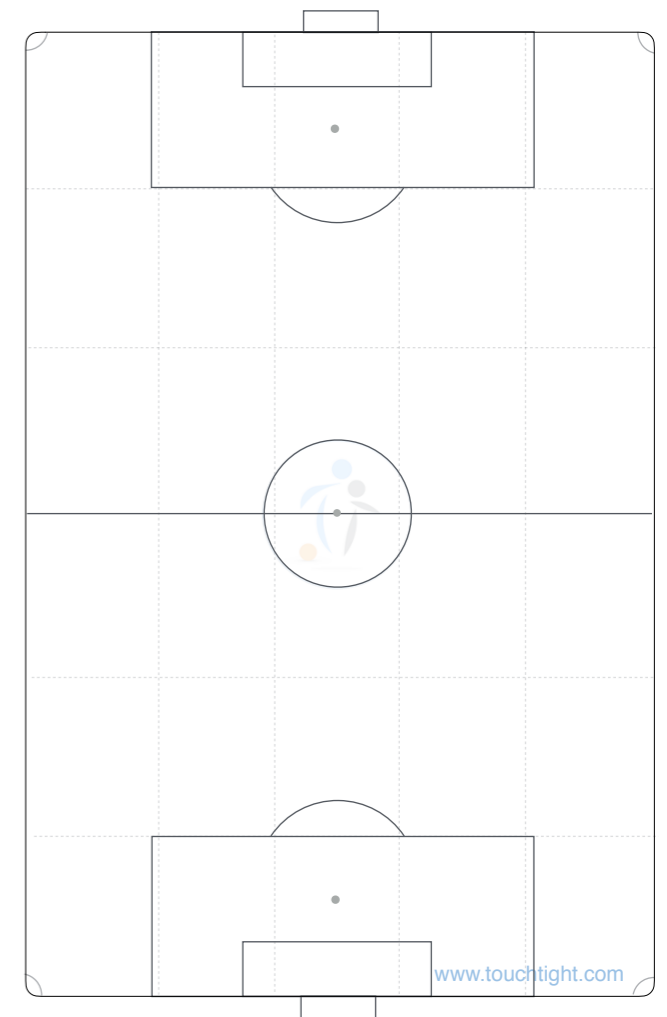
Player Trios initials	Objectives

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?

