



Session Date

Season

Age Group

Players

Duration

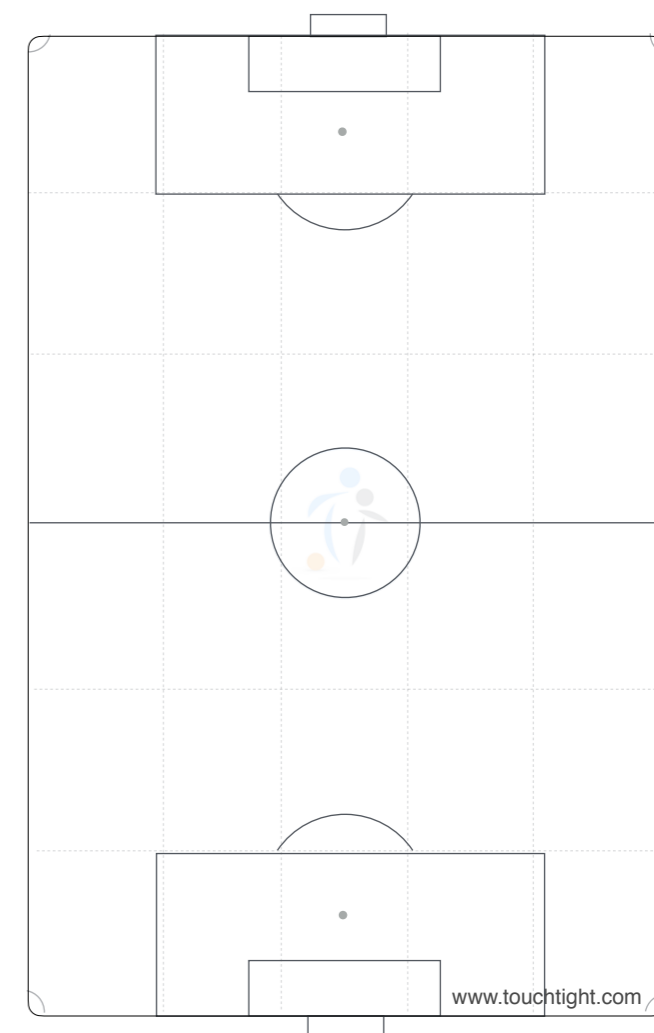
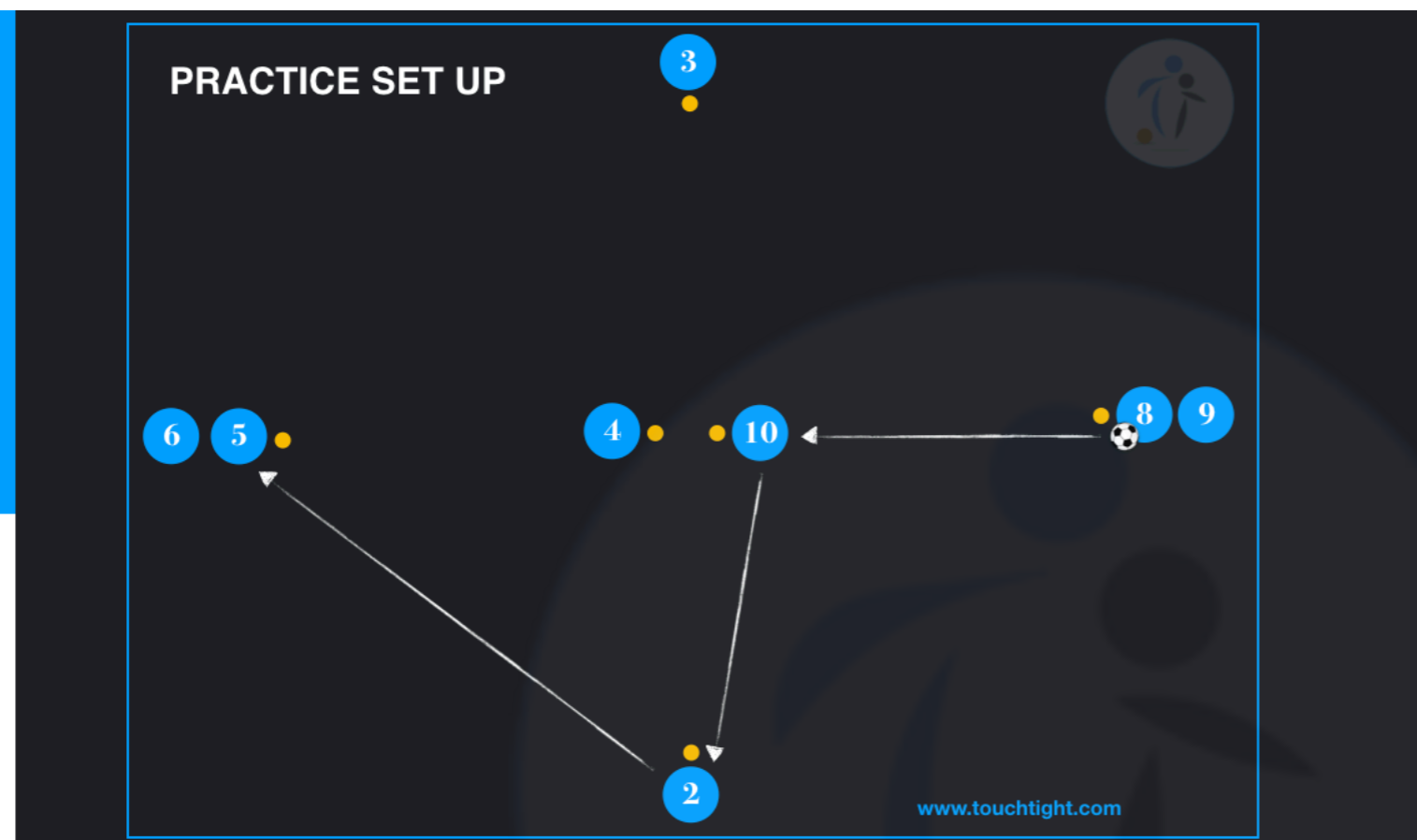
Type: Technical Practice

Area:

Team Objectives:

RETAIN POSSESSION TO ATTACK

THEME 17 | PRACTICE 04



Set Up & Organisation:

- This is practice 4 in theme 17 retaining possession to attack and is a passing practice based on combinations in a 433 formation during build up
- With a diamond shape passing drill 10 yards apart and 2 central players to combine, we begin with a ball at each end with a defender (5) passing into a central player (midfielder 4). The ball is then bounced into a full back (3) on one touch, who then plays the ball forward into an attacking midfielder (10). The process is then repeated on the opposite side, with each player following their pass.

Key Individual Coaching Points:

- Individual objectives are based on:
 - passing quality to their stronger foot,
 - well weighted allowing one touch combinations,
 - timing of movement to receive before developing fake movement to enact losing players.

Progressions & Constraints:

- **1** | Work with two balls
- **2** | Progress the practice by adding mannequins or cones between players (5 & 4) to encourage movement at an angle to receive and play a 1-2.
- **3** | We can progress this further by adding mini goals for the full back to receive a bounce pass off the attacking midfielder to finish.
- **4** | Our final progression encourages our deep midfielder (4) to make a second movement to receive a bounce pass to play the full back forward to finish in a central mini goal.

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

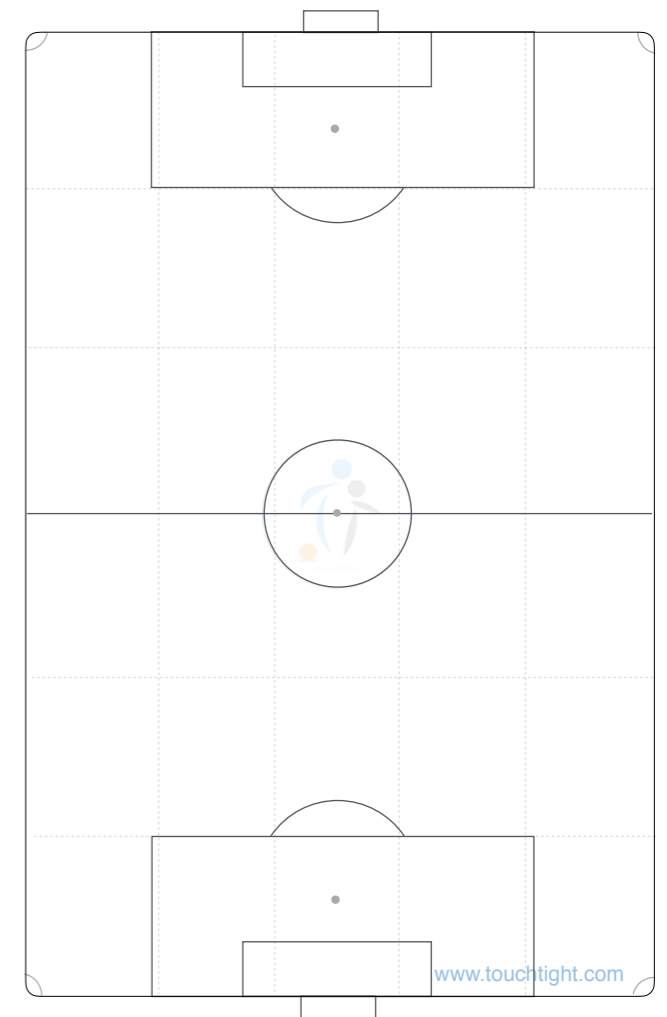
Player Trios initials	Objectives

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