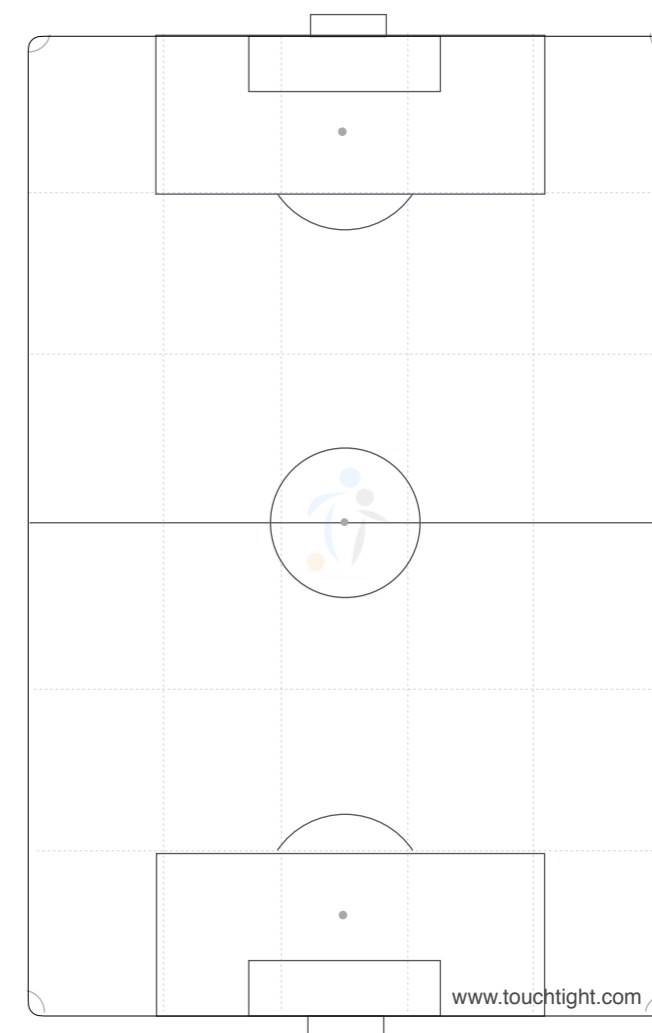
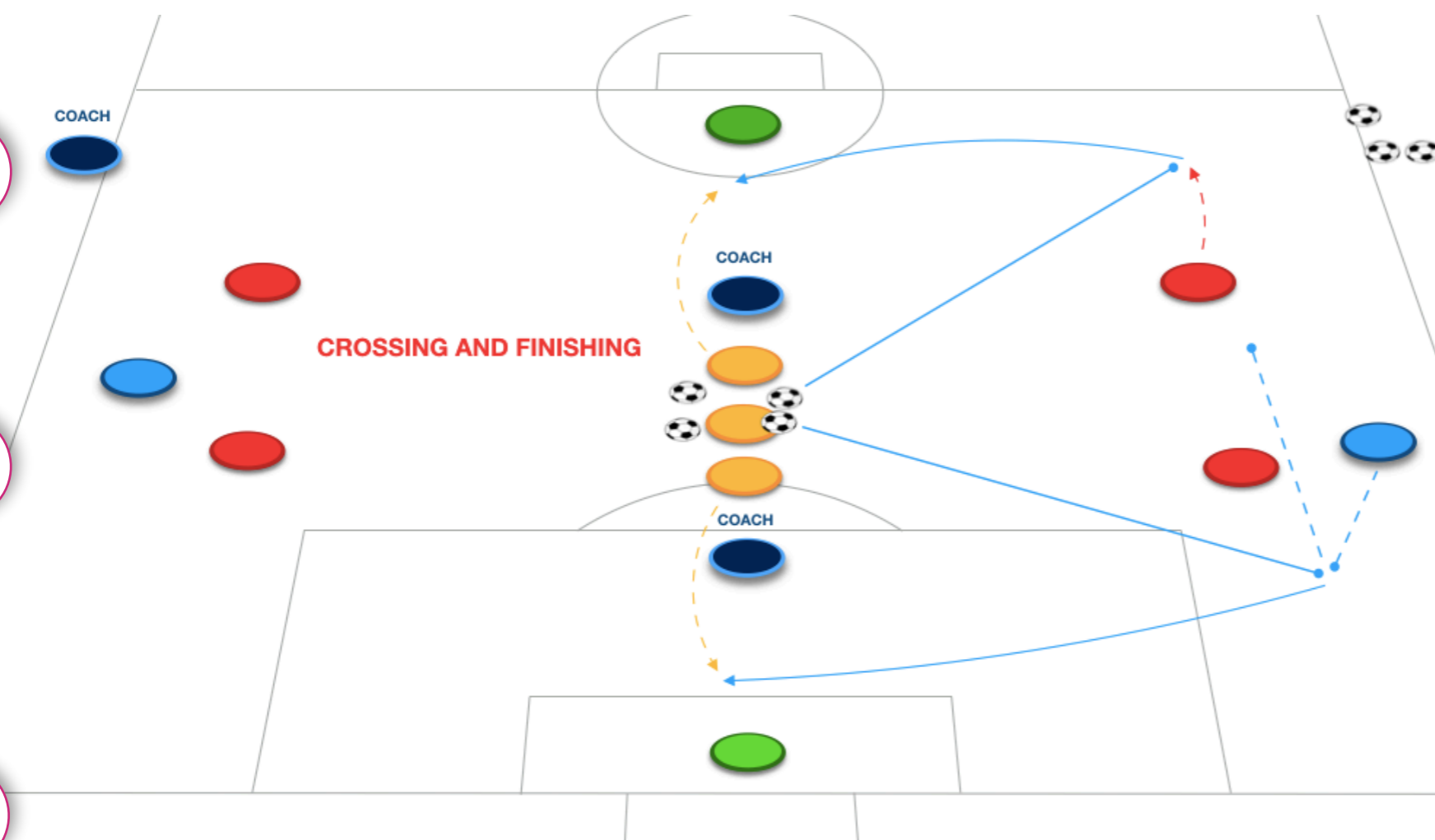




Type: Wave Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This wave practice is based on our crossing and finishing principles. With 3 players beginning the practice in the central area of a 40 by 50 yard pitch, 3 players are positioned on each side to cross and put defensive pressure on crossing players, with a goal protected by a goalkeeper at each end.
- The ball is played wide for the winger to cross into the box for a striker to finish. The crosser must then recover to defend the same action at the opposite end and again for a third cross, the same action is then performed on the opposite flank.

**Key Coaching Points:**

- (Tactical Key Point) Awareness of teammates movement and decisions
- (Technical Key Point) Execution of cross and finish, clinical in delivery
- (Social Key Point) Understanding of targets for delivery, showing improvement

**Progressions / Constraints:**

- We progress this practice, by encouraging combination play between 2 attackers against a recovering defender, increasing the need for players to be creative in their play, developing a clearer understanding of each other's actions.

**Questions & Notes:**

- Where are strikers making runs and are crossing players seeing this movement?
- Are combinations realistic and how can players be creative with this progression?

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

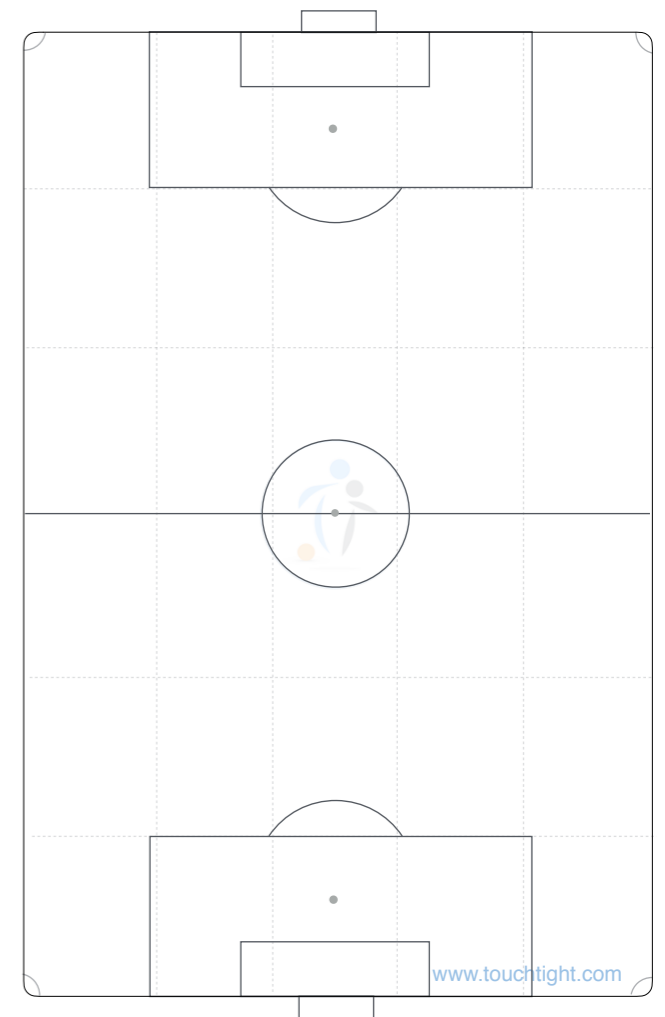
Player Trios initials	Objectives

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?

