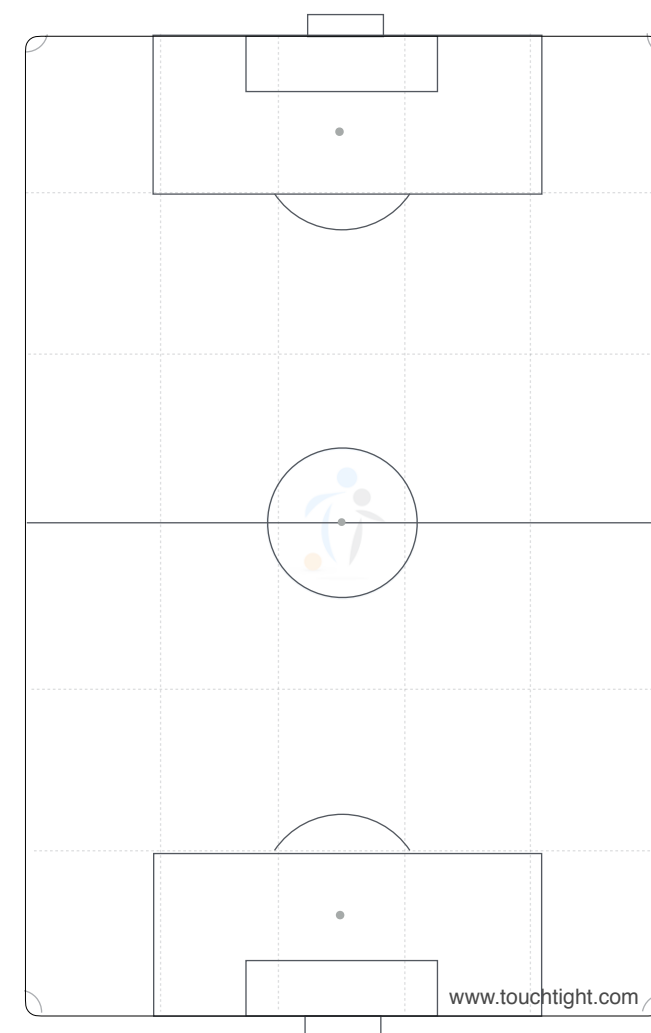
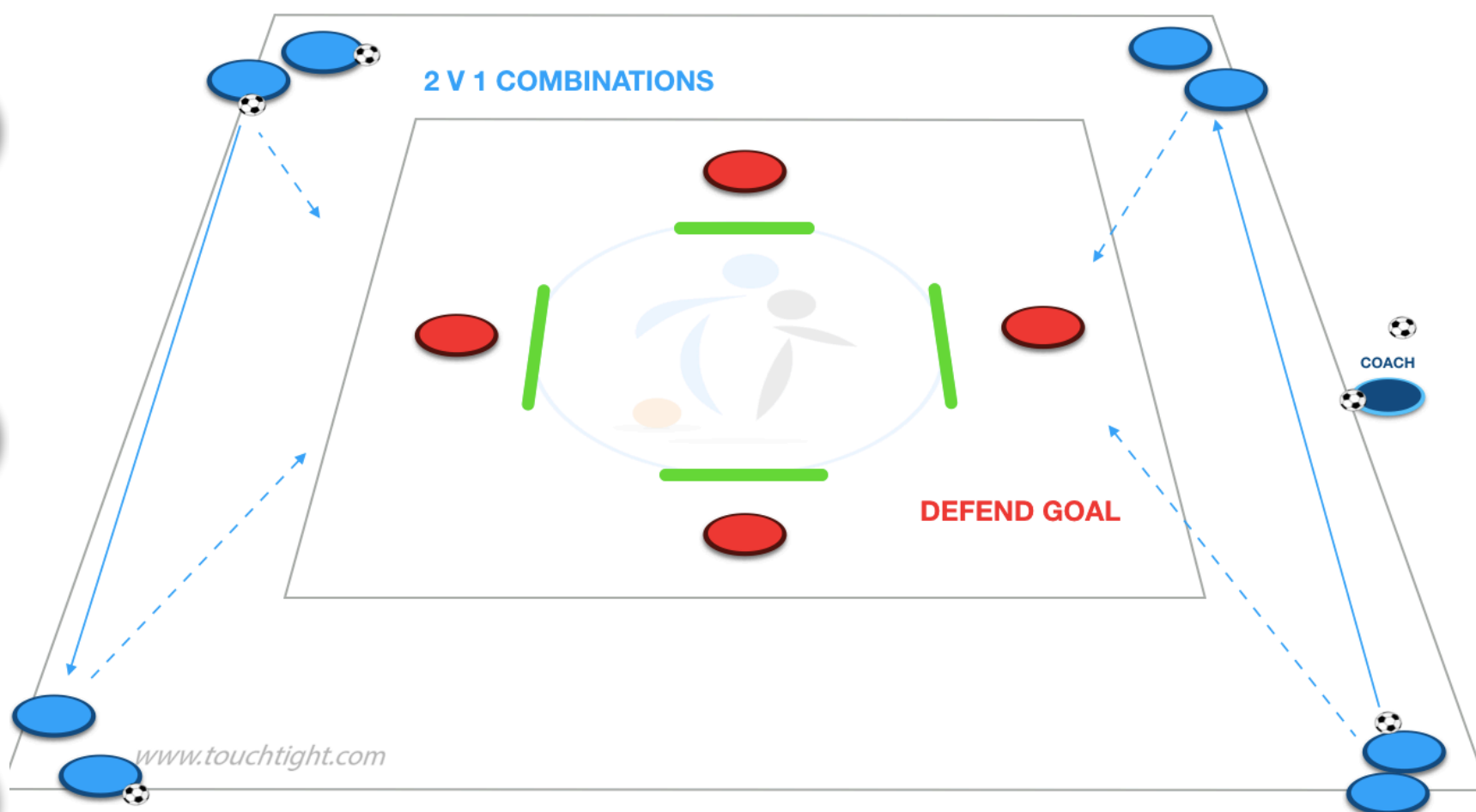




Type: Opposed Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This attacking combination football practice can be used to develop combination play in final third to finish attacks.
- The practice area is a 30² on the outside with 20² inside area. 2 players combine to beat single defender to score in mini goal. If defender wins possession, players must run ball over line to score.

Key Coaching Points:

- How can you predict defenders movements?
- What must you do to get shot off quickly in attacking half?

Progressions / Constraints:

- .
- .

Questions & Notes:

- How are defenders reacting to the practice? - What should you do as a result?
-

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

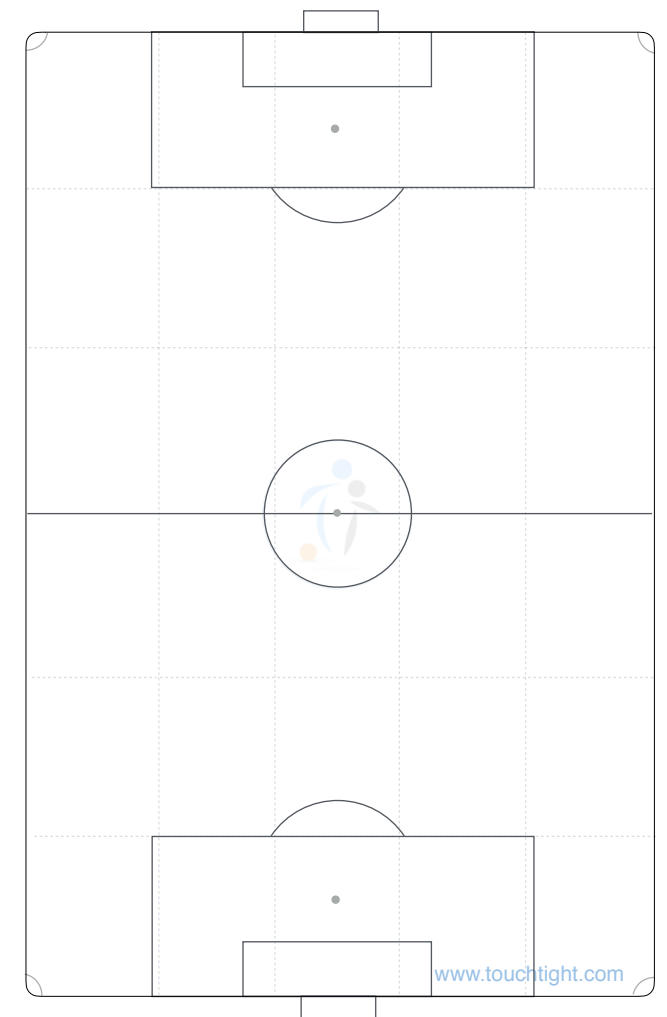
Player Trios initials	Objectives

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?

