



Session Date

Season

Age Group

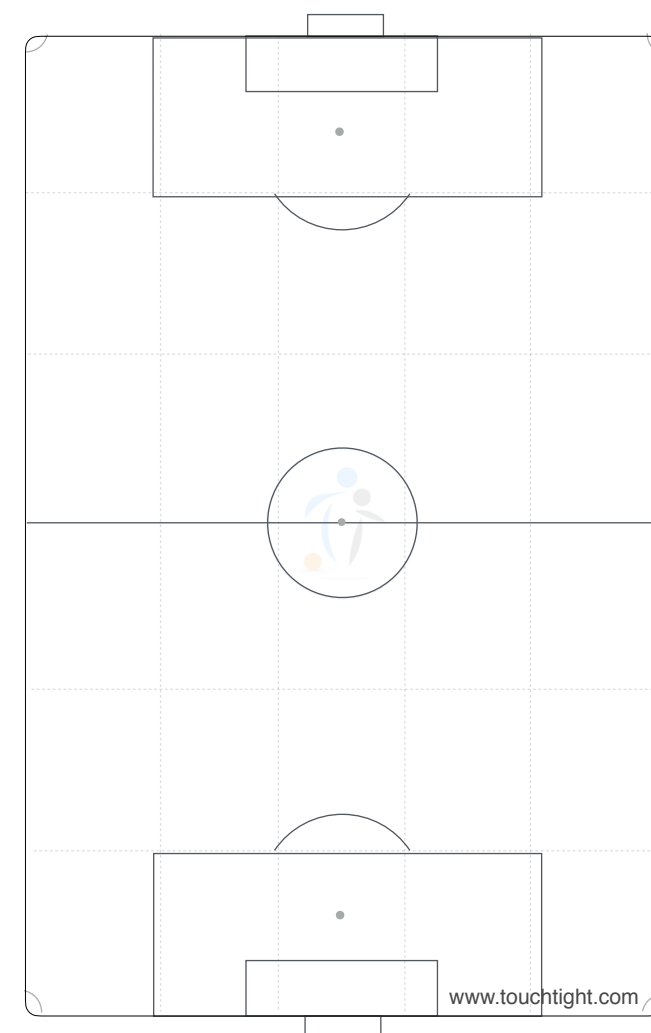
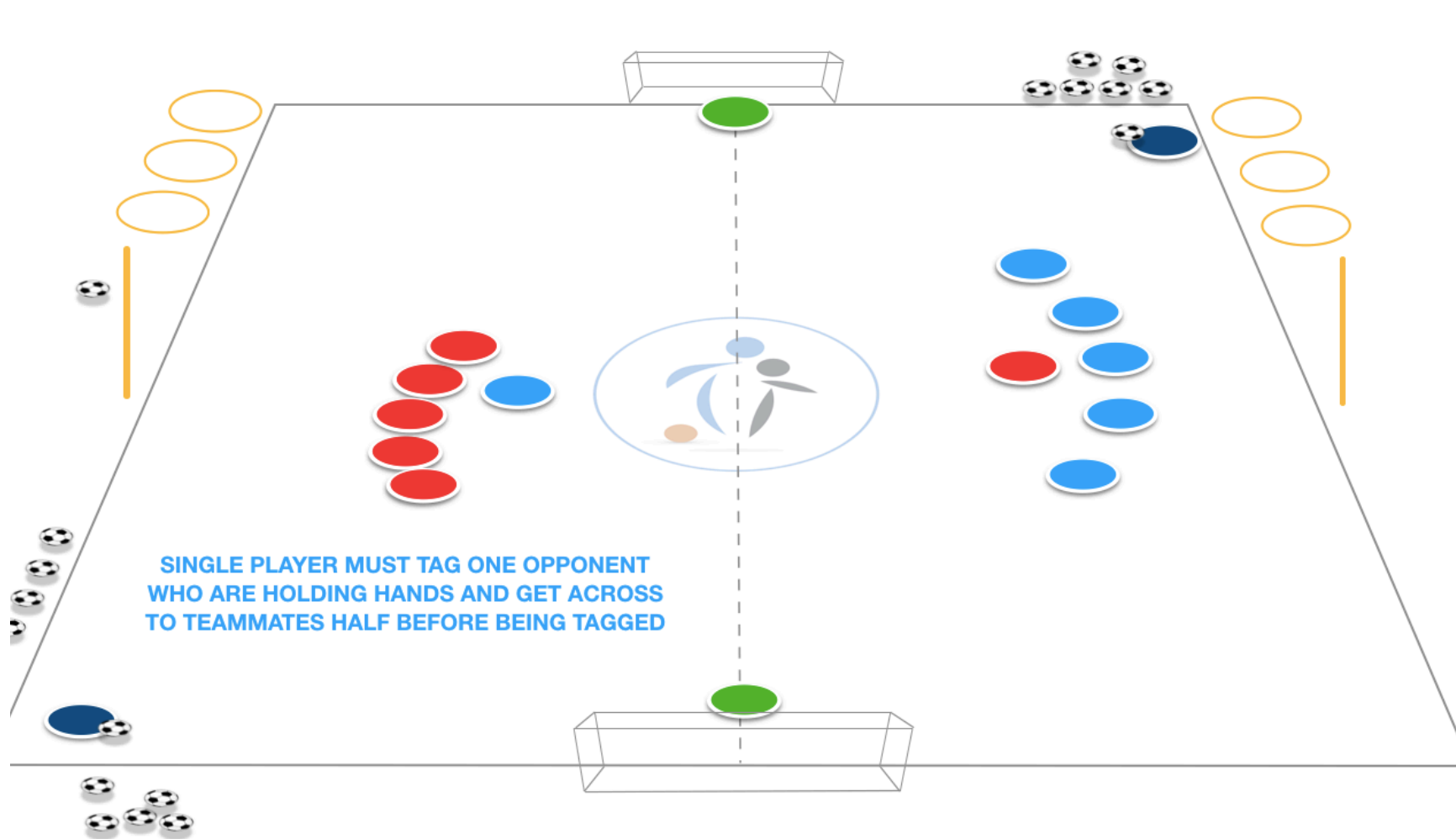
Players

Duration

Type: Teamwork Warm Up

Area:

Team Objectives:



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Set up / Organisation:

- Practice 1 of our Physical Social Theme: 103 can be used as both a warm up and social development practice. Here we have a 30 x 30 Yard area, with a goal at each end protected by a Goalkeeper. 5 players in each half must hold hands, with one opposition player attempting to tag a player and get across to the other half, before being caught by one of 5 players who can release hands and chase after being tagged. If the player escapes, they must finish from a cross into the box. If a defender catches the player, they would themselves receive a pass to finish.

Key Coaching Points:

- Tactical** | Find space to escape after tagging
- Physical** | Agility and Speed to get away
- Social** | Group work together to enclose runner

Progressions / Constraints:

- Both groups must work at the same time, with tagged players dropping out to perform activities outside of the area, with teams moving players across zones to change roles until we are left with a 1 v 1.

Questions & Notes:

- How can you get away effectively from chaser?
- Think about how you can best work together as a collective unit

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

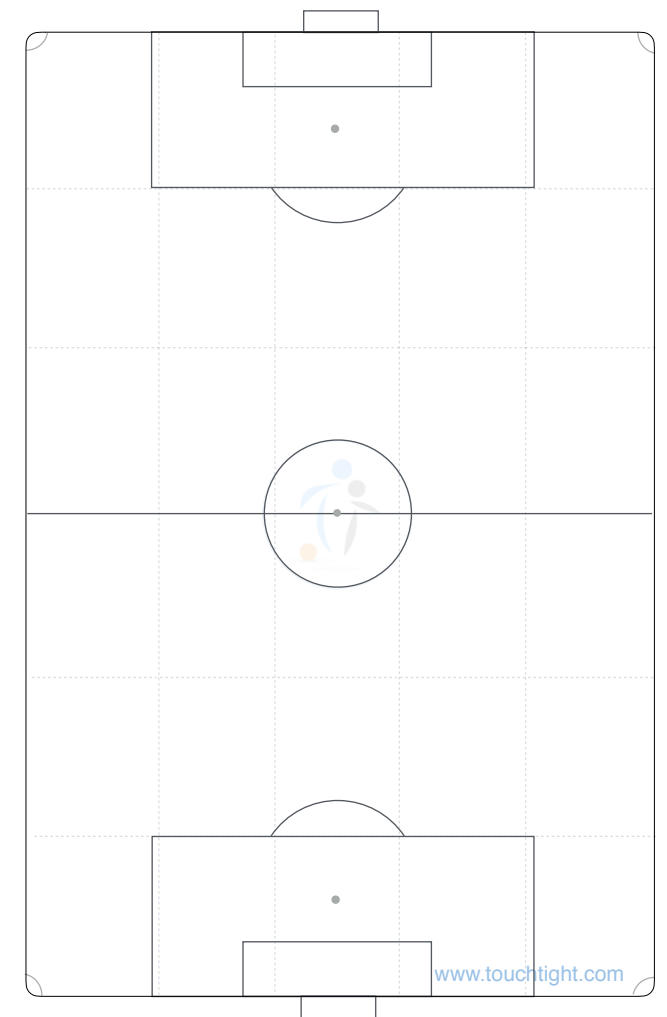
Player Trios initials	Objectives

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?

