



Session Date

Season

Age Group

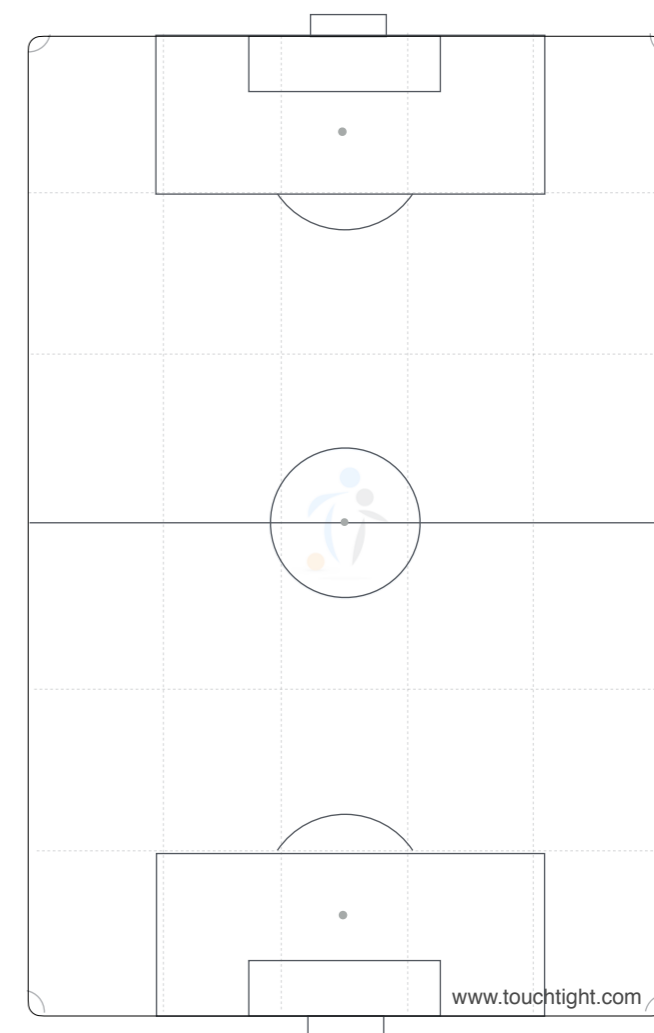
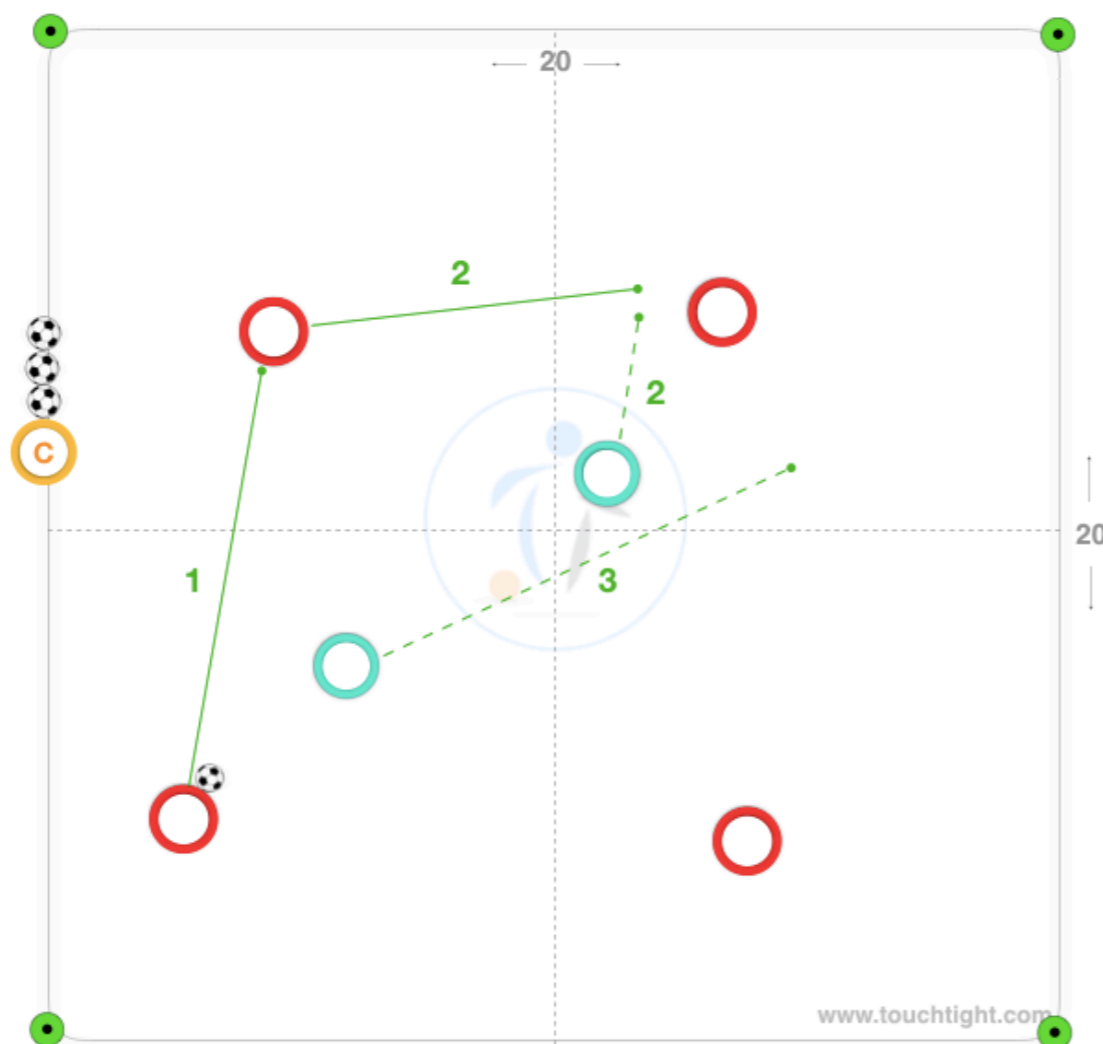
Players

Duration

Type: Opposed Skill Practice

Area:

Team Objectives:



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Set up / Organisation:

- In this Opposed 4 v 2 practice, possession team must keep the ball in each of the 4 areas within this 20², against 2 defending players who can press to regain in any area.
- If defenders win the ball, they can now play a 2 v 1 in a single 10² area to make 5 passes before moving into another square to do the same. When attacking team win the ball back, they keep possession in 4 v 2 again.

Key Coaching Points:

- Angles and Distances of possession players to the ball in 20 x 20 and defenders press on triggers
- How does rotation influence defenders and passing players? Less options? Easier to regain? Increased awareness of possession team?

Progressions / Constraints:

- Passing players must now rotate away from their pass at least every 3 or 4 passes. 10 Passes a goal, Defenders 5 passes a goal on regain.
- Passing team must develop a 2 v 1 in a single square making 2/3 passes before switching play when pressured.

Questions & Notes:

- Focus on looking away from the ball to observe pressure before switching play into another box.

Work / Rest Ratio:



mins



sets



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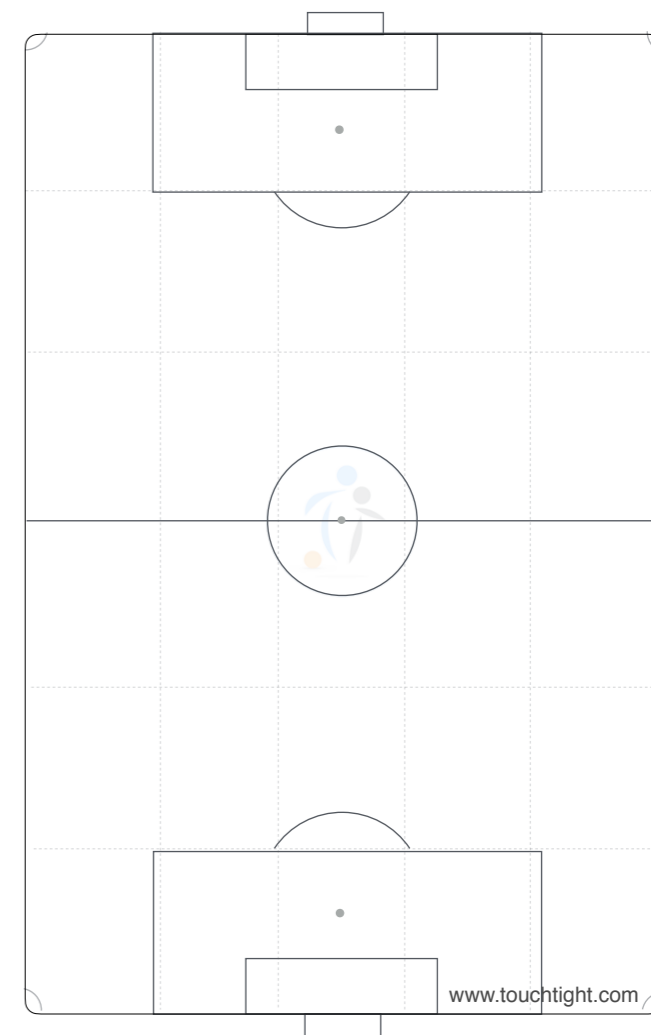
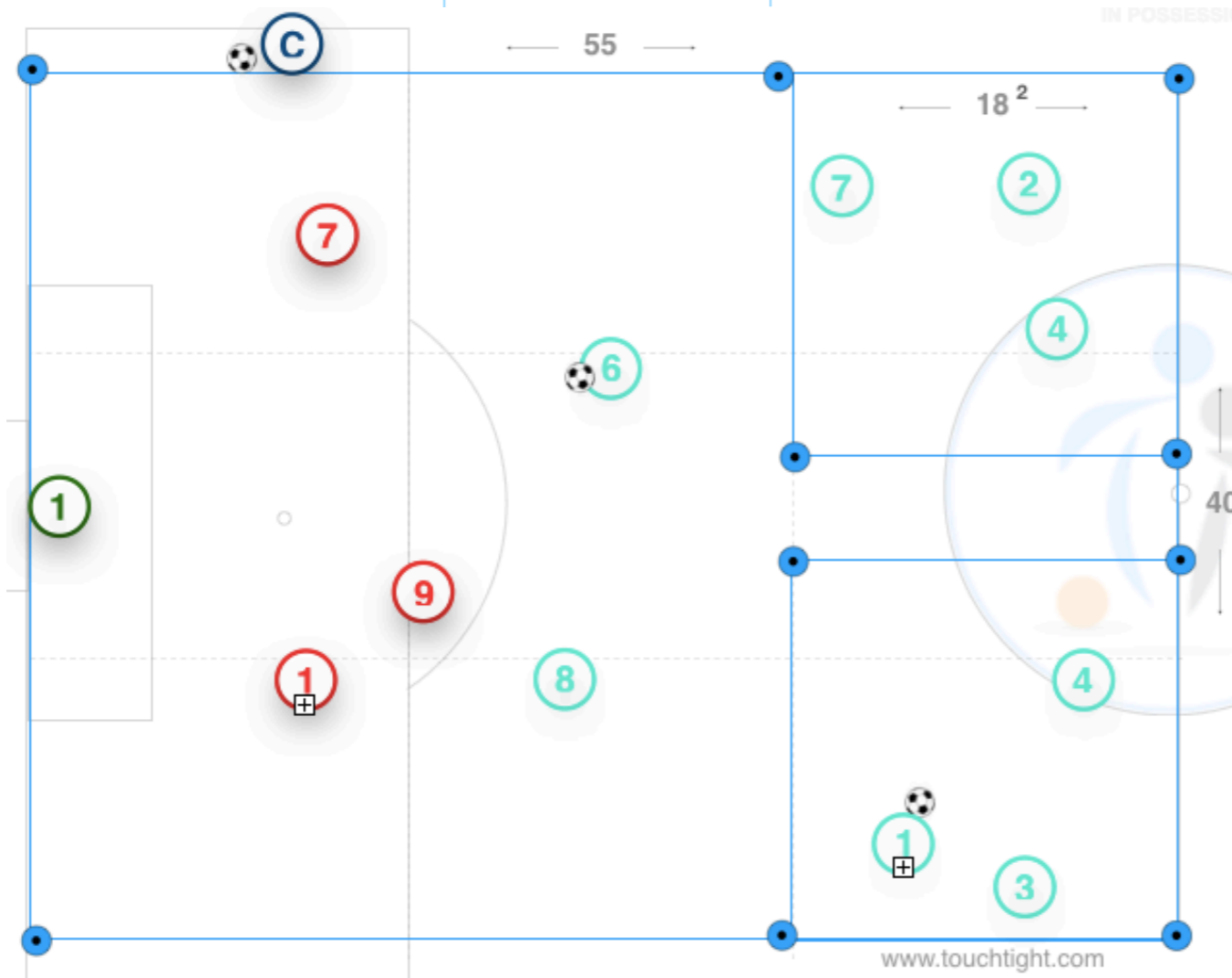
Players

Duration

Type: Technical Practice

Area:

Team Objectives:



Set up / Organisation:

- 4 passing players in each of two, 10² grids and 3 attacking players unopposed positioned on the edge of the box.
- The objective is for one passing team to make 3/4 quick passes before playing ball into feet, with 1 supporting run to combine and finish from a cross or through ball.
- Once the first group goes, next 4 players repeat opposite side with similar combinations, adding an element of competition between groups.

Key Coaching Points:

- Speed of support, and weight of set and through balls important to create opportunities.
- Can you rotate after set and spin? Forward players movement off the ball important.

Progressions / Constraints:

- Pass comes from one box and supporting run comes from other side to develop increased movement off the ball.
- Possibly add a single defender against 3 and increase support runners to 2; one from each area, creating 5 v 1.

Questions & Notes:

- With opposition, now players must time runs better and focus on attacking spaces quicker, with an enhanced understanding between passer and runners.
-

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

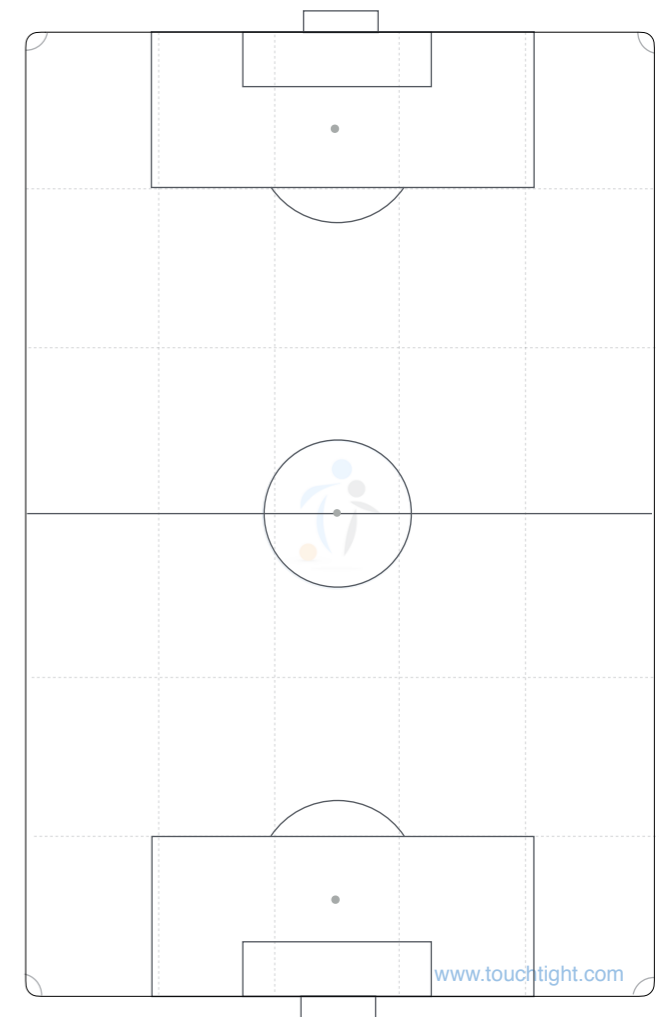
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

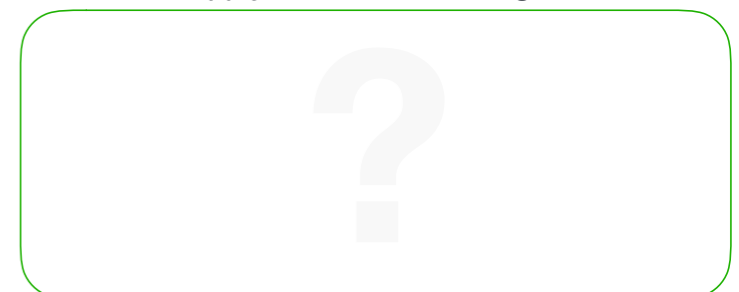
Absentees: initials



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Big Game Question

How will we apply this session to a game situation?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation