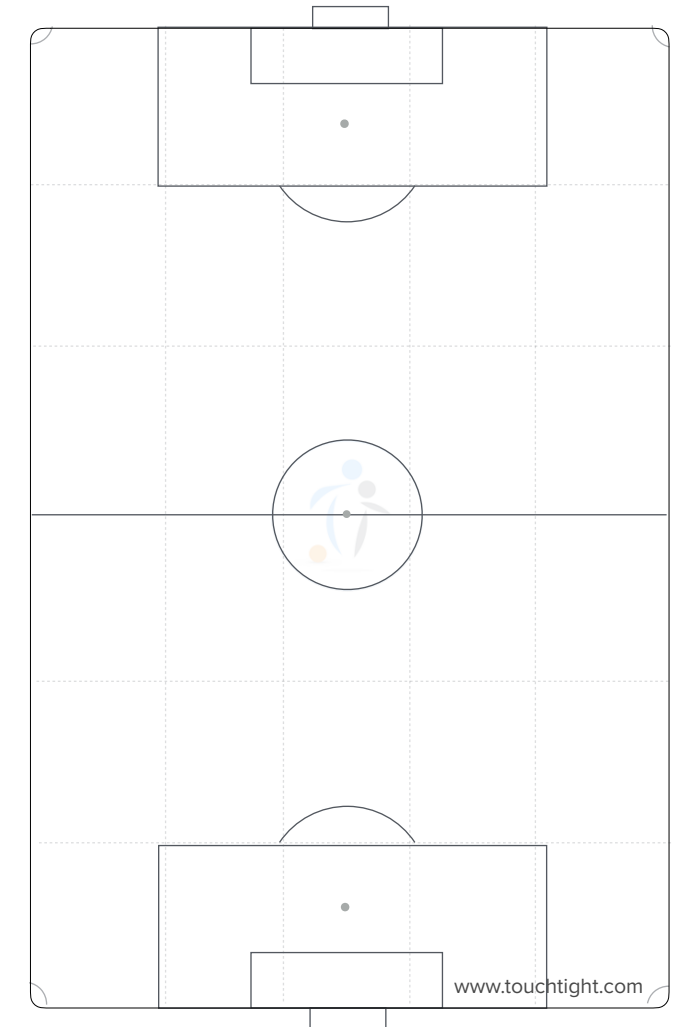
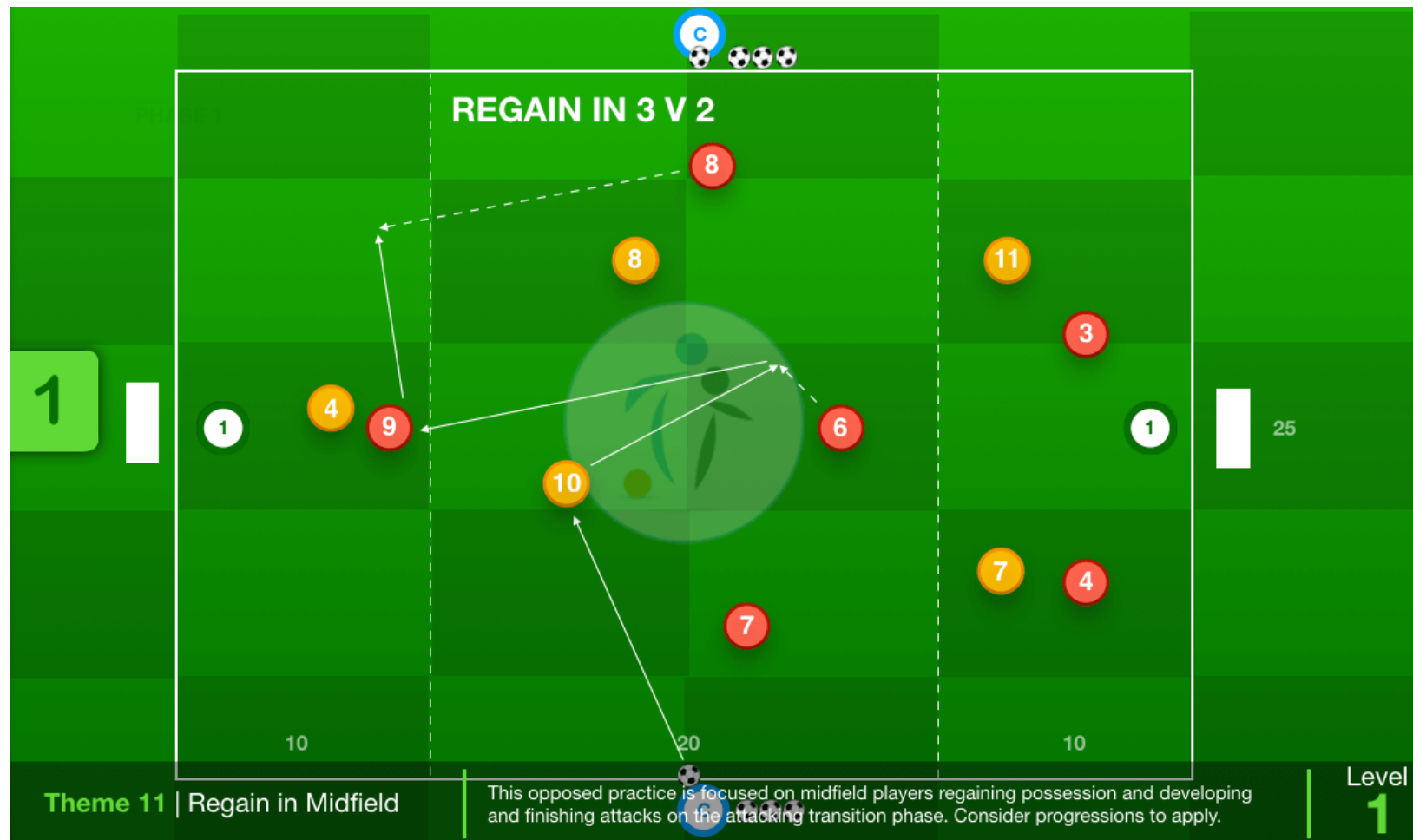




Type: Opposed Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This opposed practice is focused on midfield players regaining possession and developing and finishing attacks in the attacking transition phase. In a 40 x 25 Yard area, we had 3 zones as shown. Reds play in a 231 against Gold in a 122.
- Objective is for Reds to regain possession with their overload and counter into the striker to finish in a 1 v 1 or 2 v 1.

Key Coaching Points:

- Tactical - Recognise pressing triggers as a unit and counter effectively
- Technical - Defending technique and ability to penetrate with forward passes
- Social - Defensive pressure as a defending unit - press and cover

Progressions / Constraints:

- Allow Gold striker to drop in to create 3 v 3 to progress play
- Gold players able to bounce back to defender to rebuild play if they are under pressure, forcing Red defenders to be more calculated in their pressure.

Questions & Notes:

- How can you break into the final third quickly to create 1 v 1 and 2 v 1 situations on the counter?
- How can you regain pressure quickly in the central zone without leaving your midfield area exposed for penetrative passes?

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

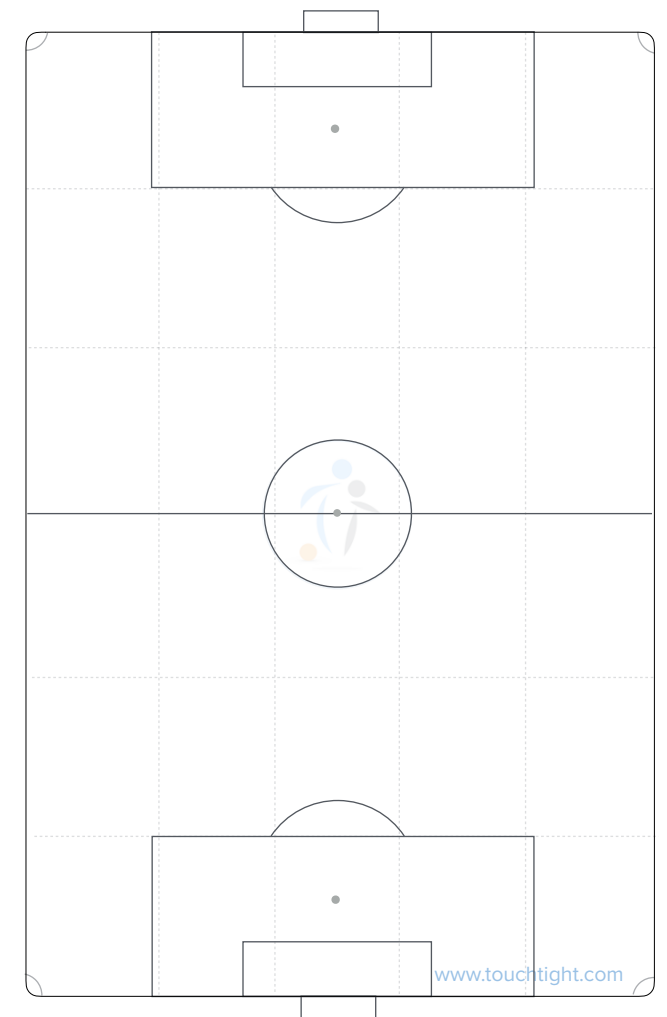
Player Trios initials	Objectives

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?

