



Session Date

Season

Age Group

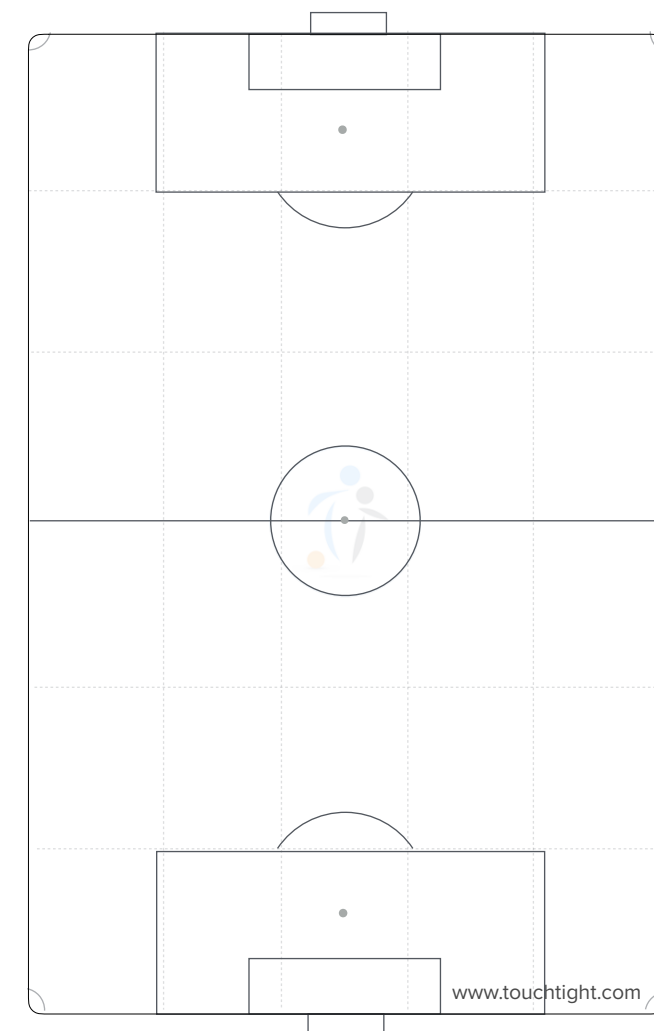
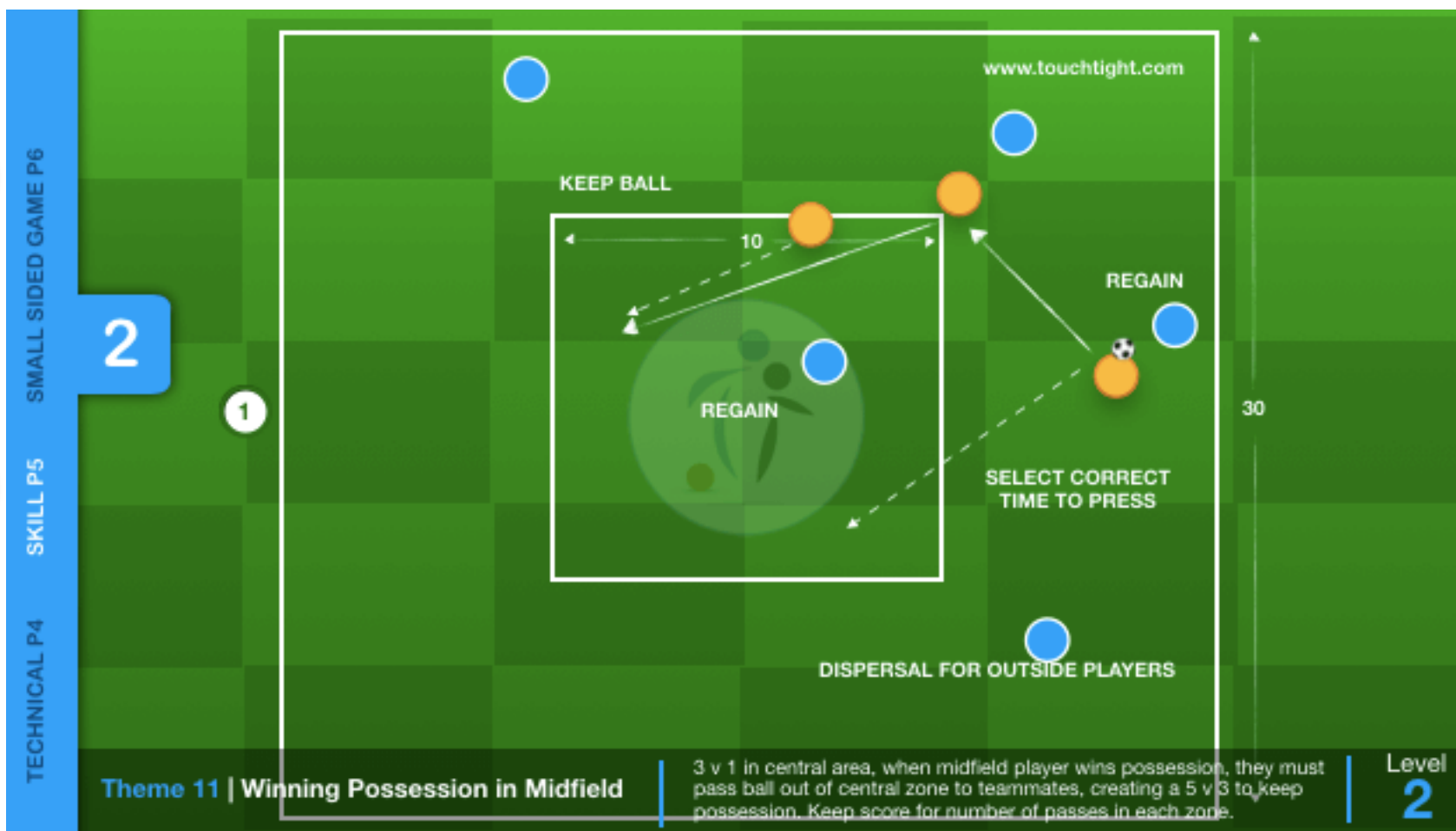
Players

Duration

Type: Skill Practice

Area:

Team Objectives: This Skill practice is centred around winning possession in Midfield areas to develop possession on the transition, focusing specifically on dispersal.



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Set Up & Organisation:

- Area is set up as a 30 x 30 yd square, with a 10 x 10 yard area in central area. Possession team begins with a 3 v 1 in smaller area attempting to make 10 passes, if single defender wins possession, 4 teammates come into play to create a 5 v 3 in larger area. If single player can't win the ball after 10 passes a teammate can create a 3 v 2 to support. Rotate player roles and encourage speed of pass and transition between attack and defence.

Progressions & Constraints:

- 1 | Defending team can add another player to regain in central area, but attacking team only needs to make 5 passes to score.
- 2 | Introduce goals at each end or 4 goals in each corner. If 5-10 passes made players can escape to score. If defenders win possession and make same number of passes they can also finish.

Key Coaching Points:

- 1 | Recognise when to press to regain possession, triggers on ball speed or touch important, speed to provide support by teammates.
- 2 | Dispersal as soon as possession won. Speed of pass to break into open area, with angles and distances of immediate support as wide as possible.
- 3 | Recognition of when to escape and break to finish, replicating game situation with players more aware of game situation.

Questions & Notes:

-

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

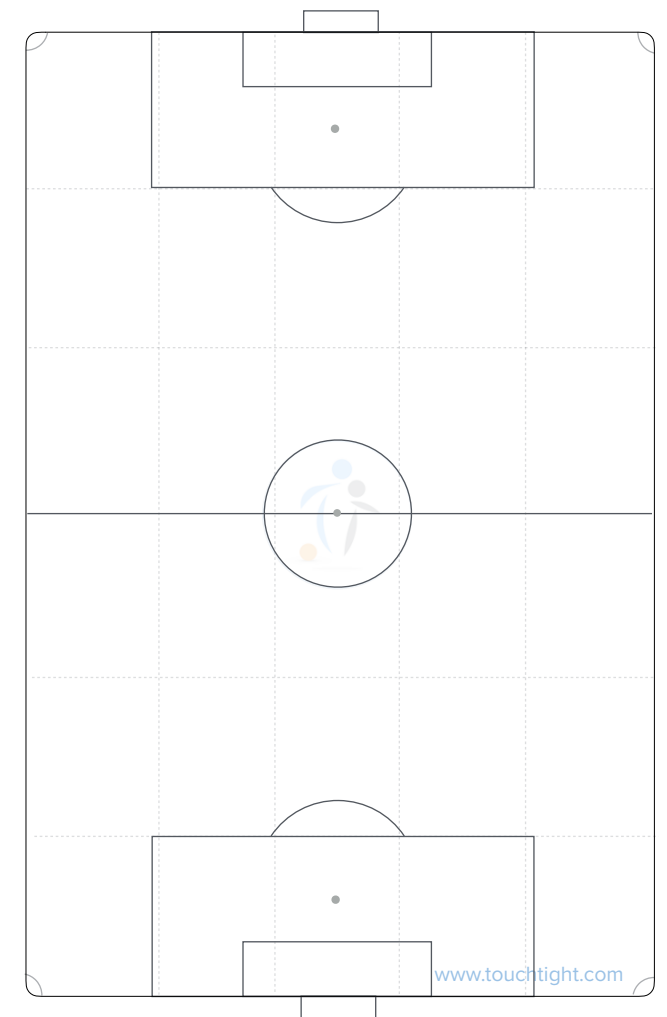
Player Trios initials	Objectives

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?



