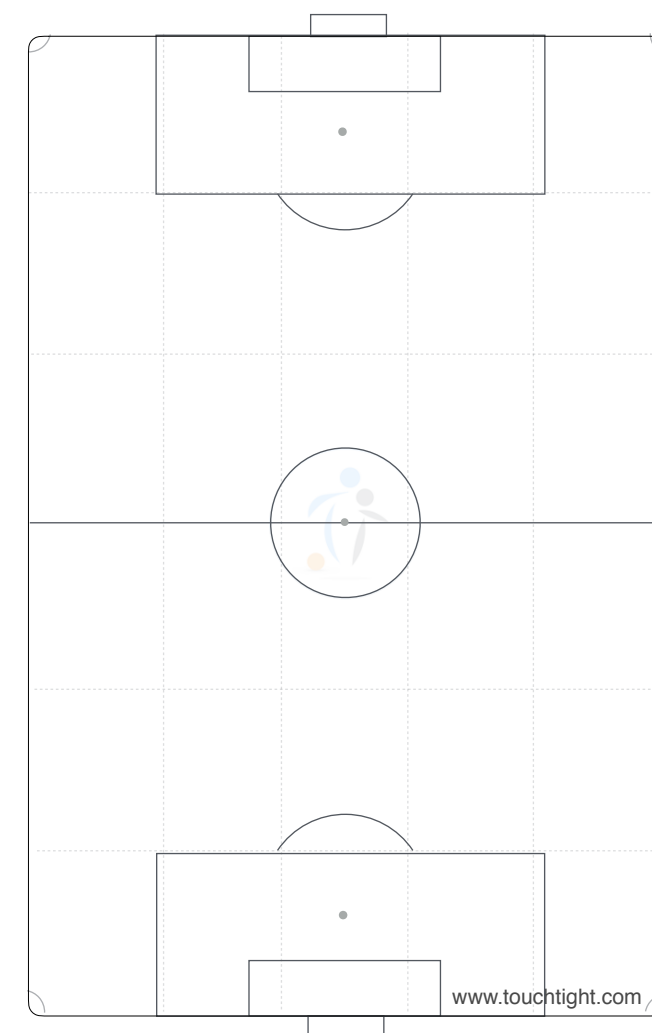
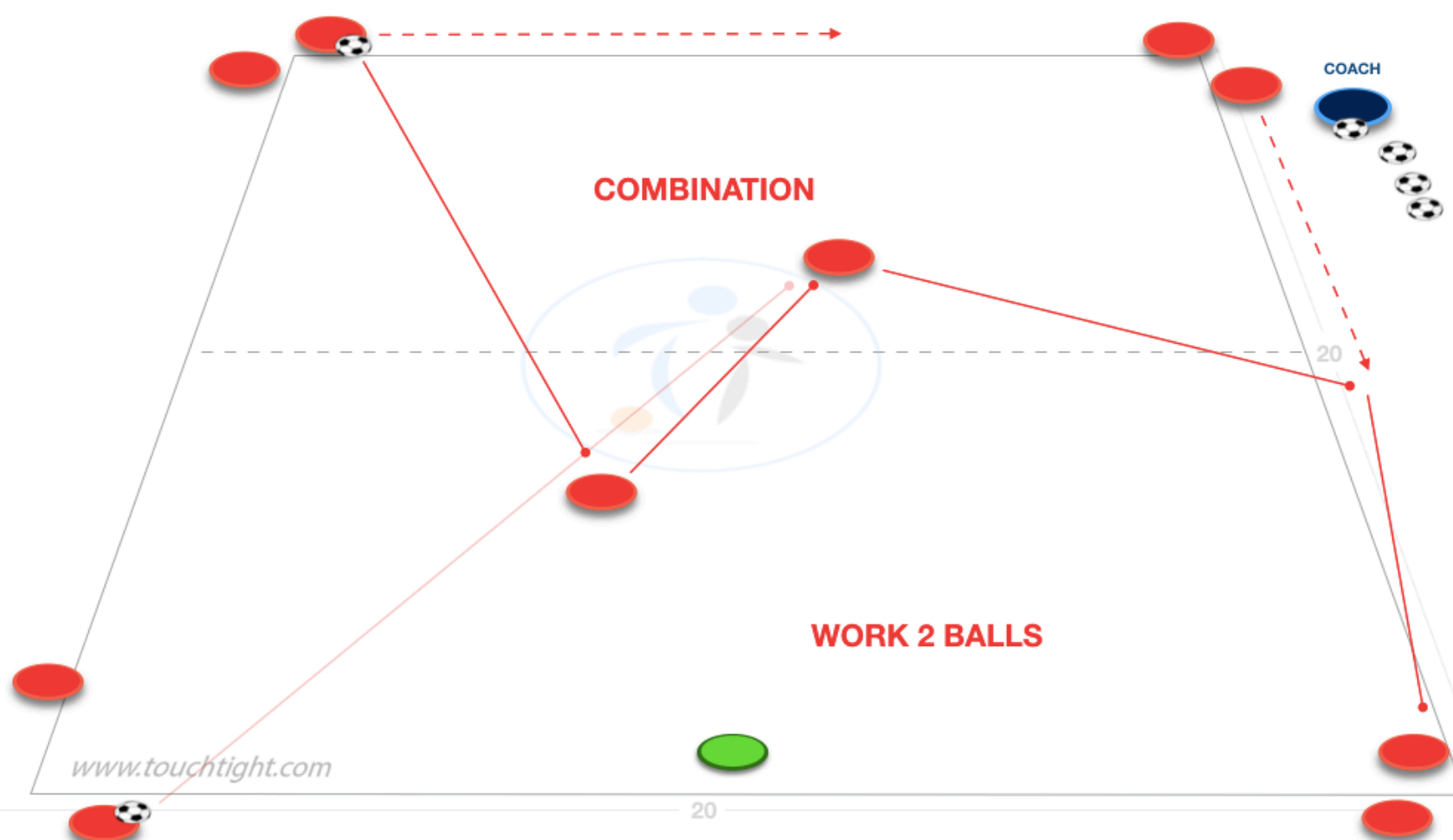




Type: Technical Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This technical practice is part of Theme 7 Improving Final Third combinations. This example has 10 players with 4 pairs positioned on each corner and 2 in the centre of a 20 by 20 yard area, split into 2 halves.
- Objective is for the 2 central players to combine with each other on 1 touch before playing to outside runners who make forward runs off each pass. With 2 balls being used, central players will need to show an increased spatial awareness, rotating between moving away from the ball to receive and coming short to combine.

Key Coaching Points:

- (Physical Key Point) Timing of movement to receive pass on the move
- (Technical Key Point) Passing and control quality to maintain tempo
- (Social Key Point) Communication key to ensure connections made

Progressions / Constraints:

- We can progress this by adding a defender creating a 2 v 1, with the aim to regain possession to run the ball out of the square scoring a point in a 1 v 1 against an awaiting outside player.

Questions & Notes:

- When is the group successful on combination around the area and why?
- How do 2 balls influence your passing and movement?

Work / Rest Ratio:



mins



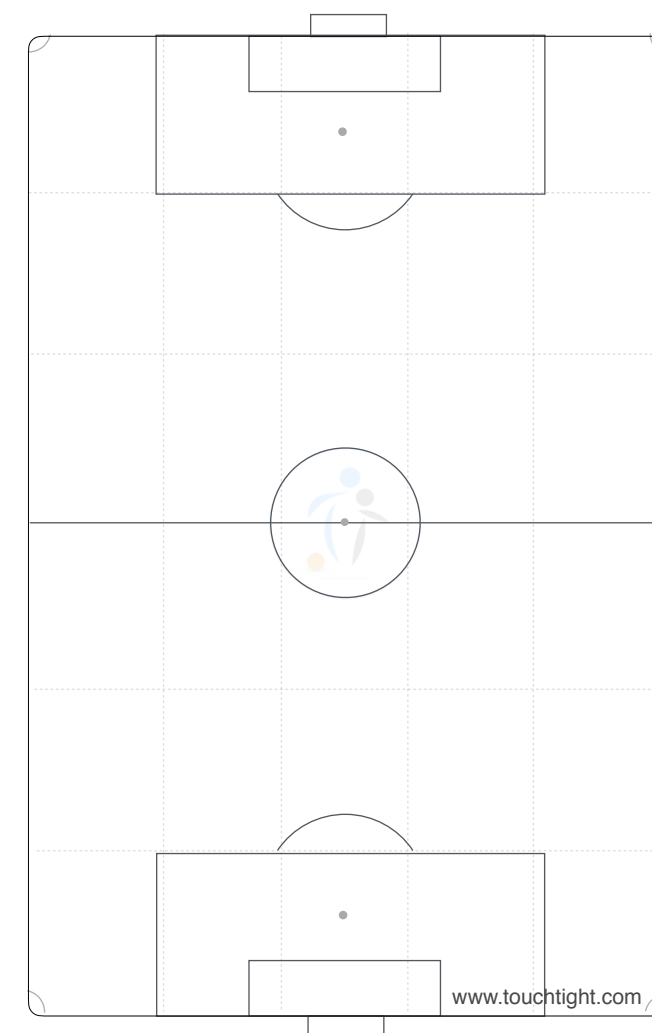
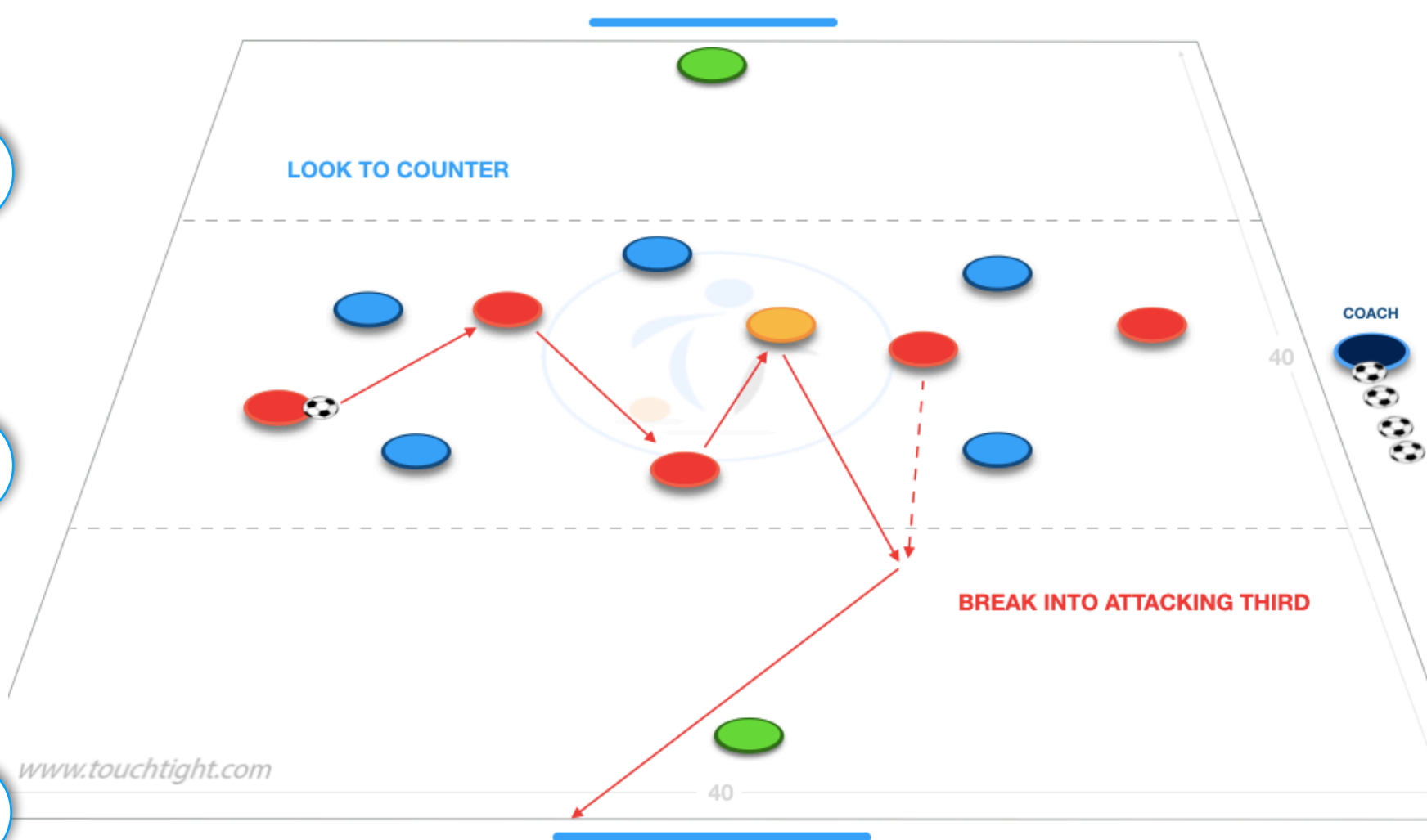
sets



Type: Opposed Skill Practice

Area:

Team Objectives:



Set up / Organisation:

- An opposed skill practice played in a 40 by 40-yard area with a goalkeeper protecting goal at each end. 2 teams of 5 plus a floater will keep possession in a 20 by 40 Yard central zone.
- Objective is for the possession team to make 3 passes before playing a forward pass for a teammate to break into the attacking zone to finish.

Key Coaching Points:

- (Tactical Key Point) Angles and distances of support, recognising forward pass
- (Technical Key Point) Quality of control in type spaces
- (Social Key Point) Player relationships allow quick decisions to be made in units

Progressions / Constraints:

- We can progress the practice by allowing one defender to recover, encouraging quicker attacks, with a need to increase the quality of pass selection and execution.
- Finally, split the middle zone into 2 areas, allowing the possession team to break into the final third if they break the defensive line with a forward pass to finish.

Questions & Notes:

- What are the triggers to look for your forward pass and how can this be improved?
- How does breaking lines progression influence your attacking play?

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

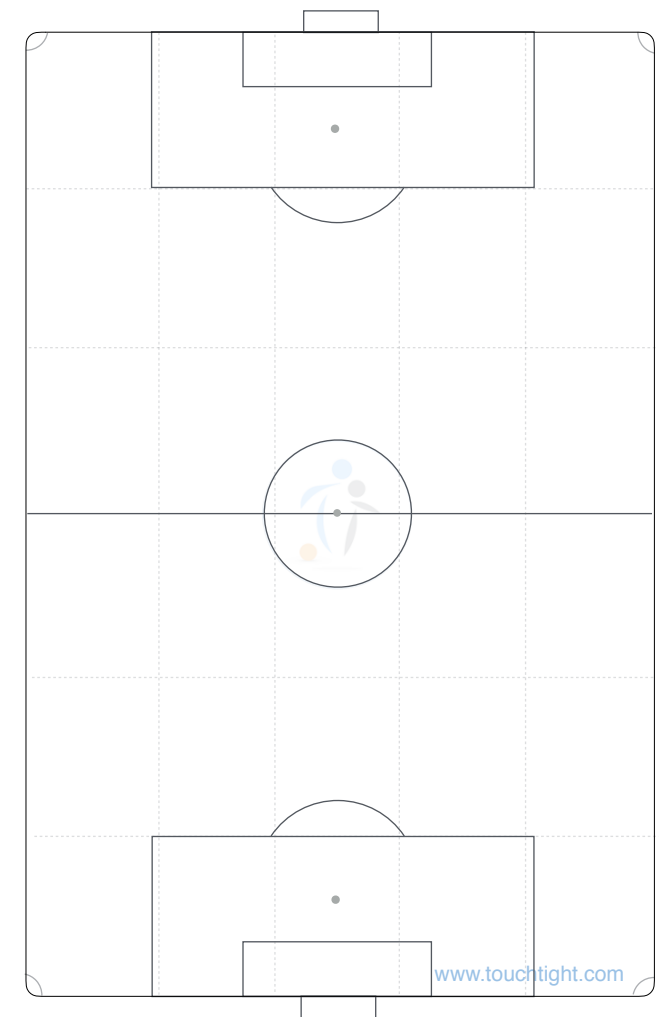
Player Trios initials	Objectives

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