



Session Date

Season

Age Group

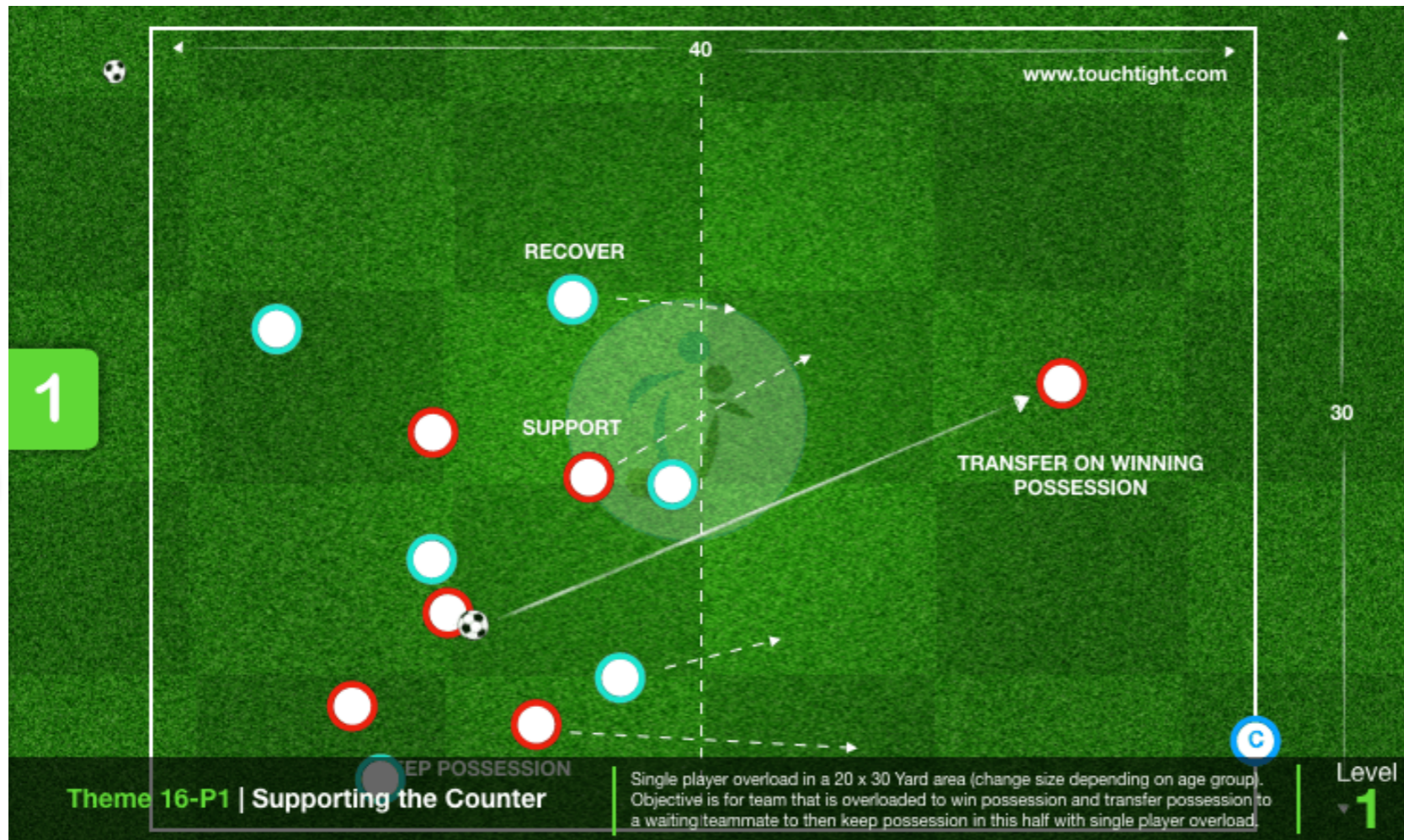
Players

Duration

Type: Opposed Skill

Area: 40 x 30 yard

Team Objectives:



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Set Up & Organisation:

- Set up with 6 v 5 overload (depending on numbers) in one half of the grid, with a single player remaining in the opposite half. Team must make 10 consecutive passes to get a goal.
- If defenders regain possession, they must transfer the ball across to their teammate to join in to combine and defenders must press now in this area, leaving 1 player in other half.

Progressions & Constraints:

- **2 v 1 On Regain** | Leave extra player to support transfer, against 1 DF who must remain in this area.
- **5 Pass Transfer** | Possession team can now transfer the ball after 5 passes in a 1 v 1. Player must create space as an option - Quick support.
- **Support Run To Finish** | Goals added to provide direction and challenge. Once transferred support runners can combine to finish.

Key Coaching Points:

- Support transfer of the ball quickly and effectively. That's the name of the game here. Coaches must be aware that possession may be gained and regained in quick succession.
- **SPACE** | On transfer players must recognise space to support quickly in order to maintain possession.
- **TIME** | Challenge possession team to keep the ball for a certain amount of time before being able to drop a player out and transfer ball back into other half.
- **EQUIPMENT** | 4 goals and halfway line adds focus and provides targets to encourage quick support.
- **PLAYERS** | Could leave 2 or 3 out of the half to develop more possession with a number advantage.

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

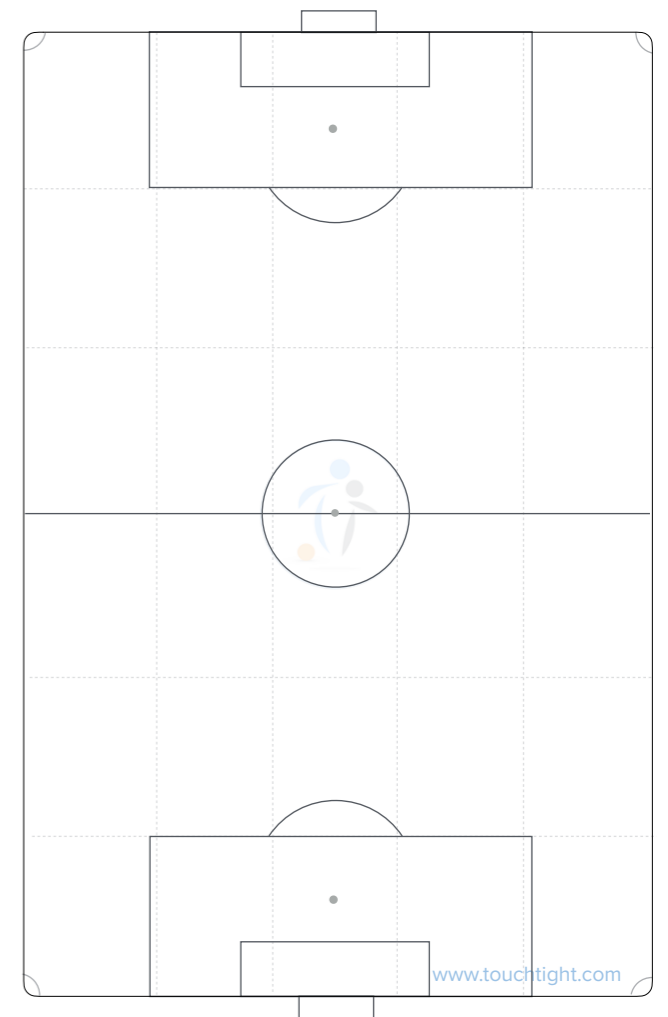
Player Trios initials	Objectives

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