



Session Date

Season

Age Group

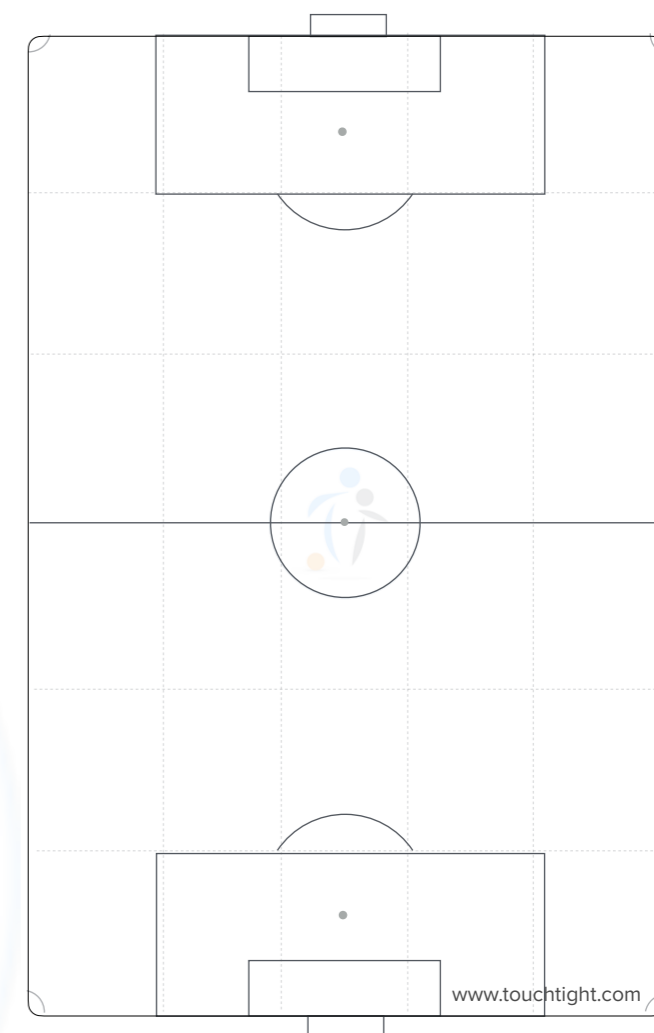
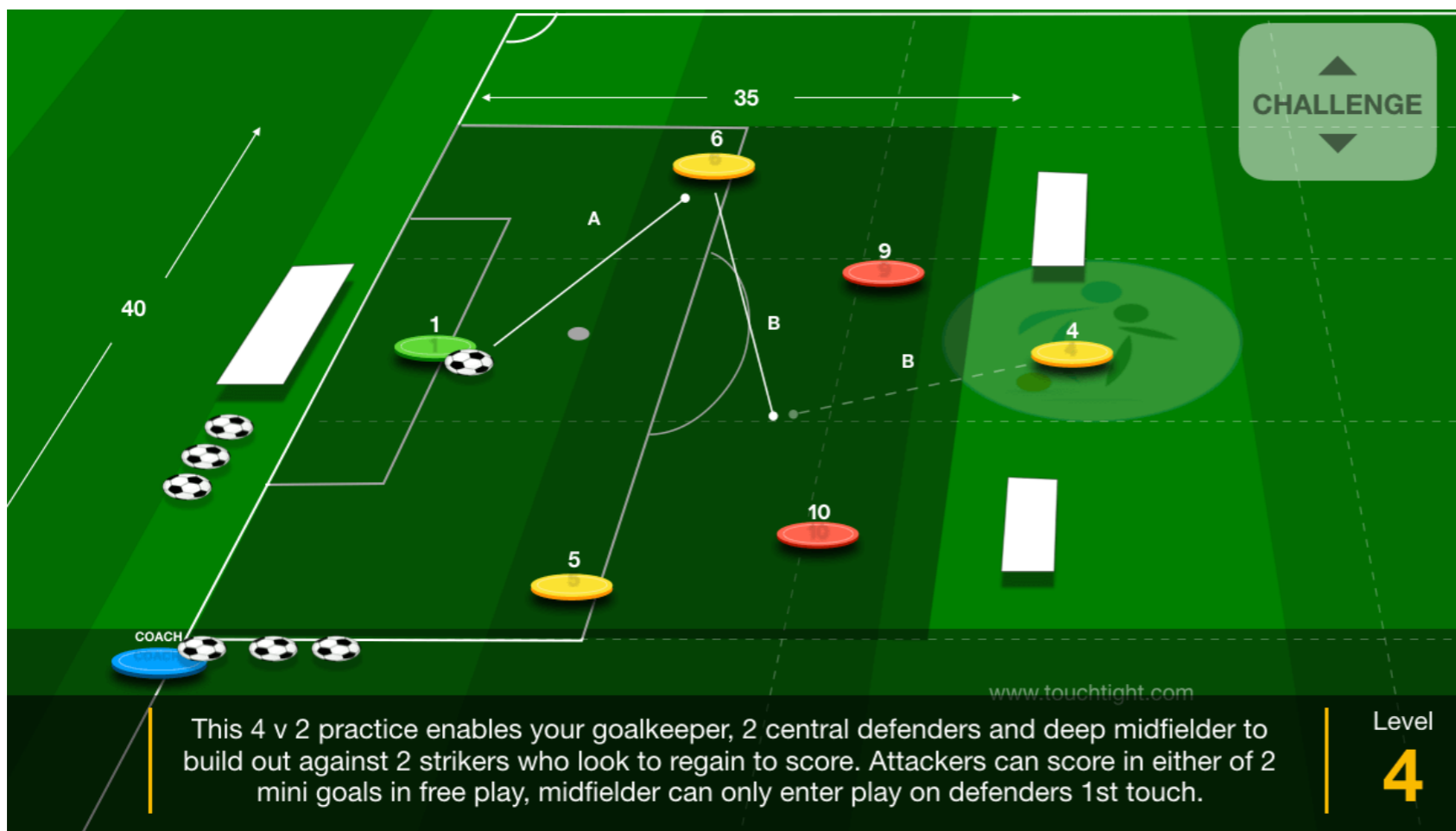
Players

Duration

Type: Lead Practice

Area:

Team Objectives:



Set Up & Organisation:

- This 4 v 2 practice enables your goalkeeper, 2 central defenders and deep midfielder to build out against 2 strikers who look to regain to score. Attackers can score in either of 2 mini goals in free play, midfielder can only enter play on defenders 1st touch.

Progressions & Constraints:

- Midfielder playing on one touch force attackers to support quicker
- Make 10 passes or play a 1-2 around a defender to score in mini goal
- Midfielder can only enter after 5 passes

Key Coaching Points:

- **Tactical** | Use overload to build play from deep areas in central area
- **Technical** | Ability to play under pressure, quick passes or drive into space
- **Social** | Understanding of each other's qualities on the ball, determines each players decision.. i.e. Right footer means my movement is deeper

Questions & Notes:

- Where are the pressing pair leaving most space for you to build play?
- Can you play one and two touches quickly when put under pressure?
- How does this affect opposition defenders and how will you adapt to this as 4 players in this build up phase?

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

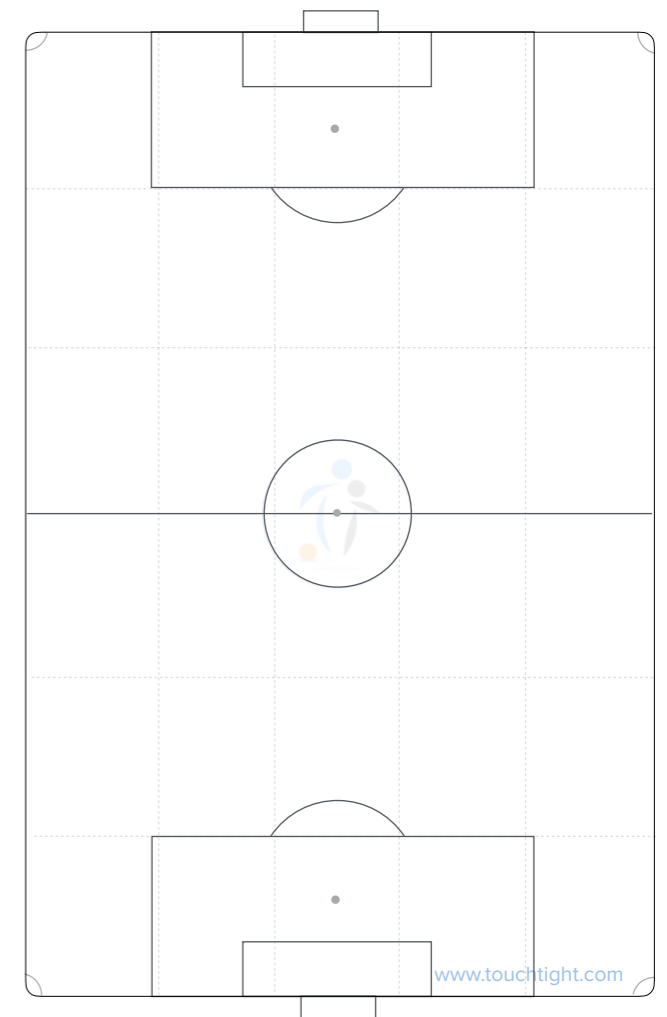
Player Trios initials	Objectives

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