



Session Date

Season

Age Group

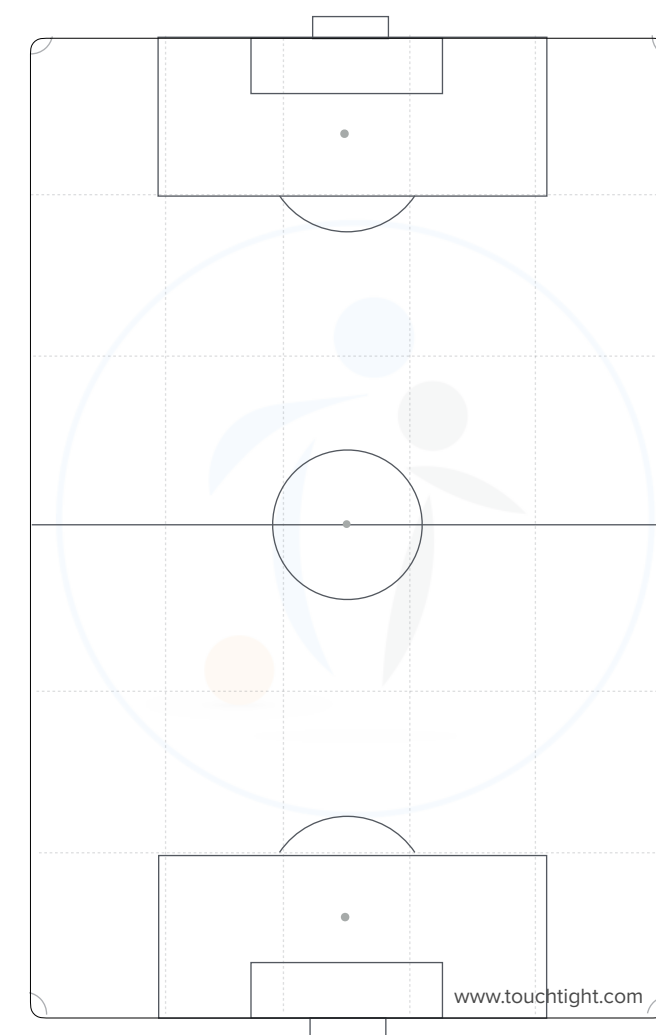
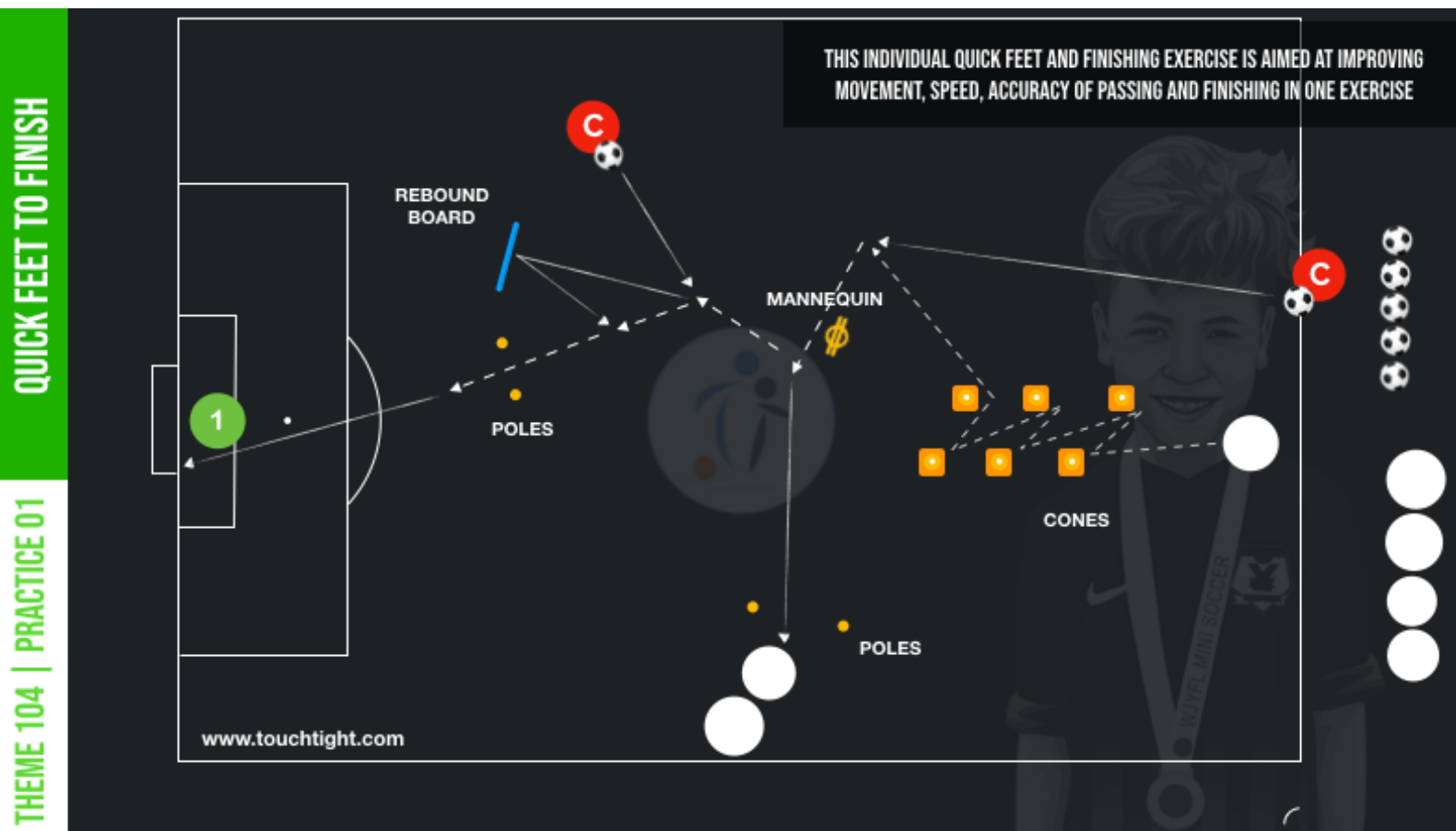
Players

Duration

Type: Technical Practice

Area:

Team Objectives:



Set Up & Organisation:

- Practice 1 of Theme 104 Quick Feet to Finish has a physical focus and can be applied during pre-season or throughout the year. Working individually, a single player must perform forward and backwards shuttle runs between cones spaced 2 yards apart, before receiving a pass from the coach as shown.
- The player must position themselves at an angle to be able to take their first touch behind the mannequin to run onto, before playing a pass to a waiting player between 2 poles positioned 2 yards apart. They must then turn to receive a second pass off either a coach or fellow player and play a bounce pass off a rebound board (or a player if a board is unavailable). To finish the exercise, they must take a strong touch through cones to finish in a 1 v 1 against the goalkeeper. Active player then becomes a support player for the next rotation.

Progressions & Constraints:

- Progress by this by adding scores for each technique performed correctly.
- Progress further by including time constraints for players and challenges based on player ability

Key Coaching Points:

- Technical: Quality of first touch, pas and finish
- Psych: Remain balanced with technique and increased speed when competing
- Physical: Quick feet to change direction and accelerate and decelerate

Work / Rest Ratio: mins sets

Session Date:

Team:

Coach:



Session Objective/s:

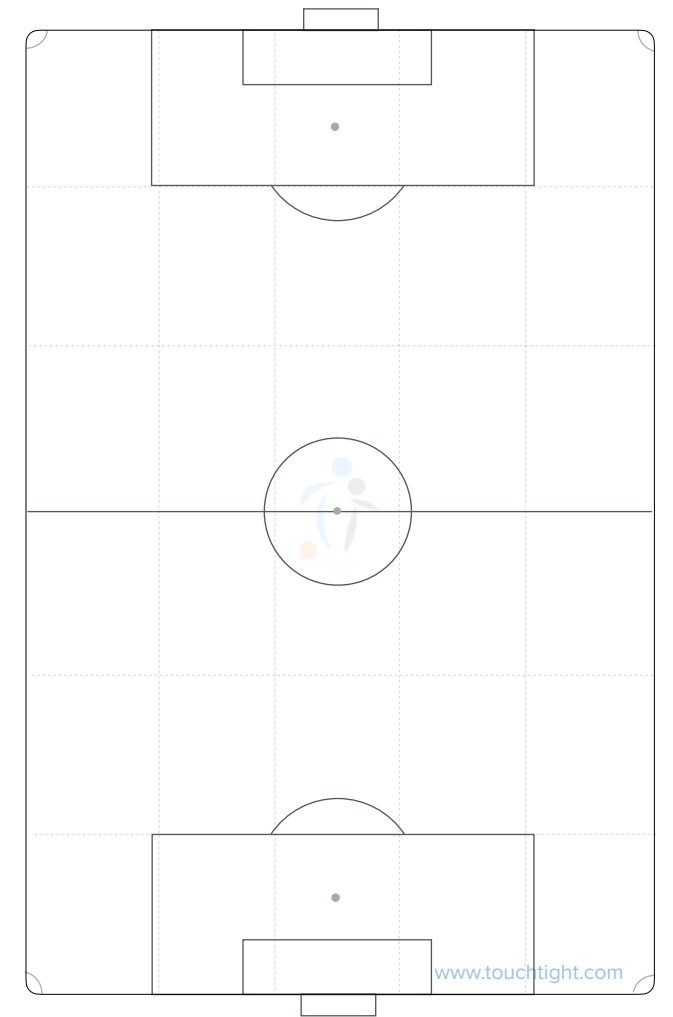
Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

Player Trios initials	Objectives

Player Units initials	Objectives



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Post Session Outcomes

What went well?	What did we learn?

Big Game Question
How will we apply this session to a game situation?



Absentees: initials

