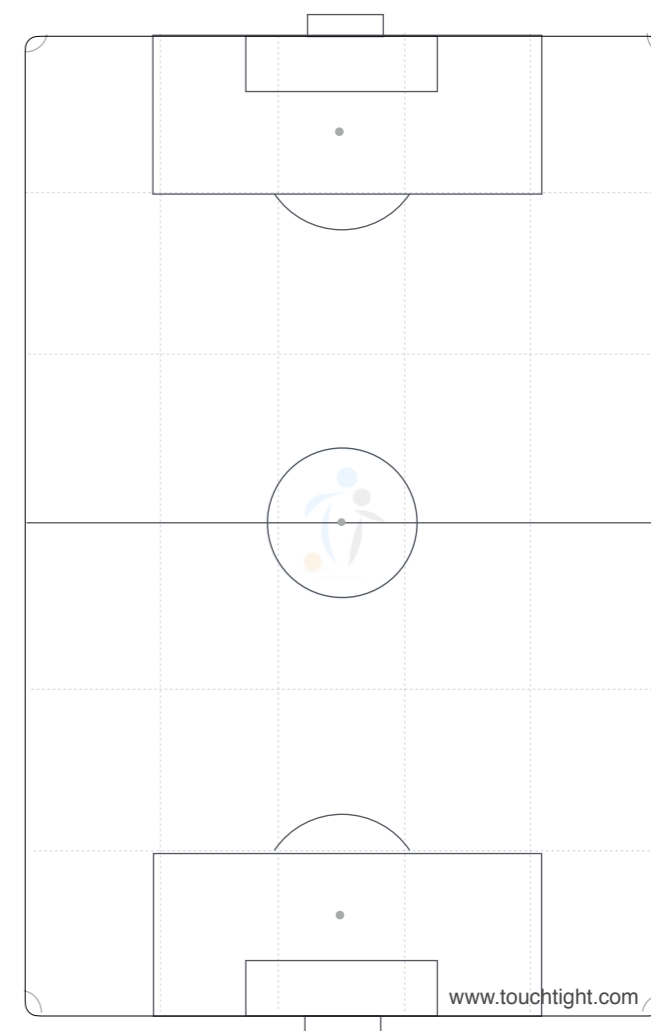
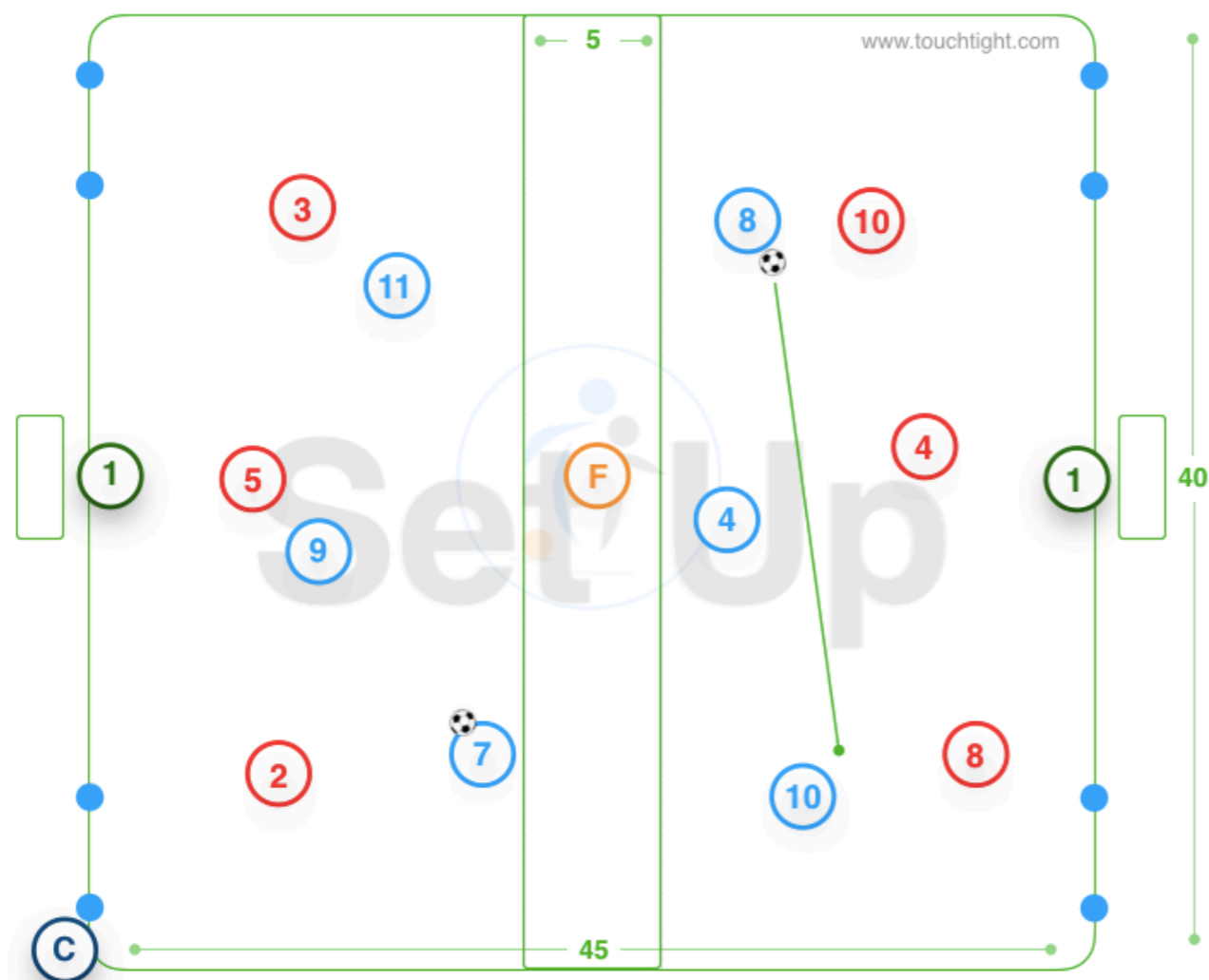




Type: Opposed Skill Practice

Area:

Team Objectives: Develop Final Third Combinations to create and exploit space in these areas to create chances.



Set up / Organisation:

- Two directional practice | 45 x 40 (adults) area split into 2 halves as shown. 14 Players consisting of 2 groups of 3 v 3 together with a GK.
- Objective is for players to score in 3 v 3s, using safe zone to be patient and recycle the ball, allowing movement to create space. Many progressions from this to be added.

Key Coaching Points:

- Ability to lose markers in tight area.
- Go & Show movement to lose players.
- Communication with passing and support players.
- Ability to finish chances.

Progressions / Constraints:

- Floater can join in central area to create 2 v 3 underload.
- Allowing different combinations to be created from different angles.

Questions & Notes:

- Focus on initial passing quality and movement off the ball to keep possession before transferring. Angles and distances of floating player and single player to finish is crucial with underload.
- Movement to lose opposition and player-to-player understanding is important to finish. Quick Finishing technique with individuals.

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

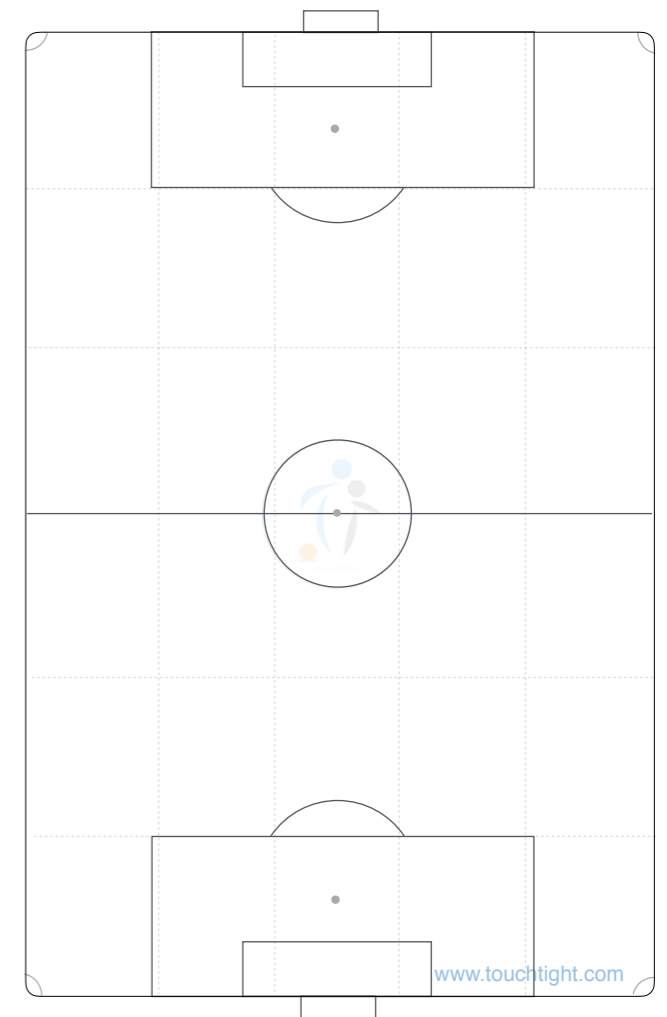
Player Trios initials	Objectives

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?

