



Session Date

Season

Age Group

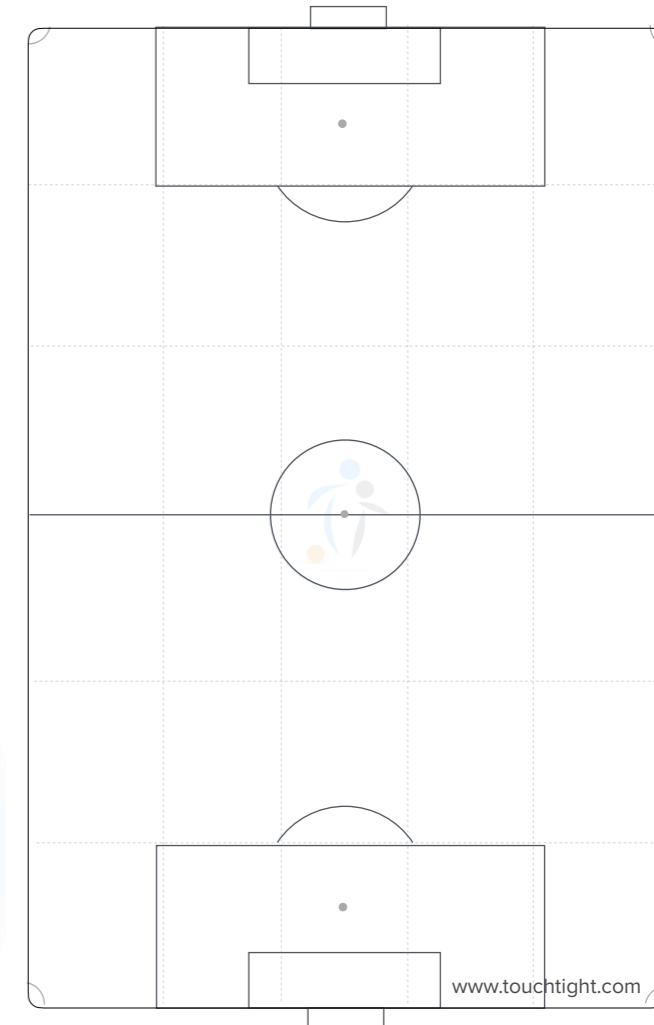
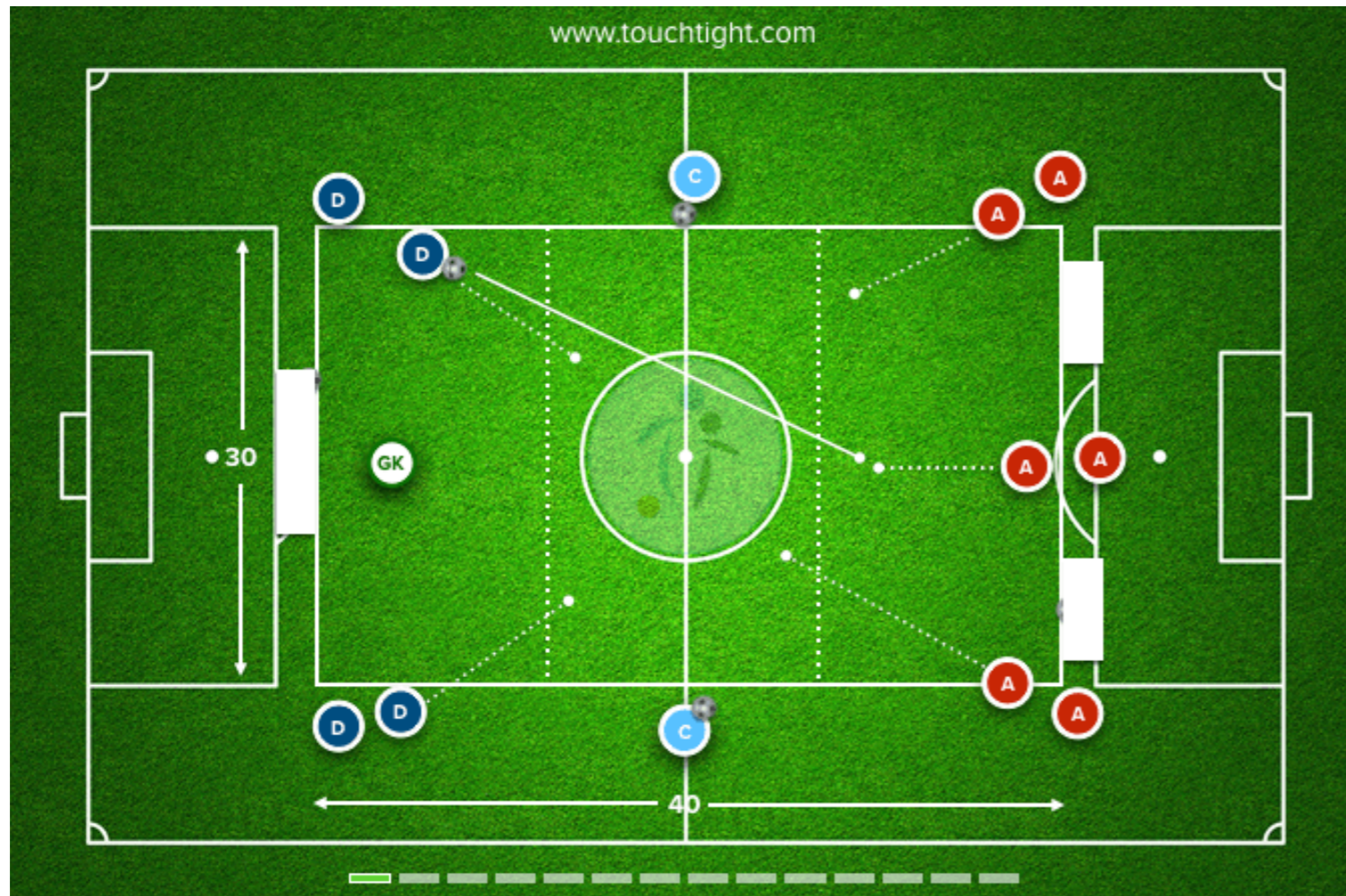
Players

Duration

Type: Directional Opposed Skill

Area:

Team Objectives:



Set Up & Organisation:

- Defenders set up either side of the defending third. One defender plays pass into 1 of 2 attackers who attack defender quickly to get shot off against GK. One big goal for Attacking players to attack and 2 mini goals for Defender to attack if they win possession. Pass from each side and rotate attackers and defenders after 4-5 minutes

Progressions & Constraints:

- 3 v 2 Attacking v Defending situation
- Add time constraints to score and zones to protect as a defending pair

Key Coaching Points:

- Technical: Running with the ball at defenders and execution of pass and finish
- Tactical: Recognise space to exploit with the overload
- Physical: Speed to break lines with and without the ball

Questions & Notes:

- Where does the space appear in the attacking phase?
- How can you move defenders around to create space to attack?
- How does the progression influence attacking options?

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

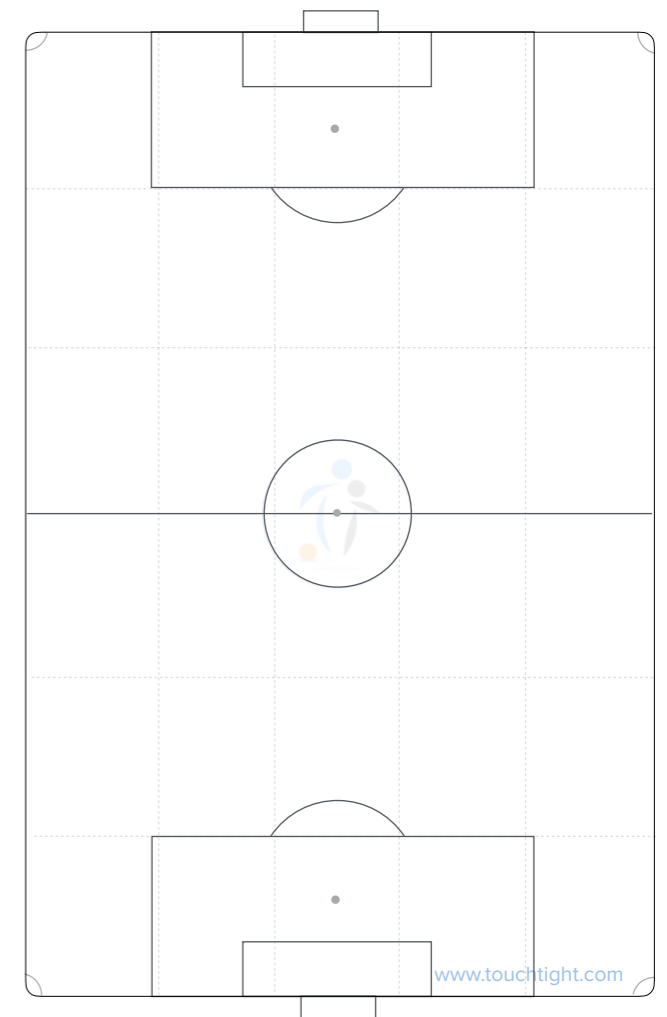
Player Trios initials	Objectives

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