



Session Date

Season

Age Group

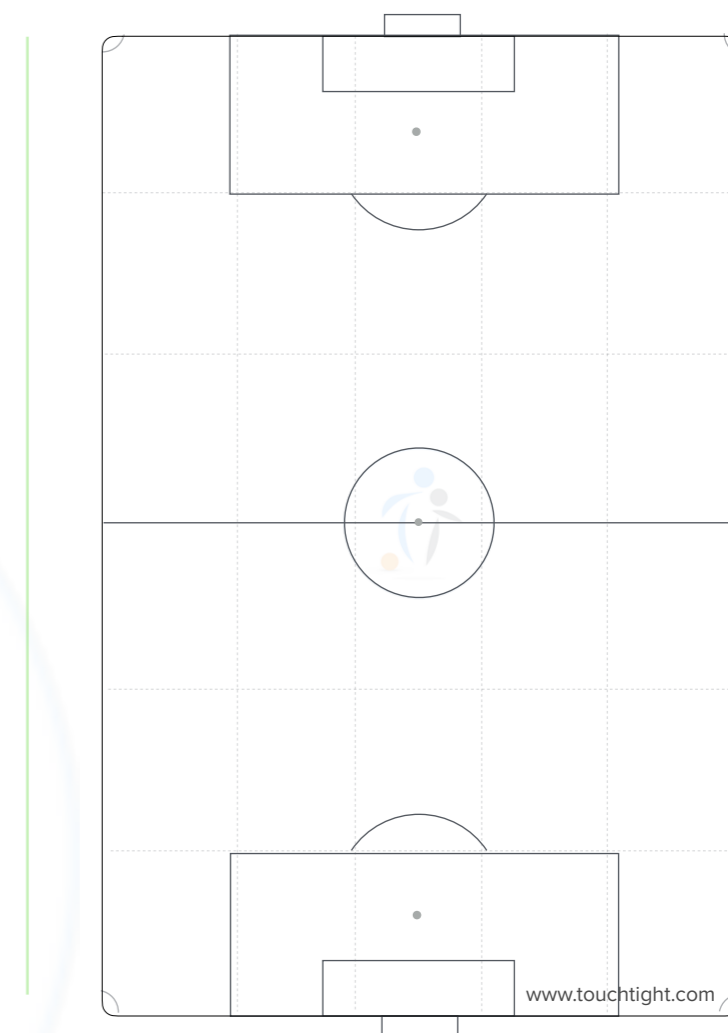
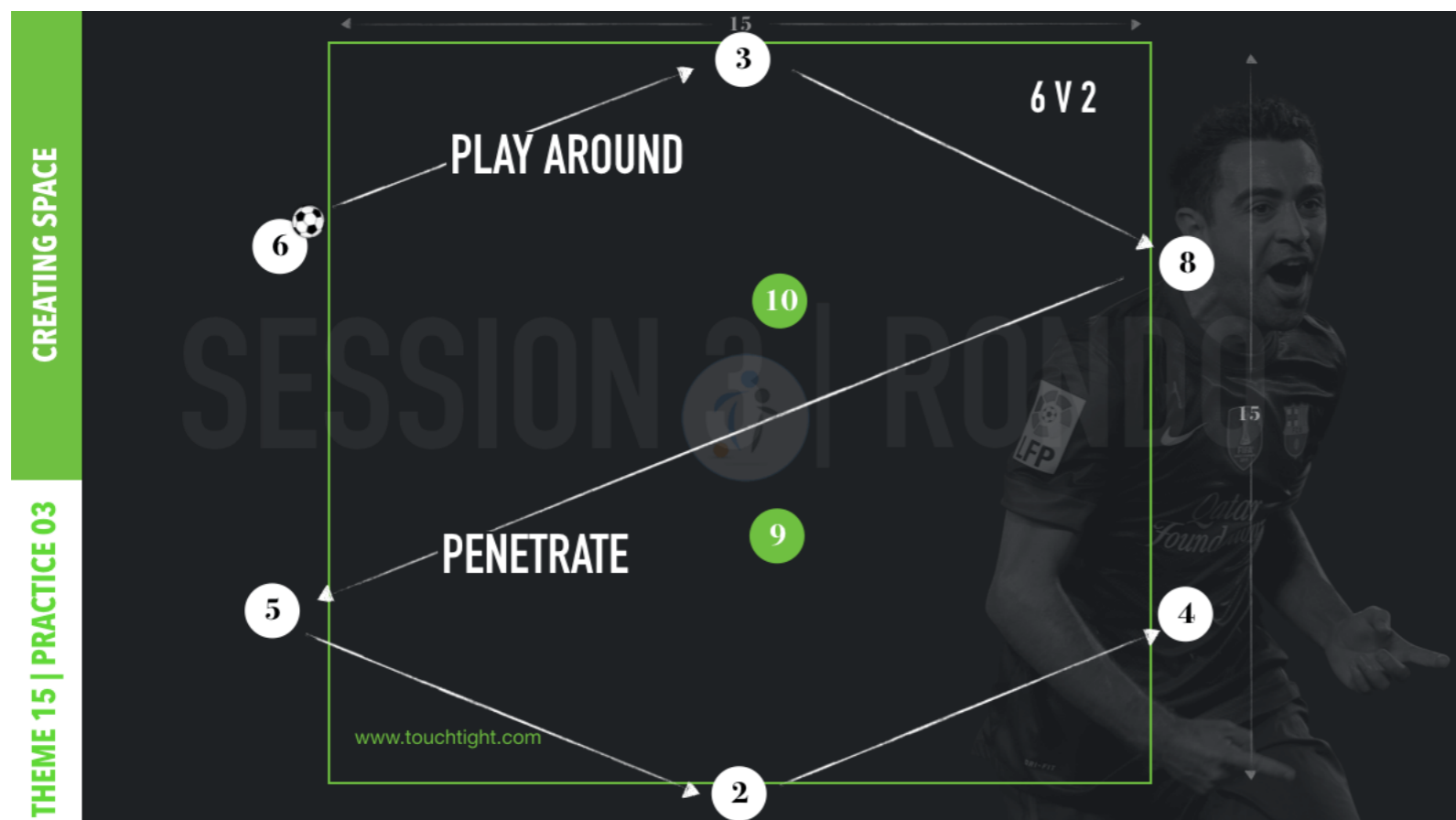
Players

Duration

Type: OPPOSED SKILL

Area:

Team Objectives:



Set Up & Organisation:

- Practice 3 of our Xavi themed compilation 'Creating Space' is based on attacking in a 4231 against a traditional 442. In what is essentially a 6 v 2 Rondo, our 6 players look to keep possession around a defending pair (9 and 10) in a 15 by 15 yard area, creating space to penetrate, if defenders win the ball they must run the ball over any line within 3 seconds. Players must look to draw defenders one side to create space in wide areas or play a split pass by encouraging a single player press.

Progressions & Constraints:

- (C) Possession team to play one player in a 7 by 7 yard central area to combine
- (P) Central midfielders (8 and 4) must rotate after each successful combination or after every 5 seconds
- (P) Add 2 channels, which only one player must occupy at all times

Key Coaching Points:

- **Tactical** | Forcing direction to create a 2 v 2 and eliminate extra attacking player
- **Technical** | Defensive ability in 1 v 1s, jockeying on toes able to adjust and turn
- **Social** | Support teammates who become the primary pressing player (positioning)

Individual Player Challenges / Questions

- **Defenders** spotting gaps to penetrate
- **Full backs** creating quick angles to build play in front and behind the ball Pace and angles of recovery runs made
- **Midfielders** recognising when and how to drop in to connect

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

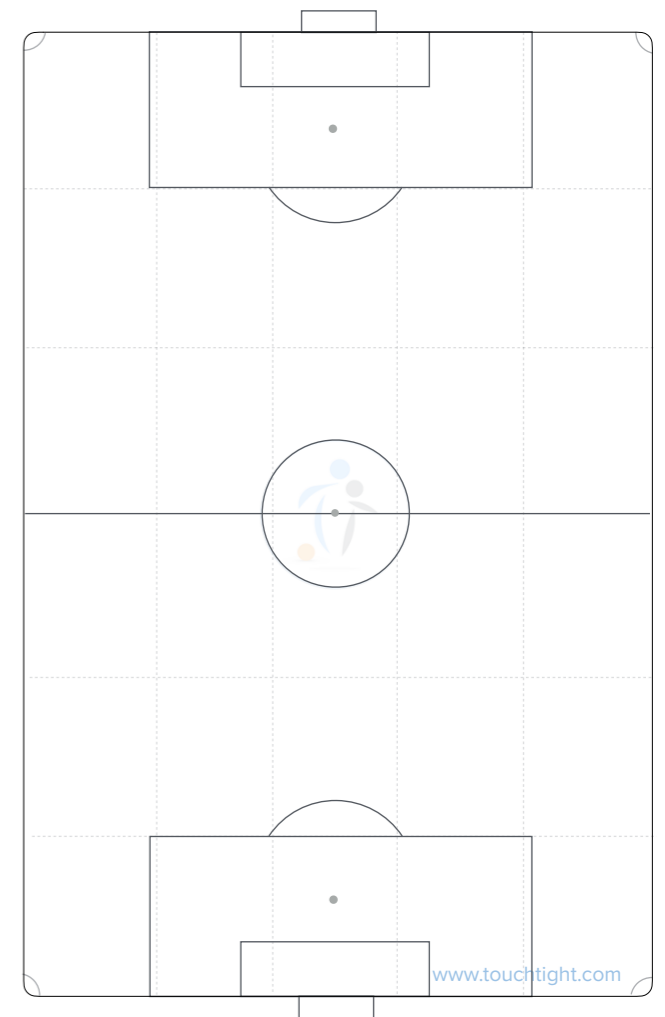
Player Trios initials	Objectives

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