



Session Date

Season

Age Group

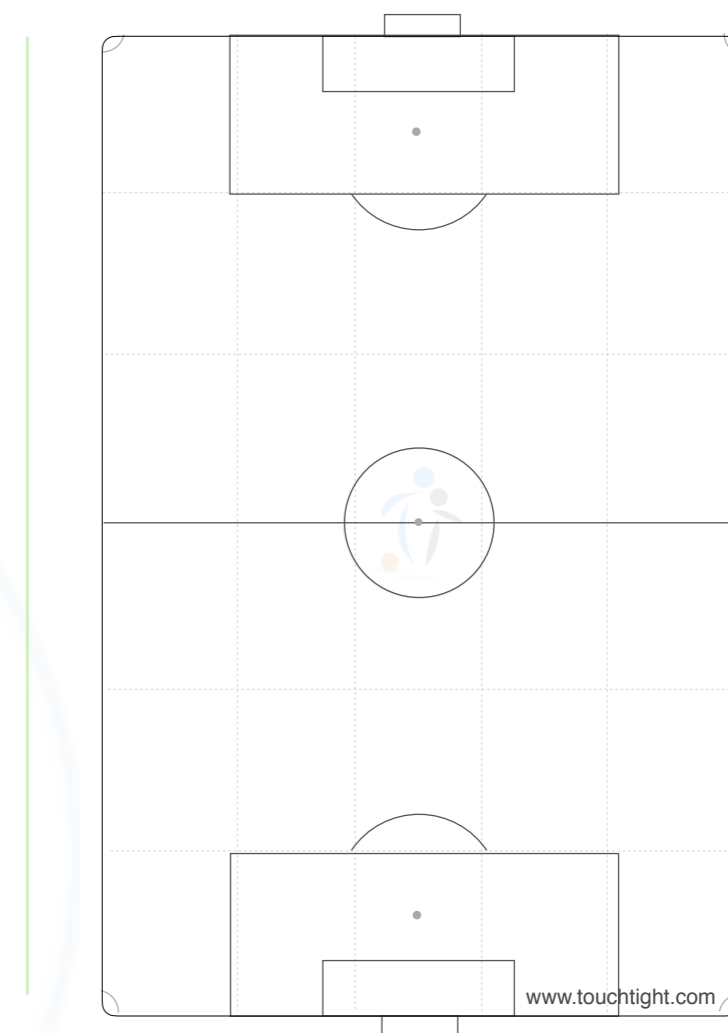
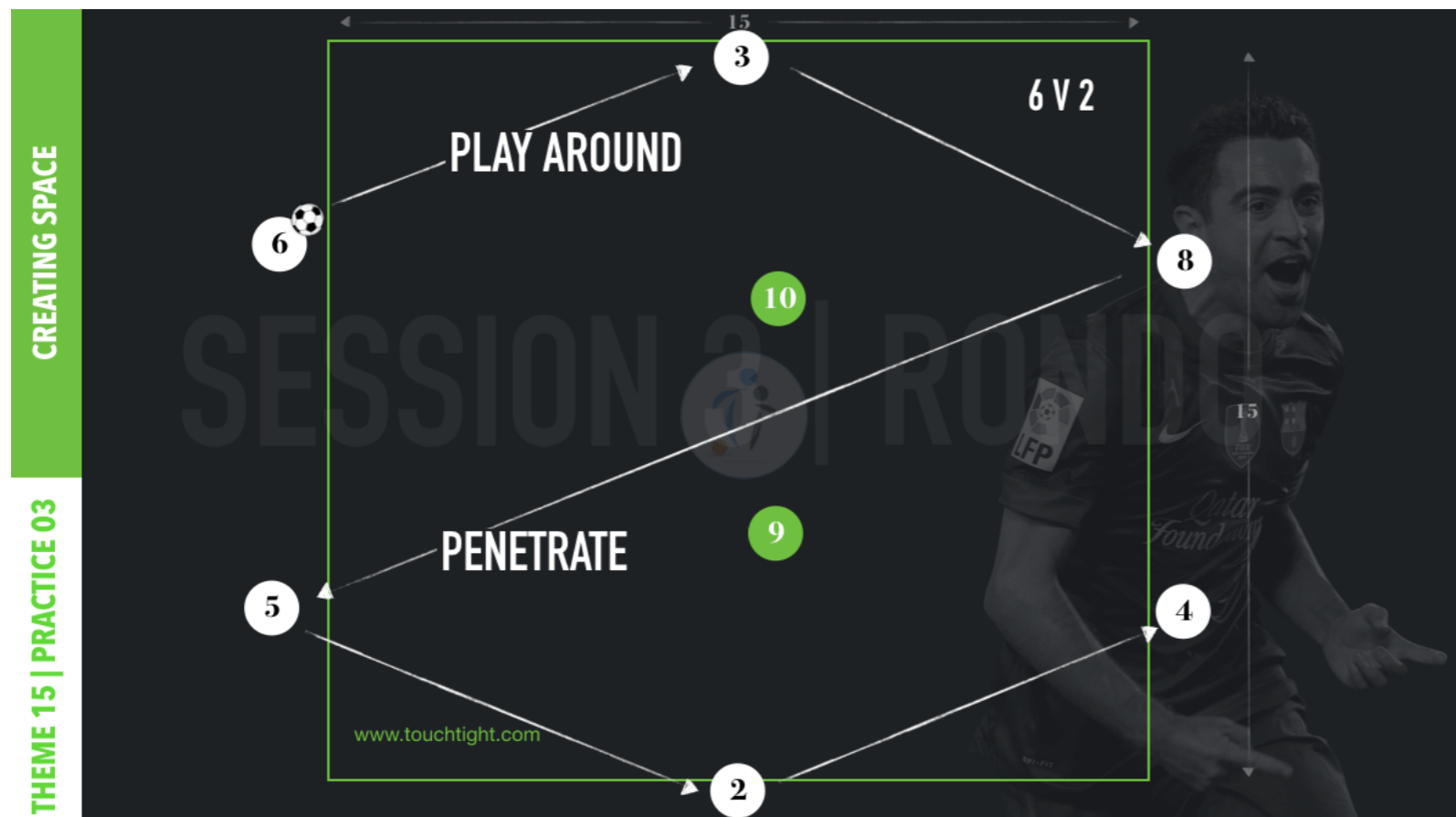
Players

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



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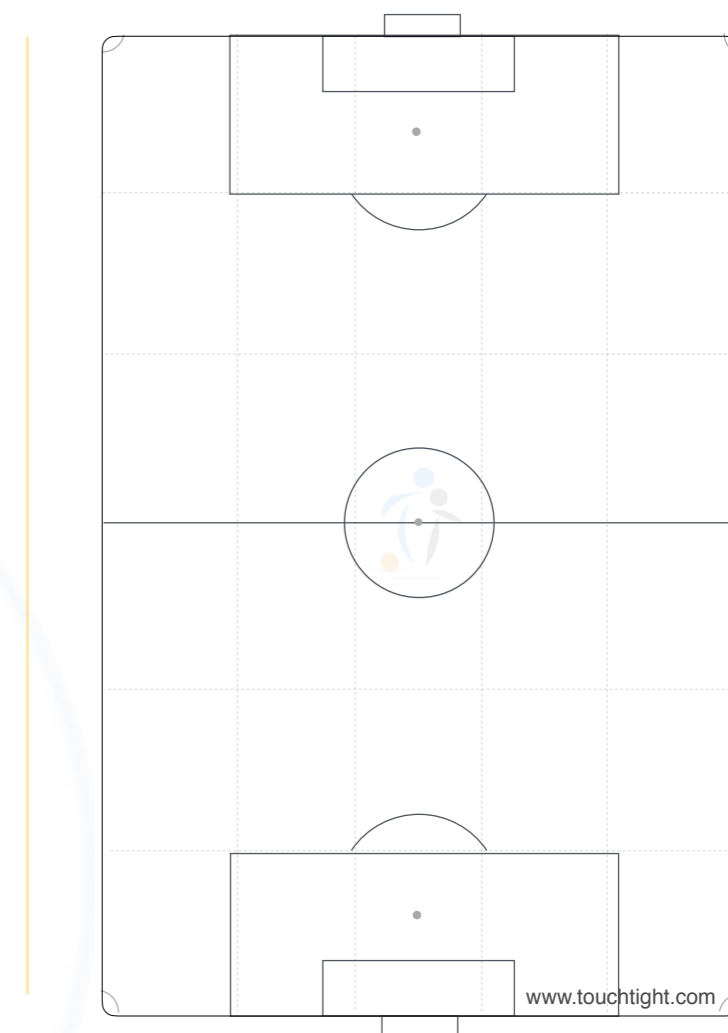
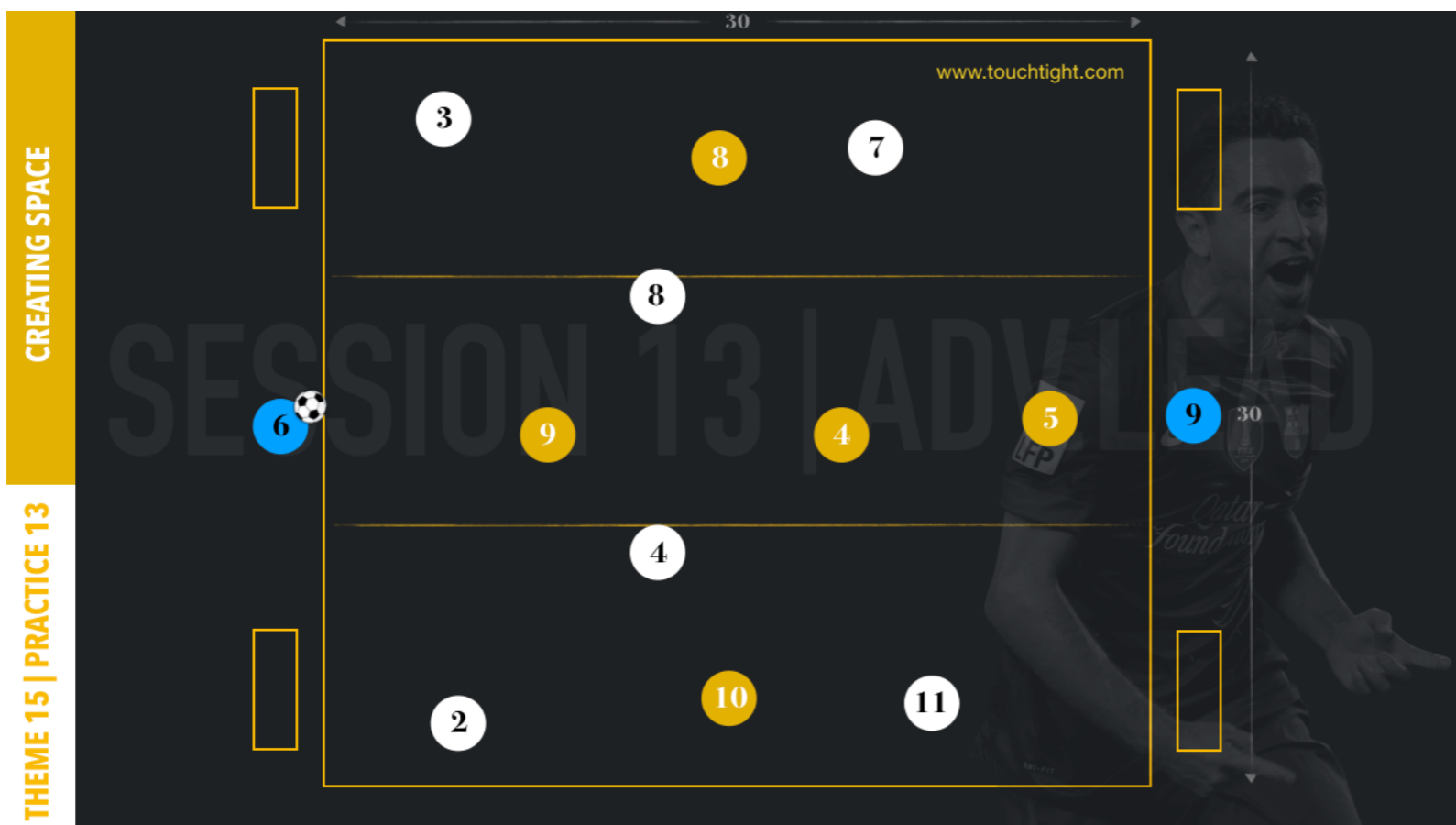
Players

Duration

Type: **ADVANCED LEAD**

Area:

Team Objectives:



Set Up & Organisation:

- Practice 13 of our Xavi based coaching theme 'Creating Space' is an Advanced lead practice, which combines units in a 4231 formation against a 433. In a 30 by 30 yard area, we have 6 attacking players v 5 defending players with a supporting central defender (6) and striker (9) acting as floaters to combine on 2 touch for the building team

Progressions & Constraints:

- (C) Full backs and wide players limited to channels
- (C) Constrain full backs from passing to each other, as well as wide midfielders, forcing teams to build with midfield players and our striker
- (P) Only allowing players to finish with a 3rd man run
- (P) Add vertical channels, conditioning the practice so 2 players must be in each vertical zone

Key Coaching Points:

- **Tactical** | Recognise how to move the opposition to break lines
- **Technical** | Control and weight of pass to speed up at the right times
- **Social** | Collective understanding of tactical concepts in possession, movement for other players to exploit

Individual Player Challenges / Questions

- Fullbacks can be challenged to find gaps to penetrate
- Central midfielders need to find space off teammates movements effectively
- Wingers timing forward runs to finish on one touch

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

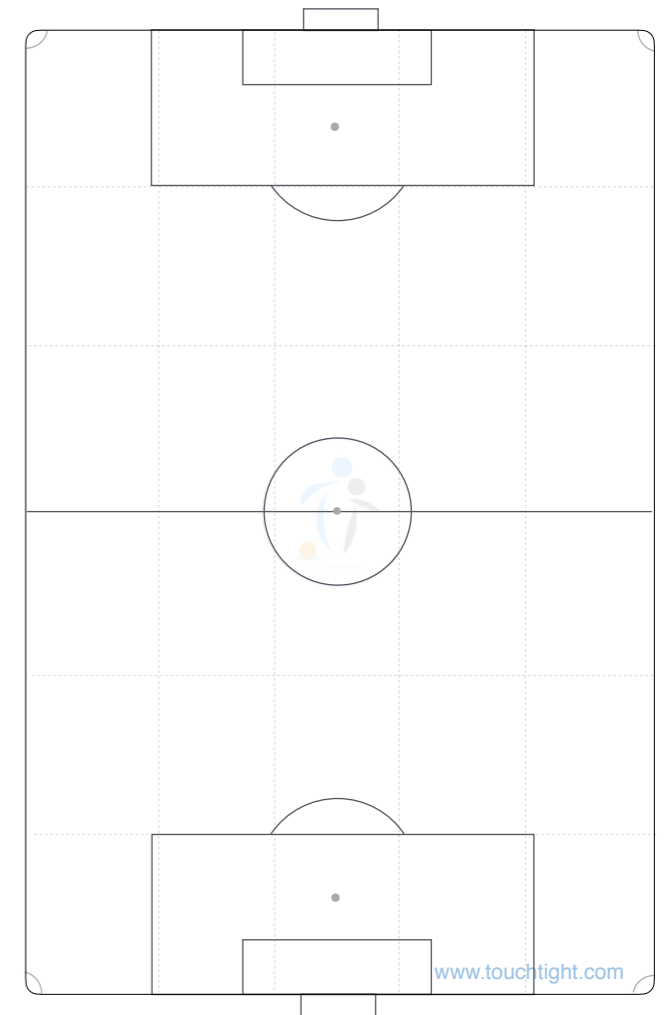
Player Trios initials	Objectives

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