



Session Date

Season

Age Group

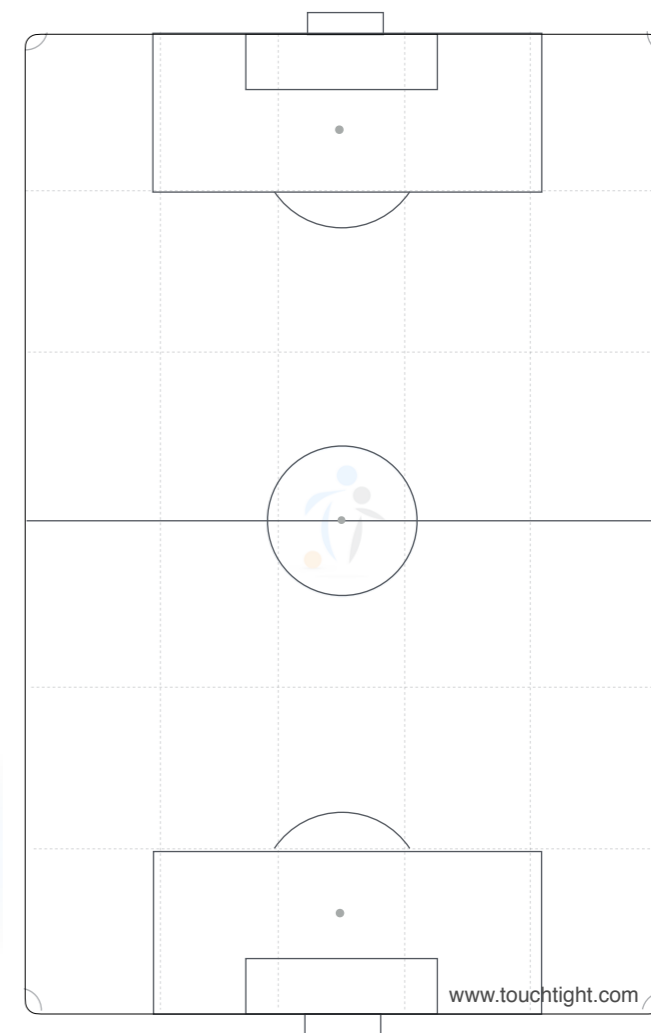
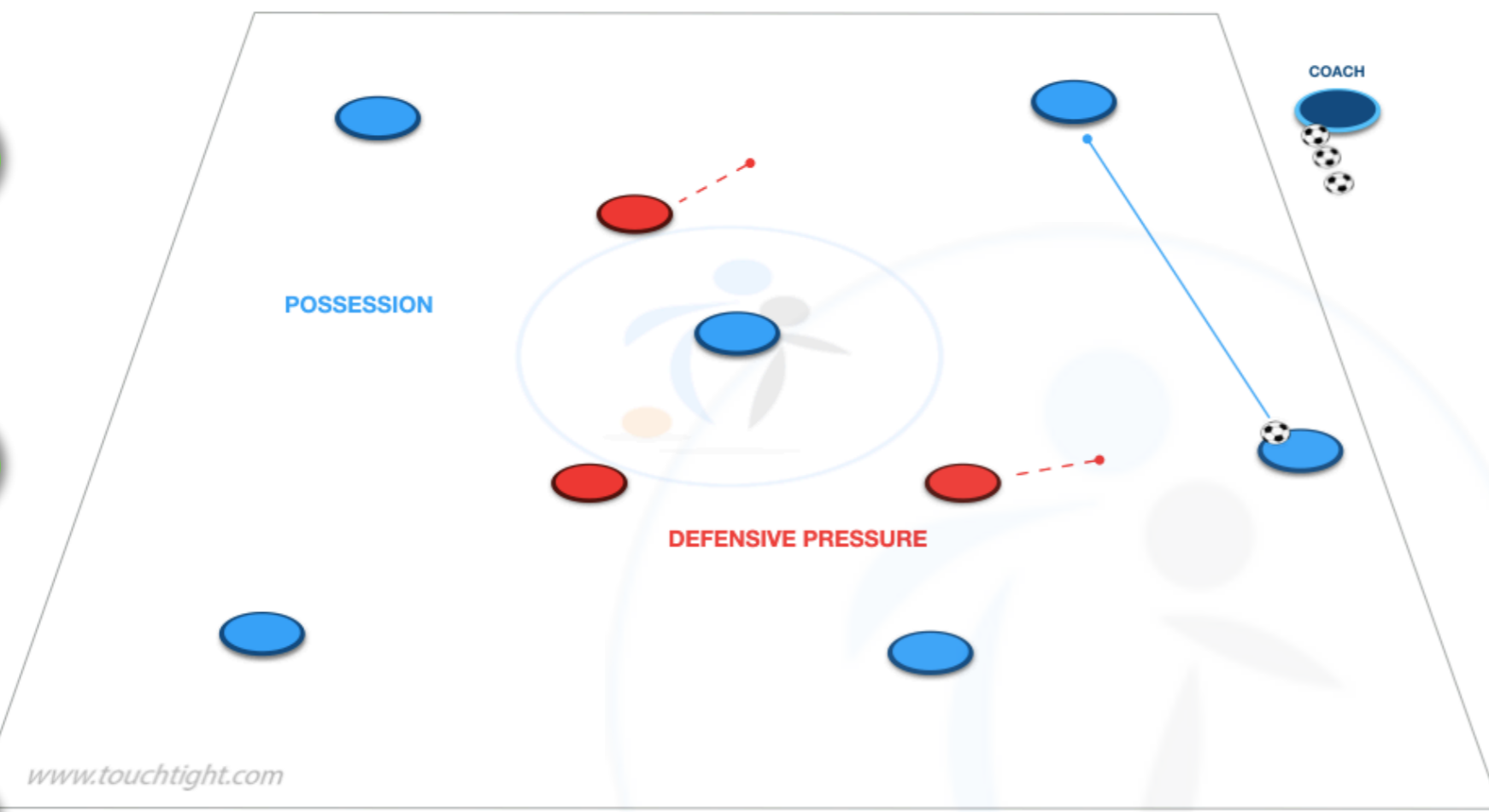
Players

Duration

Type: Opposed Skill Practice

Area: 25² yards

Team Objectives:



www.touchtight.com

Set Up & Organisation:

- This 6 v 3 Possession practice focusses on the 6 players in possession creating effective supporting angles and movement to keep the ball against 3 defenders.
- If defenders win possession, can they make 5 passes before any turnover? Rotate defensive players throughout practice.

Progressions & Constraints:

- Introduce 5 yard end zones whereby possession players must attempt to transfer possession from one side to the other. Observe how this directional practice now changes defenders mindset, thus providing a different challenge for the team in possession.
- Players in possession must now look to play a forward pass into a runner in end zone, with the player already in the zone making a well timed run back into possession area. This is all about timing and develops individual's ability to work in pairs or more to challenge defenders with creative movement.

Key Coaching Points:

- This practice requires individuals to make the area as big as possible, checking shoulders for space, recognising when to play short to draw defenders in and when to play a longer pass to break pressing lines. Can team make 10 passes to score? Each time defending team wins possession they score.

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

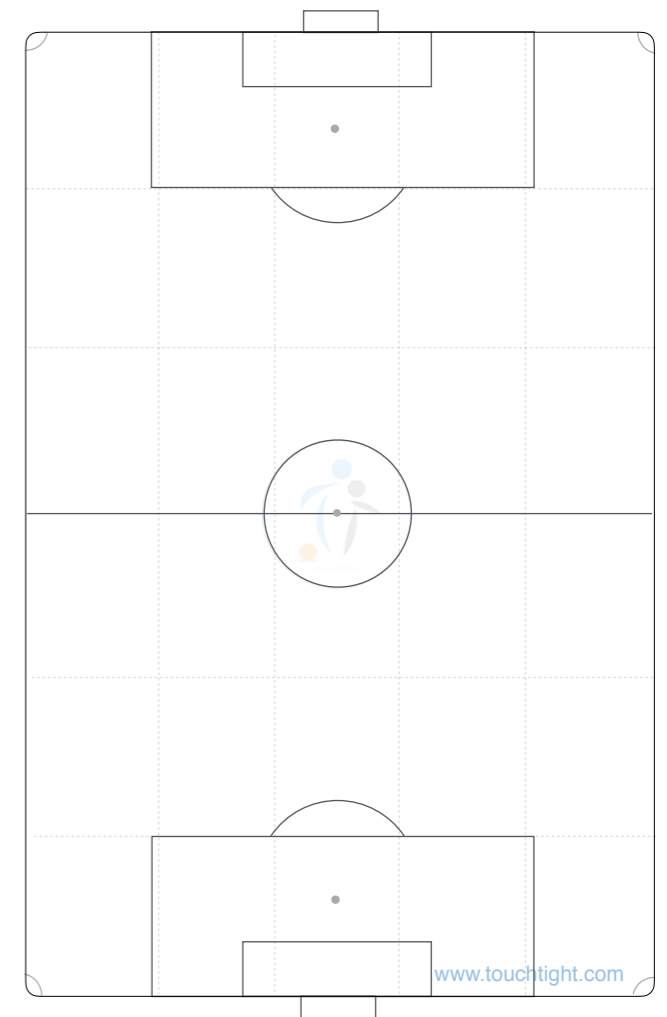
Player Trios initials	Objectives

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?



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