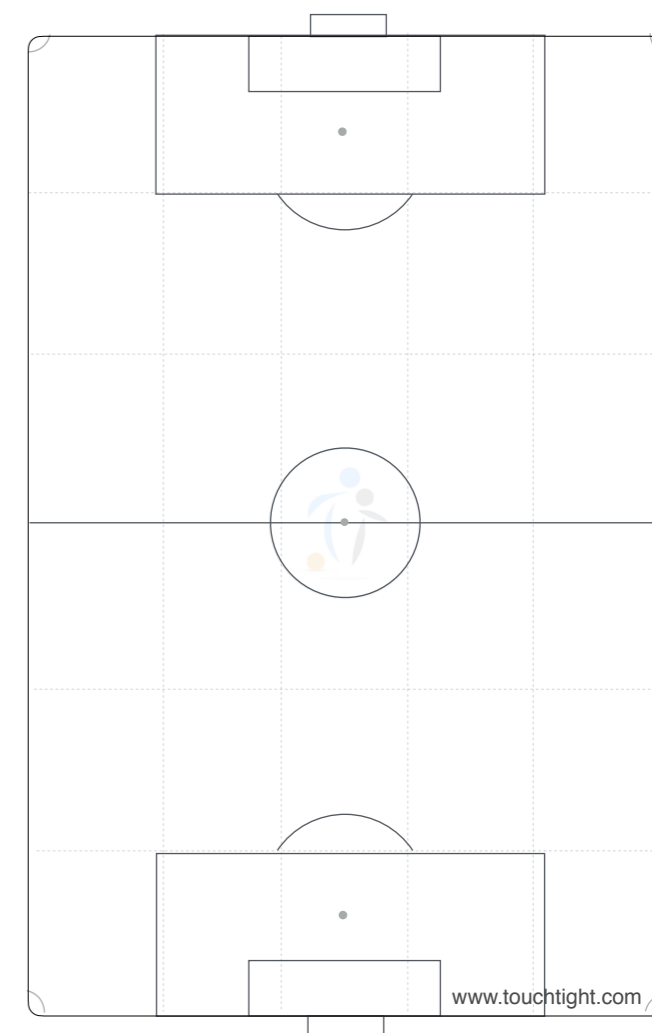
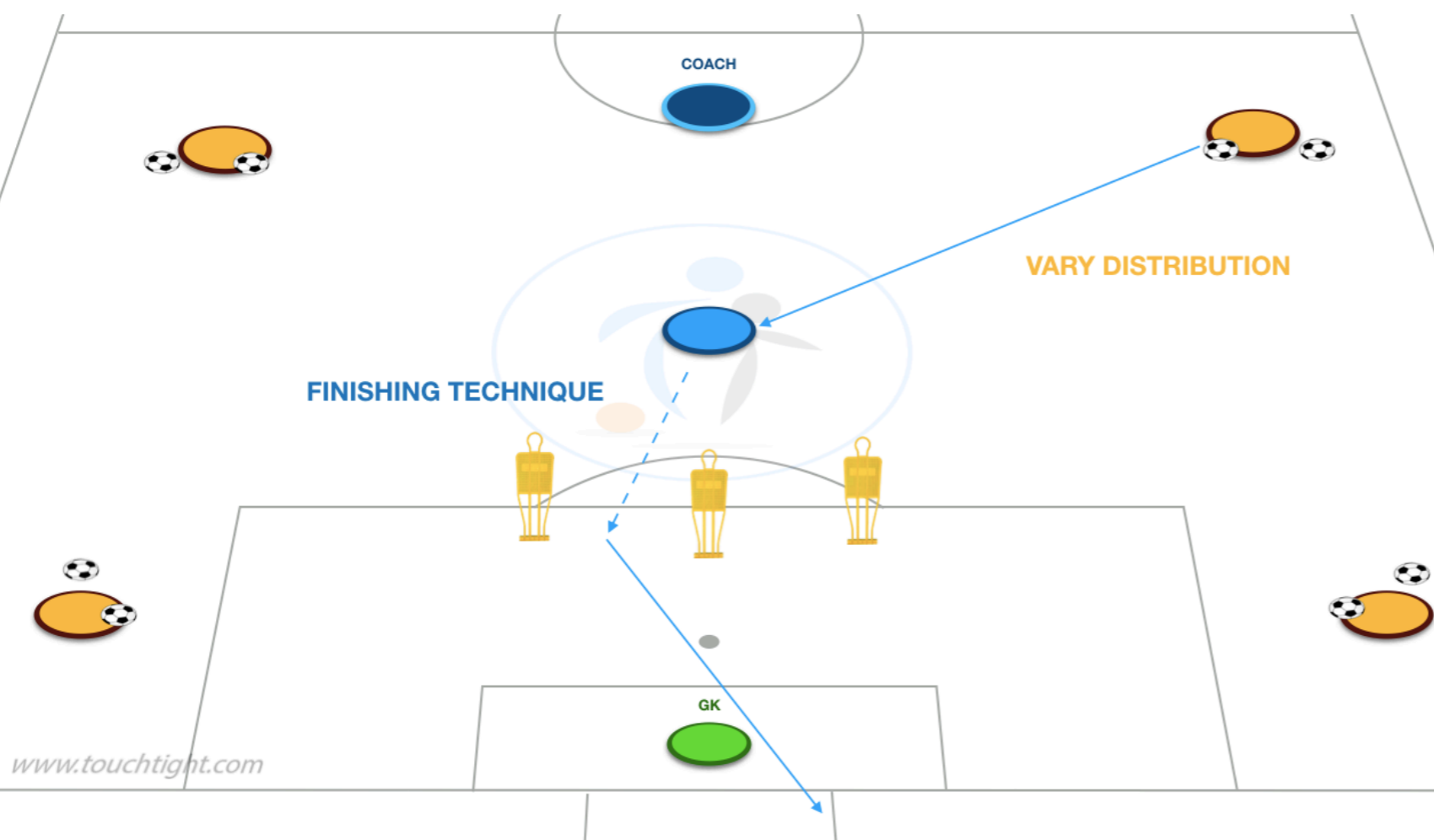




Type: Technical Practice

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.

Work / Rest Ratio:



mins



sets



Session Date

Season

Age Group

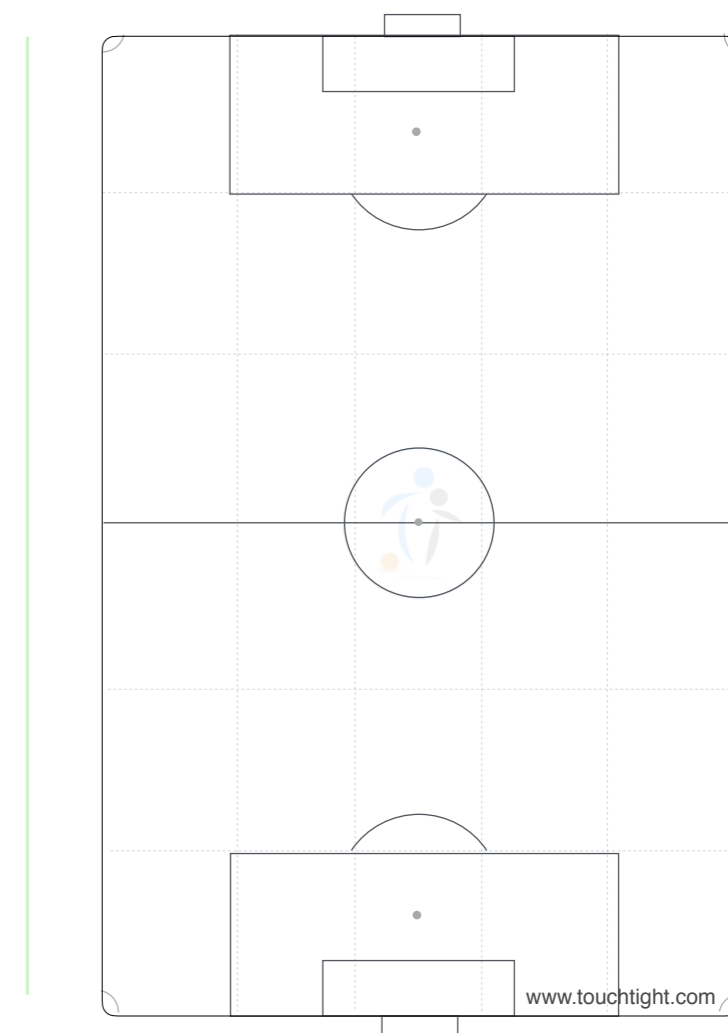
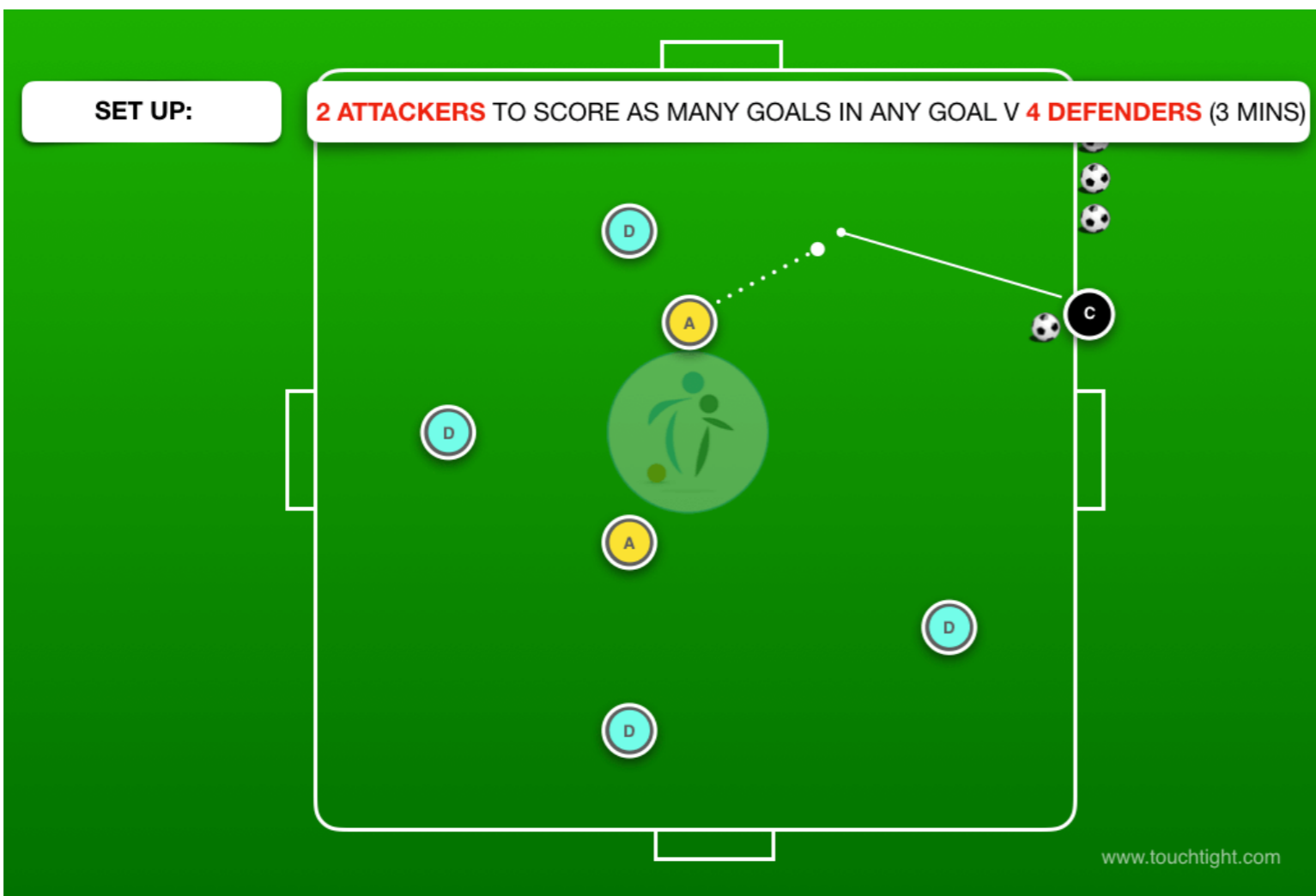
Players

Duration

Type: 4 v 2 Overload Practice

Area:

Team Objectives:



Set Up & Organisation:

- In this combination and finishing practice, 2 attackers must create angles quickly to score in any of the 4 mini goals against 4 defenders. This extreme overload requires speedy movement a recognition from the coach or support player to spot movement to play into feet for a quick finish. If defenders win possession, they must make 5 passes before finishing in any mini goal.

Progressions & Constraints:

- Develop a 3 v 3 and score in any of the 4 goals, challenging the first team to score in any 3 of 4 mini goals first.

Key Coaching Points:

- **Tactical** | Quick movement to create and exploit space and finish quickly
- **Technical** | First touch away from defenders and shooting to finish quickly.
- **Social** | Quick combinations under pressure. Change from 2 to 3 players.

Questions & Notes:

- How can you overcome this defending overload in a 4 v 2? What is important?
- How does opposition change in 3 v 3 and how do you alter your attacks?

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

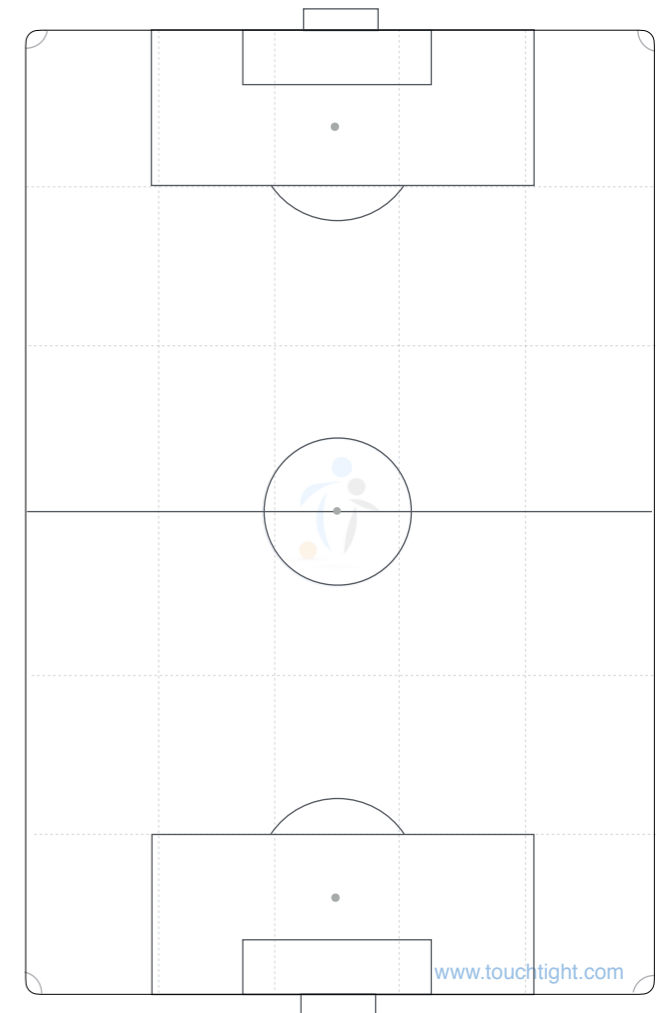
Player Trios initials	Objectives

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?



