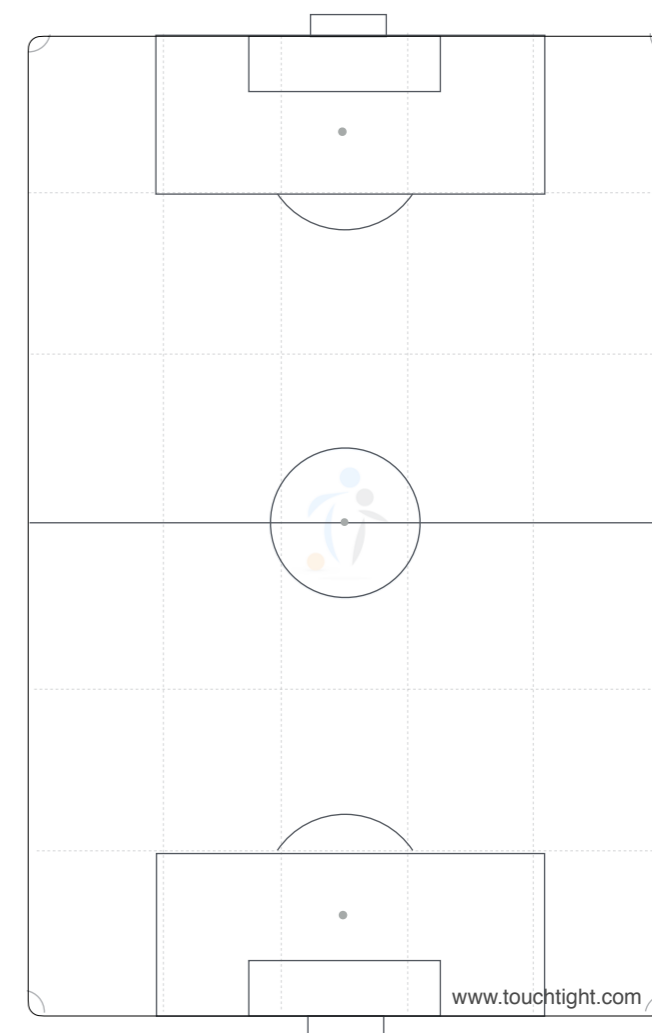
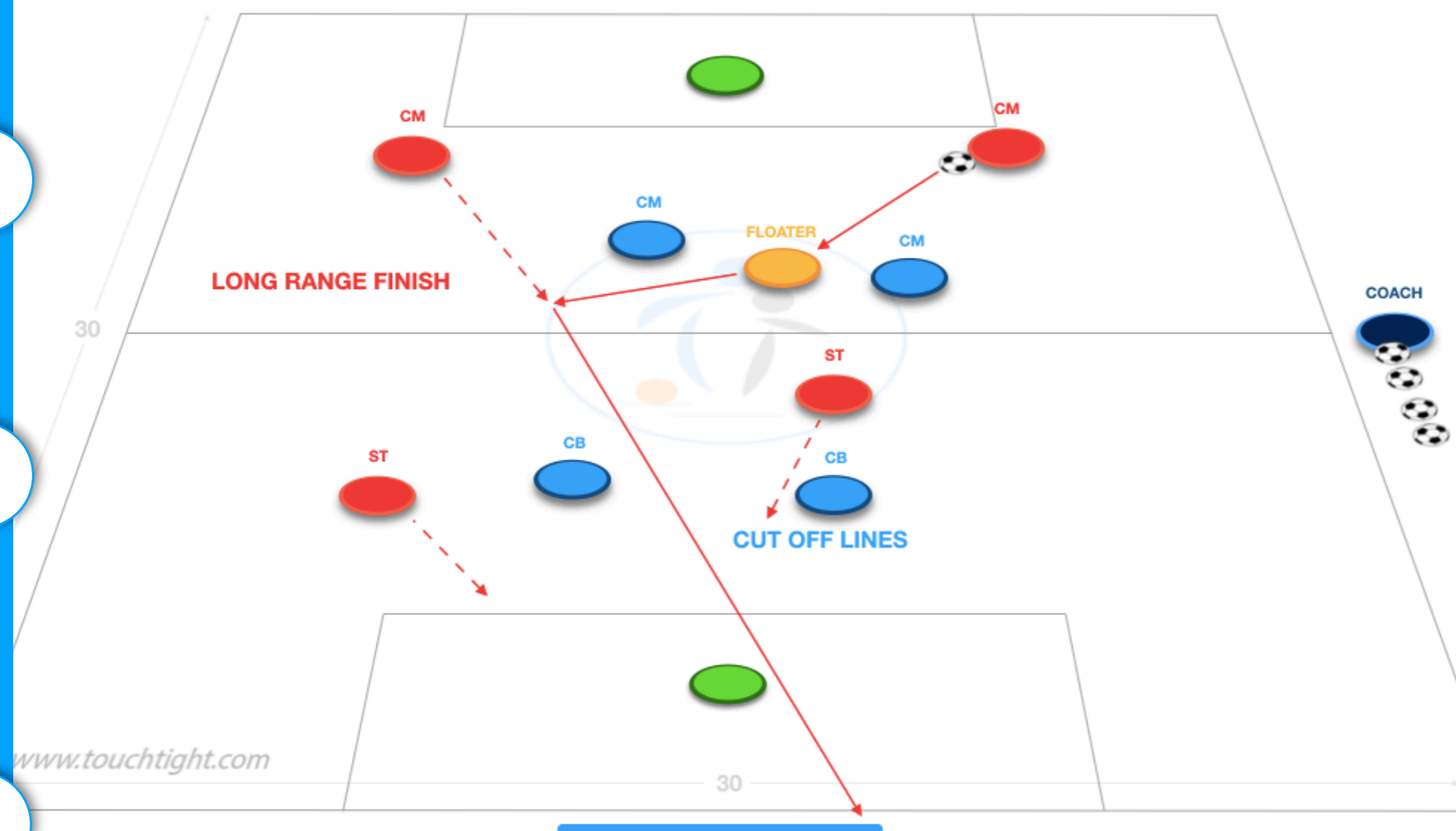




Type: Small Sided Game

Area:

Team Objectives:

**Set up / Organisation:**

- In a 40 by 30 Yard area we have 2 teams of 5 and a floater. The area is split into 2 halves with the possession team only able to score from shooting from within their own half, attacking teammates can follow up any shots saved by the goalkeeper.
- Teams play from both ends, with each teams having the opportunity to attack and defend. If the defending team win possession in their attacking half, they can counter attack quickly to score.

Key Coaching Points:

- (Tactical Key Point) Recognise space to make forward runs, execute pass / finish
- (Technical Key Point) Pass execution, finishing quality in corners working GK
- (Social Key Point) 5 Players to understand each other's roles, play to strengths

Progressions / Constraints:

- Progress by allowing the attacking team to play into a striker, who can set a teammate on one touch to also finish with one touch.

Questions & Notes:

- How can you use overload to get shots off early?
- How can strikers anticipate rebounds avoiding the offside line?
- How do combinations with forward players move defenders around?

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

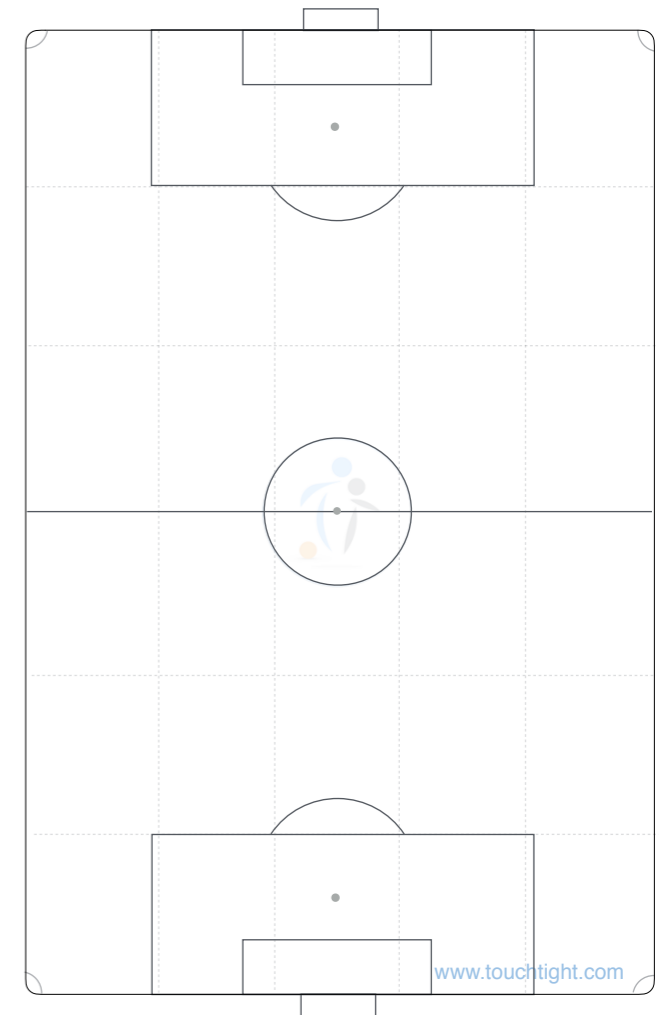
Player Trios initials	Objectives

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?

