



Session Date

Season

Age Group

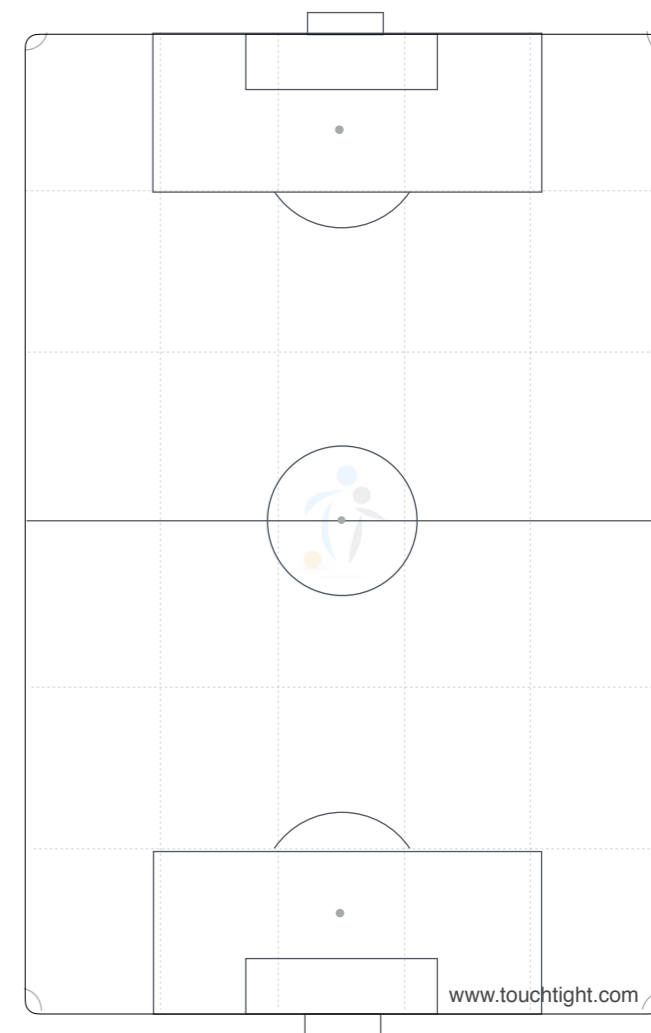
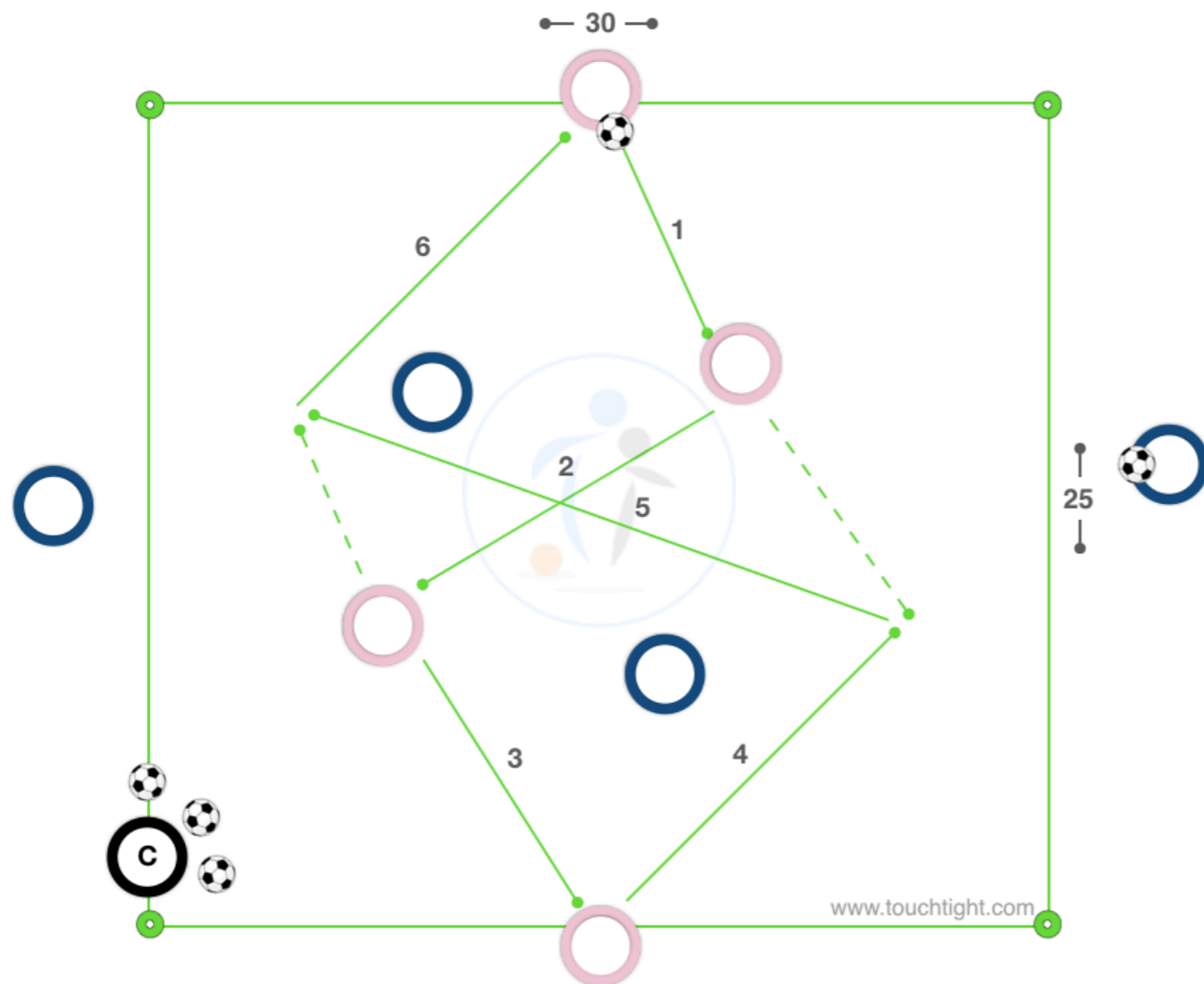
Players

Duration

Type: Technical Practice

Area:

Team Objectives: This Technical Passing practice is aimed at improving players short passing, control and movement off the ball, in addition to quick thinking when adjusting play.



Set Up & Organisation:

- In a 25 x 30 yard area (age dependant), we have 4 players combining horizontally from end to end & another group of 4 players combining to play end to end vertically.
- Each group has 1 player at each end & 2 players in central area to combine with each other, 1 touch if possible.
- Objective is for end player to pass to furthest central player who must set teammate in side zone to play through to the opposite end player, once passed through, different player receives in the middle to set teammate.

Progressions & Constraints:

- Central players can crossover now when played through, so receiving pass on different foot to develop balance from opposite end.
- End players can now rotate with central players inside after pass played through to opposite end.

Key Coaching Points:

- Passing weight and control, to ensure passing moves do not break down and consideration of teammates shown with pass and set.
- Avoiding other players, checking shoulders and playing on the half turn to play forward quickly.
- Communication must be specific and players must be aware of movement of teammates and take up spaces left quickly.

Questions & Notes:

- Increase tempo and maintain control as players become more comfortable with this passing movement.
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Work / Rest Ratio: mins sets



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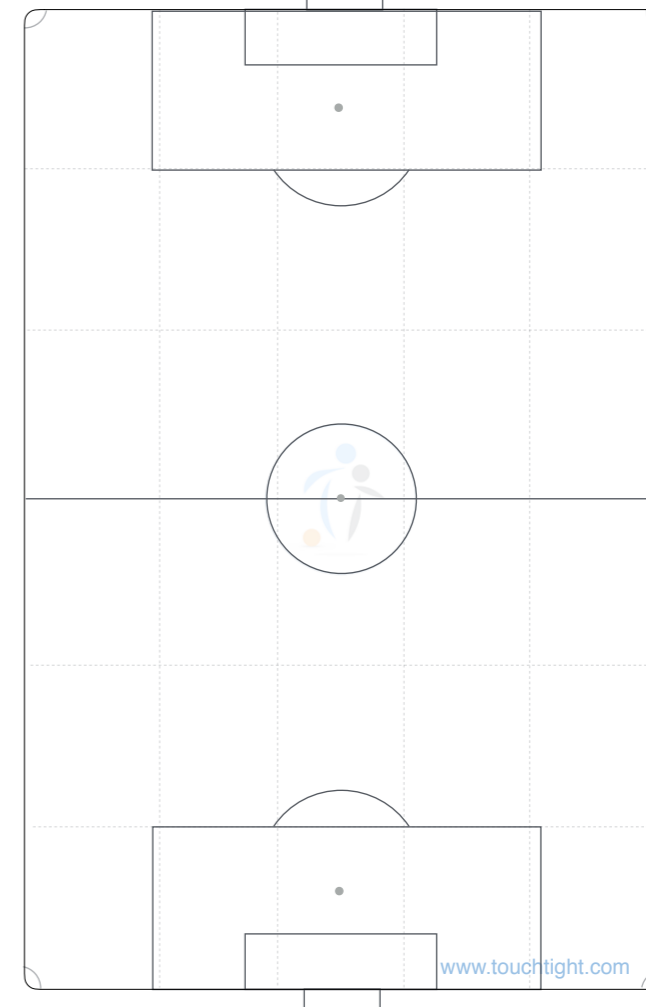
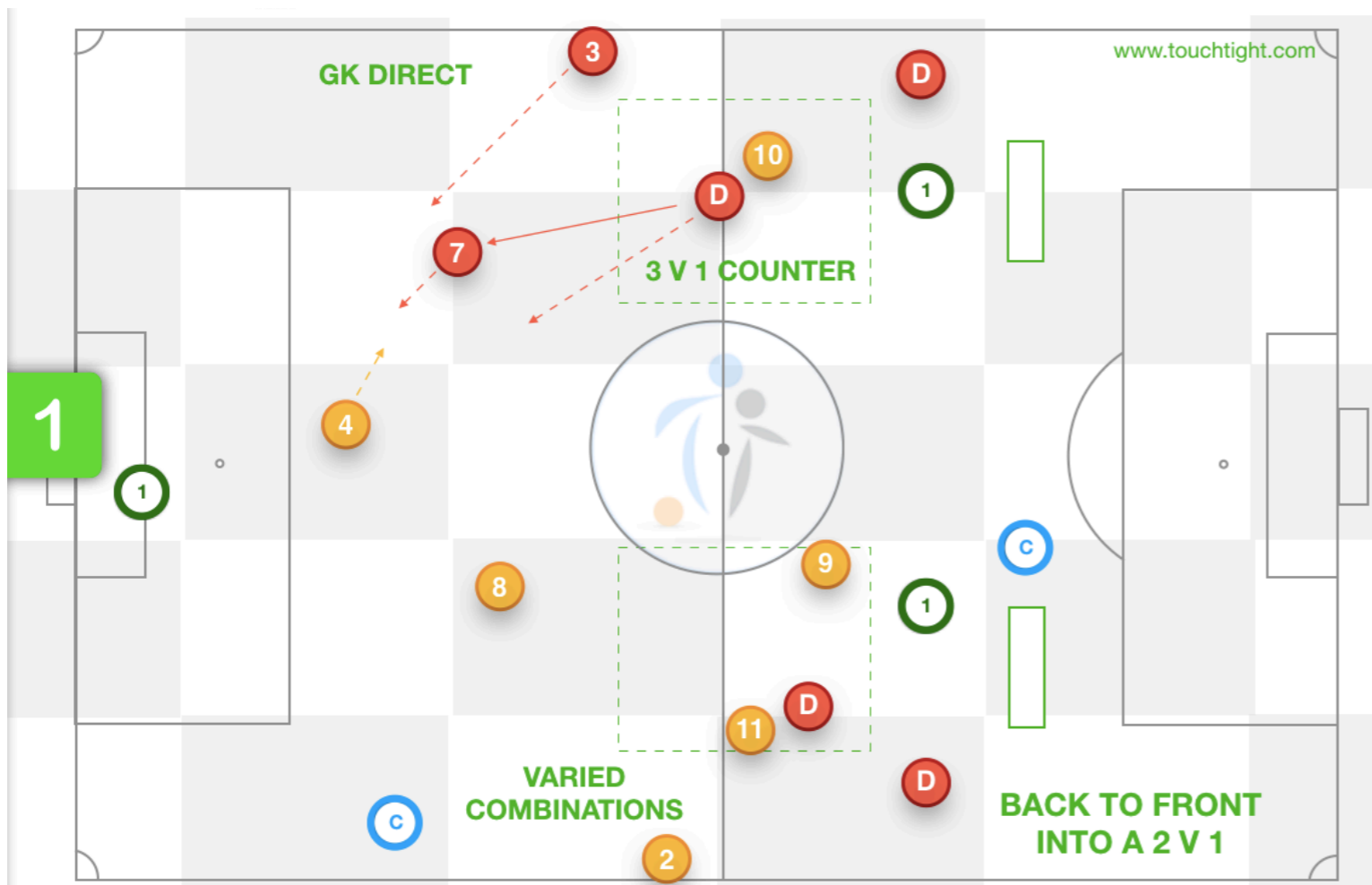
Players

Duration

Type: Opposed Skill

Area:

Team Objectives: CM & winger to play into strikers who can combine in a 2 v 1 or attack 1 v 1 against defenders to finish on goal. If a defender wins the ball, the CM & winger will work together with the defender to now counter attack the initial defender in a 3 v 1.



Set up / Organisation:

Combines technical & skill elements in 2 v 1 & 3 v 2 situations. We begin with our GK playing out to our CB who plays a diagonal ball to the winger, or wing back, to start the attack one side, before then beginning the attack on the other side simultaneously.

Progressions / Constraints:

- Progress to a 3 v 2 attacking situation in the attacking area, with both defenders joining the game.
- Combine both areas to compete in a 5 v 4, with the option for defenders to counter in a 3 v 3 on winning possession.

Key Coaching Points:

- (Tactical Key Point) Combinations in team shape to gain a clear understanding of positional expectations
- (Technical Key Point) Quality of passing and touch to combine quickly.
- (Social Key Point) Clear, effective communication in build up play.

Questions & Notes:

- Can you motivate yourself to play at game tempo from the back even if unopposed?
- How does the counter affect awareness of central defenders?
- How is your defending strategy different when changing from 1 to 2 to 4 defenders?

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

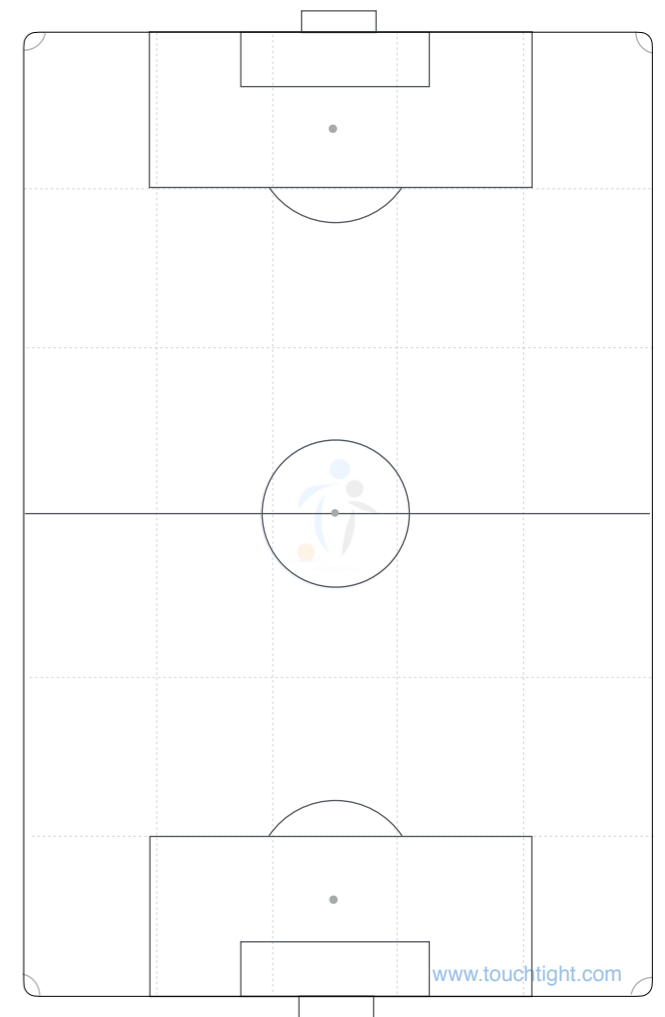
Player Trios initials	Objectives

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?

