**Type:** Technical Practice  

**Area:**

**Team Objectives:**

**Set up / Organisation:**
- In this Technical practice, we have 4 passing players on the outside of the 18 yard Box with 3 or 4 balls each. Attacking players begin in central square, attacking 1 player at a time with objective for single attacking player to finish 4 chances against Goalkeeper.
- Once player has 4 shots, they move to back of player line and next player steps up to repeat.

**Key Coaching Points:**
- (Game Tempo) The movement to get on the ball must be sharp.
- How can you ensure you work the goalkeeper? Where is GK’s strong point?

**Progressions / Constraints:**
- Players vary delivery from outside, short and long, high balls or passes on the floor.
- After defenders pass the ball into the area, they then press attacker to put semi-pressure on finishing players.

**Questions & Notes:**
- Adjust to different types of pressure and identify how your game changes as a result of these passive defenders being introduced.

---

© Touchtight Coaching 2019
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?**

**Absenentes:** initials

**Session Date:**

**Absentees:** initials

**Session Objective/s:**

**Team:**

**Coach:**

**Big Game Question**

How will we apply this session to a game situation?