



Session Date

Season

Age Group

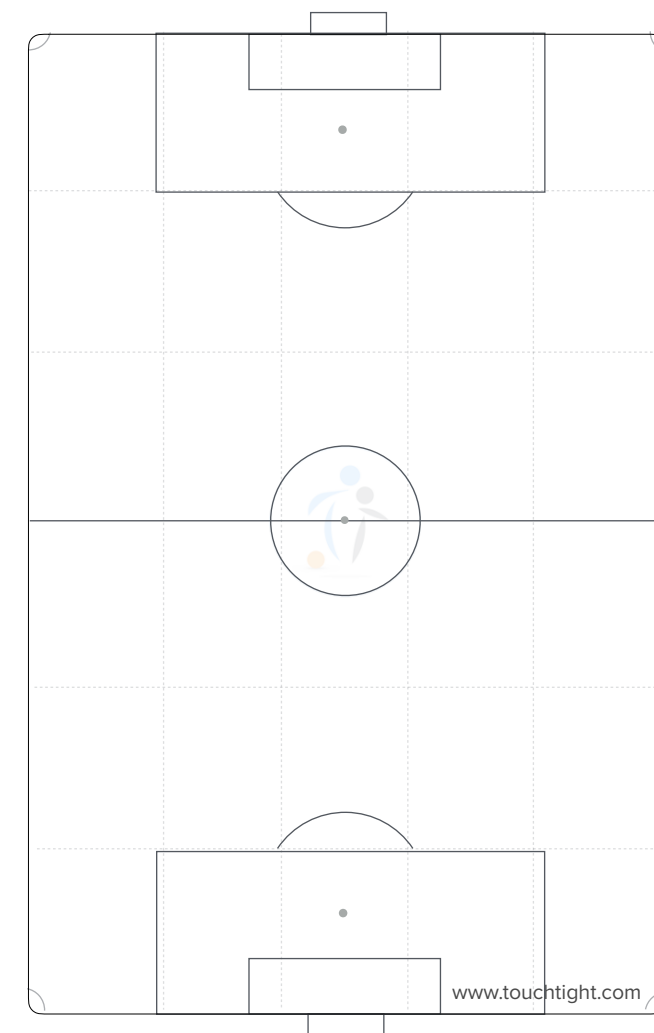
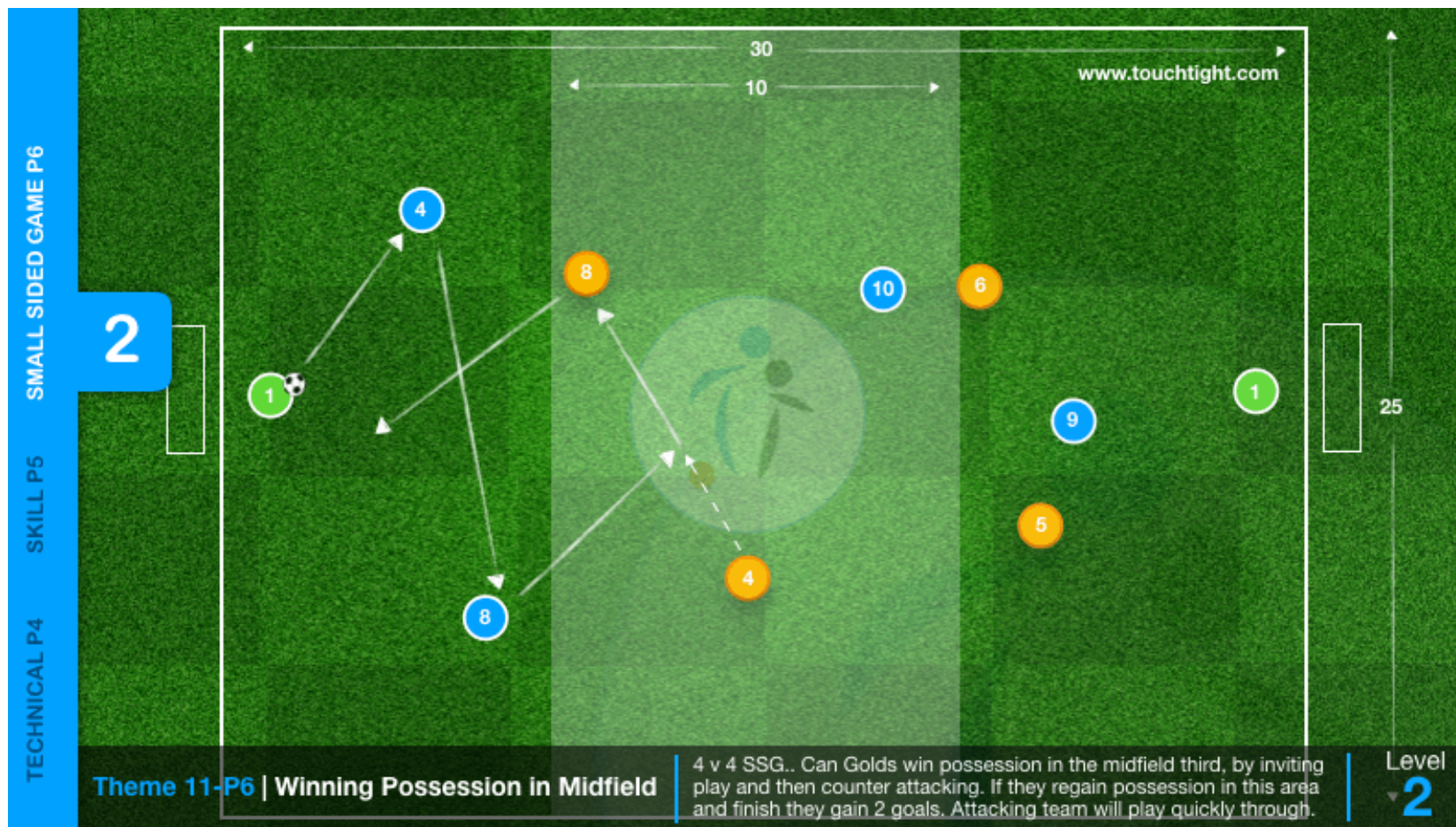
Players

Duration

Type: Small Sided Game

Area:

Team Objectives:



Set Up & Organisation:

- This Small Sided Game concentrates on regaining possession in midfield areas to counter. This playing area, can replicate central midfield zones in the game and we can replicate playing situations through adapting each teams set up as shown. In this scenario, defenders set up as a central diamond against attackers, playing as a box, e.g. two central midfielders and two strikers. Defenders must develop an understanding of how best to regain possession, whether in attacking or defending area of this SSG.

Progressions & Constraints:

- Defending team must not allow opposition to transfer possession to other side of the pitch (vertical), once they play out one side.
- Defenders must now regain possession before attacking team makes 5 consecutive passes, otherwise goal is conceded.

Key Coaching Points:

- **1** | Point of pressing team, allow play one side before applying press, whole team to then shuffle across to keep opposition one side to win possession.
- **2** | Apply pressure, whilst covering passing lines. An important skill that requires teammates to cover each other's press.
- **3** | Ferocity of pressure, whilst remaining organised. At what point do defensive unit apply 'fury' pressure?

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

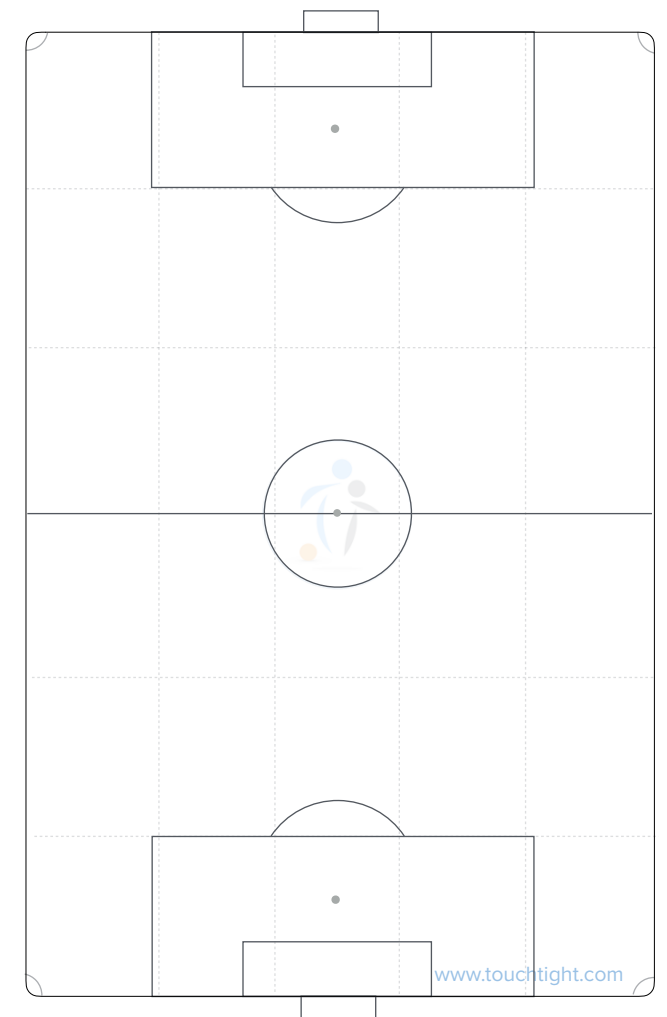
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



www.touchtight.com

Big Game Question

How will we apply this session to a game situation?



