



Session Date

Season

Age Group

Players

Duration

Type: 3 v 1 Rondos

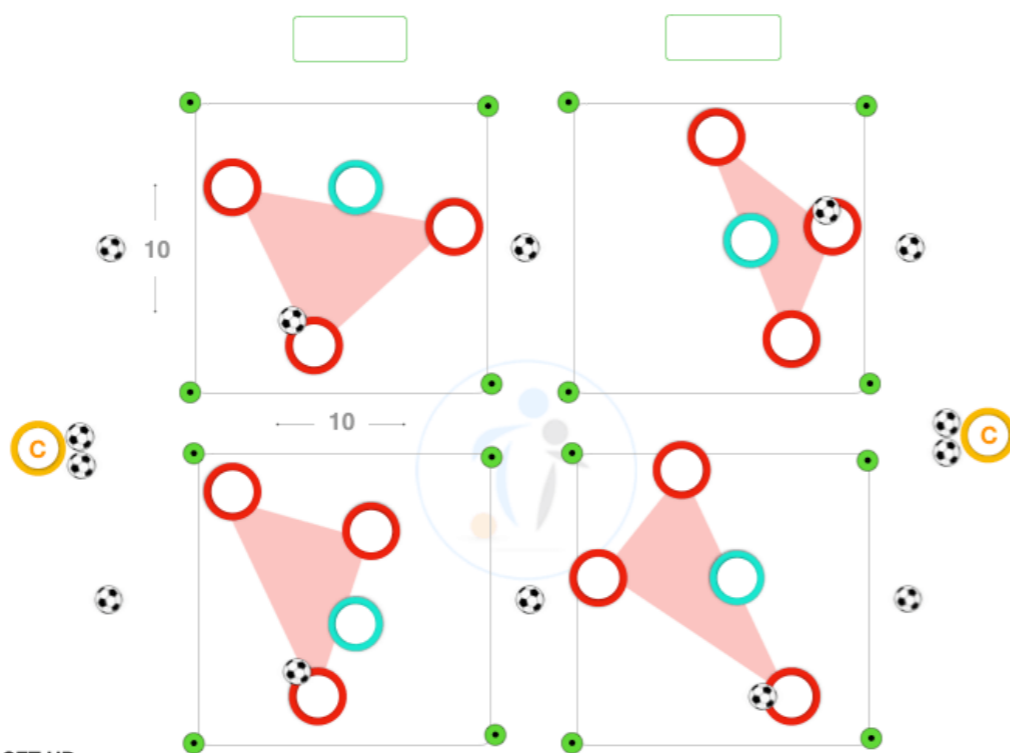
Area:

Team Objectives:

PHASE
2

Retain Possession to Attack

17 | A2



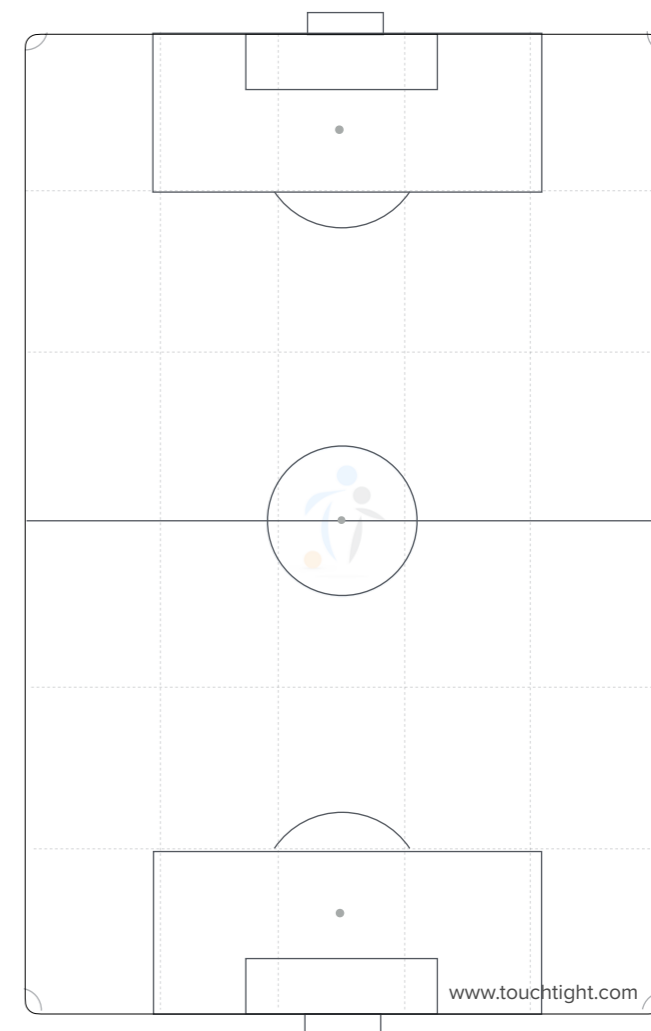
SET UP

4 Grids, each 10 x 10 with 3 players keeping possession against 1 defender. If defenders win possession, they can score quickly in mini goal positioned at end of each square

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KEY POINTS

Creating space to play on one and two touches. Movement away from players to create space for self and others. Checking shoulders to lose players.



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Set Up & Organisation:

- This 2nd practice from 14 in our Retain Possession to Attack Theme, focuses on movement to create space and quick short sharp passing to keep possession in tight spaces. Progressions encourage checking of shoulders and being aware of what is away from the ball.

Progressions & Constraints:

- Defenders score when regaining possession
- If defenders gain possession and score they must tag another player in a grid, tagged player now defends in a different grid.
- Possession players can score if they play a 1-2

Key Coaching Points:

- **Tactical** | Creating and exploiting space in tight areas under pressure
- **Technical** | Positive touch to move ball away from defenders and control play
- **Social** | Understanding as a 3 to utilise space effectively

Questions & Notes:

- How is each defender defending against a 3 and how are we achieving success?
- When can we get a rotation in and how can this be used to develop play
- How does additional defender influence your play? How can you do better here?

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

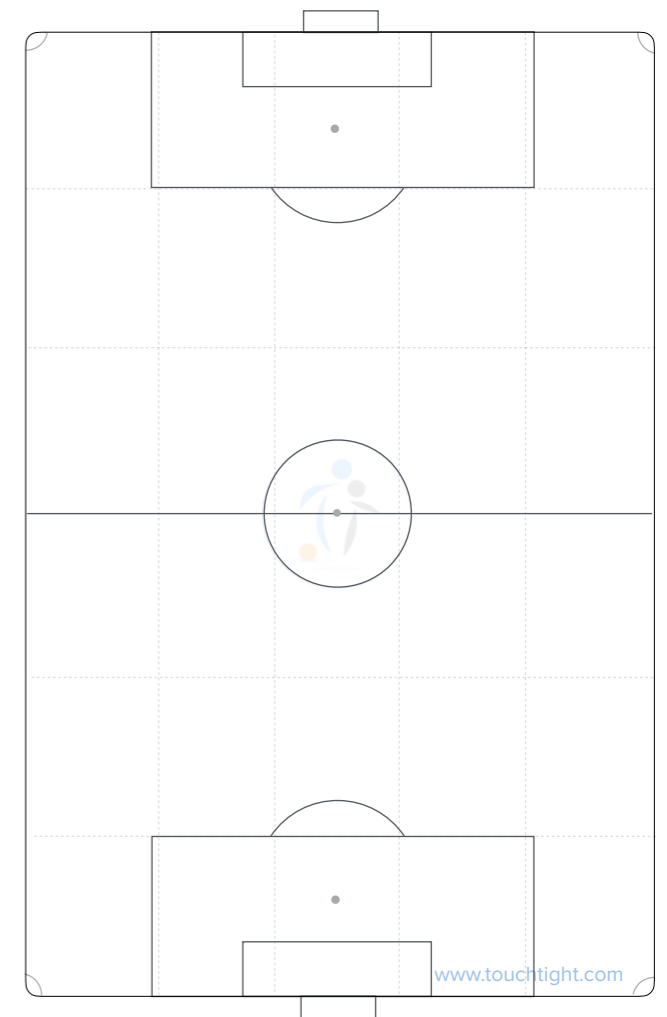
Player Trios initials	Objectives

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

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