



Session Date

Season

Age Group

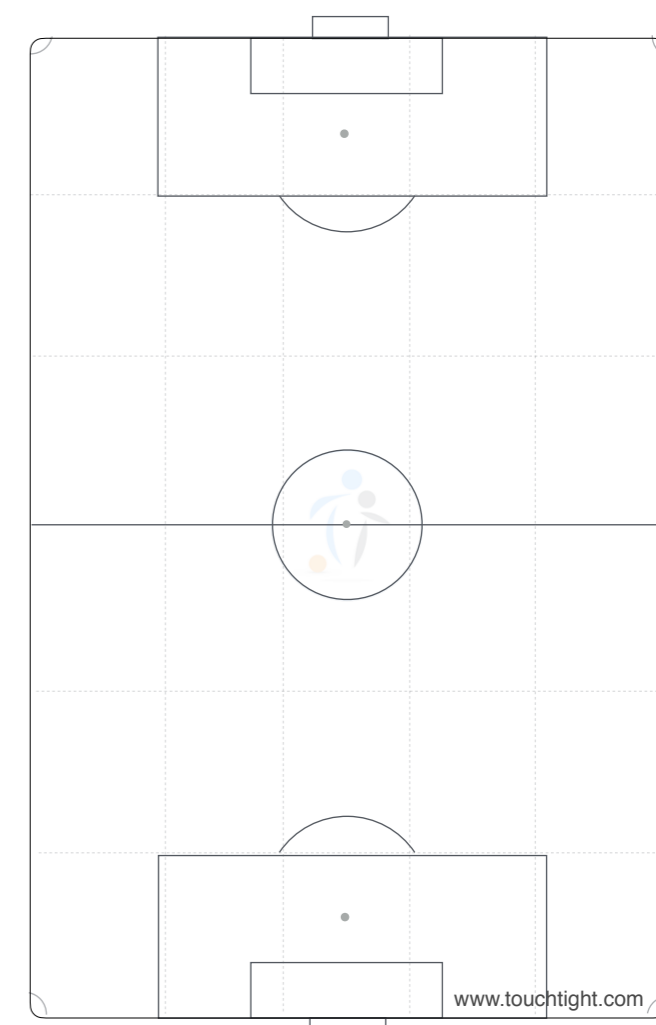
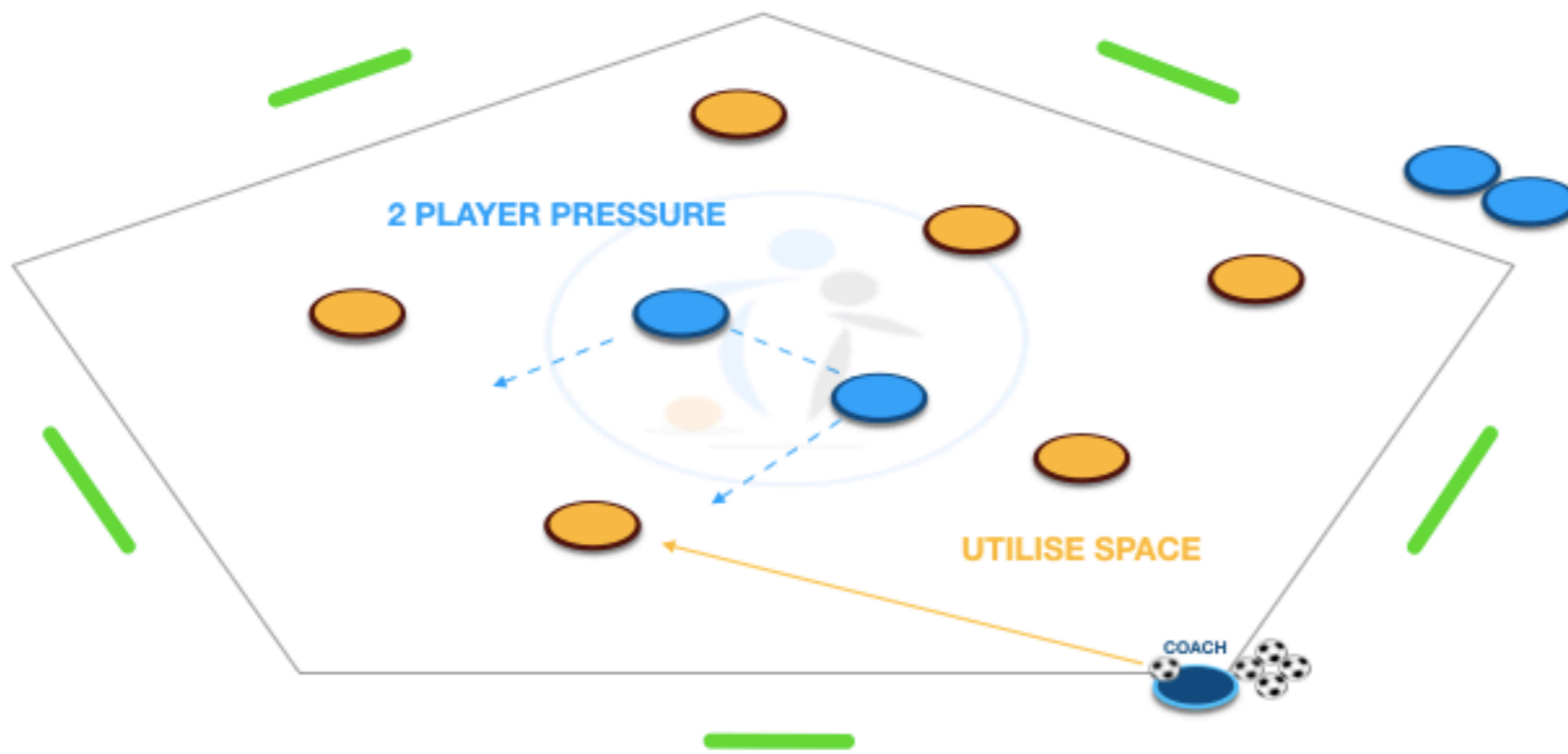
Players

Duration

Type: Opposed Skill Practice

Area:

Team Objectives: Focus on pairs of defenders regaining possession as quickly as possible.



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**Set Up & Organisation:**

- Multi Directional Practice | This practice focuses on developing players ability to press possession players to regain possession quickly, through forcing direction and limiting gaps for opposition to play through.
- Work with 3 balls between 6 players, giving the 2 defenders chance to win each ball as quickly as possible. When possession one they can score in any one of 4 mini goals as shown, before pressing the group to win second ball and third. Once all balls won, rotate defending players.

**Progressions & Constraints:**

- Increase or decrease number of passers or defenders depending on ability of each group (e.g. 7 v 2, or 5 v 3).
- Time each pair to win 6 balls, work 3 balls and then another 3 once they are won.

**Key Coaching Points:**

- Ensure Possession and movement between passing players challenges defensive pairings.
- Speed of press, with a particular focus on triggers for pressing as a pair (i.e. Slow pass, bad touch, lofted pass).
- Limiting gaps in between, trying to isolate 1 or 2 passing players.

**Questions & Notes:**

- Effective communication for both defending and passing players throughout (e.g. time, man on, press).

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

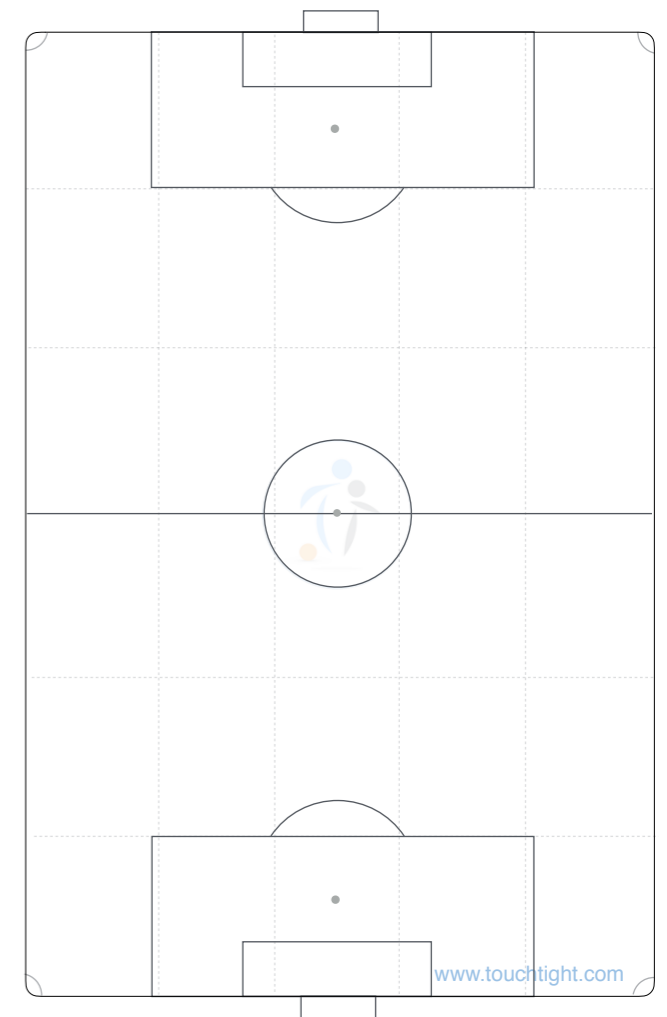
Player Trios initials	Objectives

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?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation