



Session Date

Season

Age Group

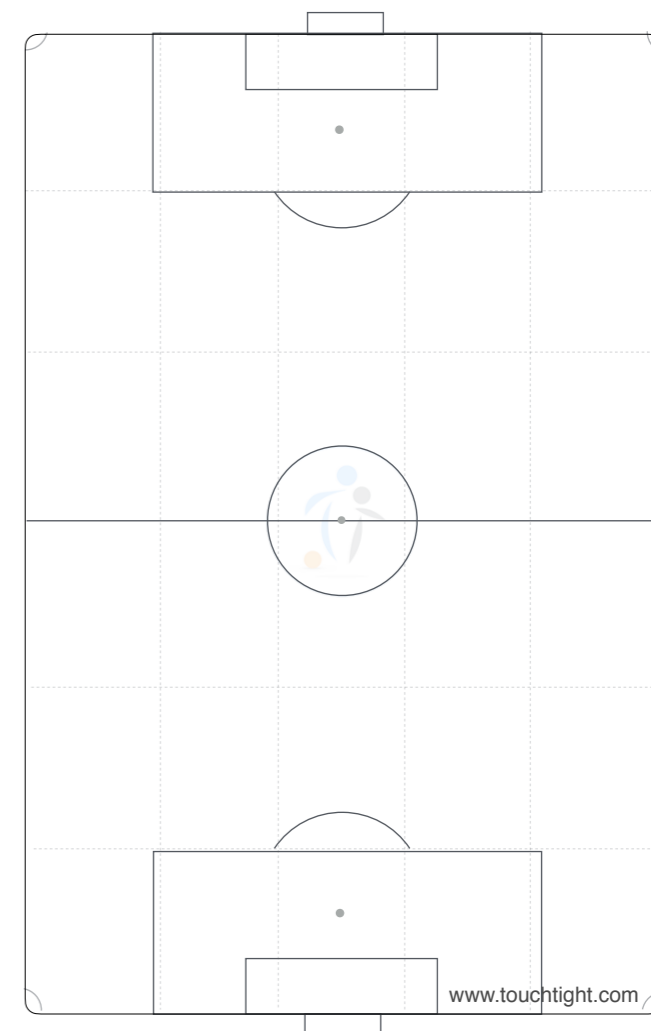
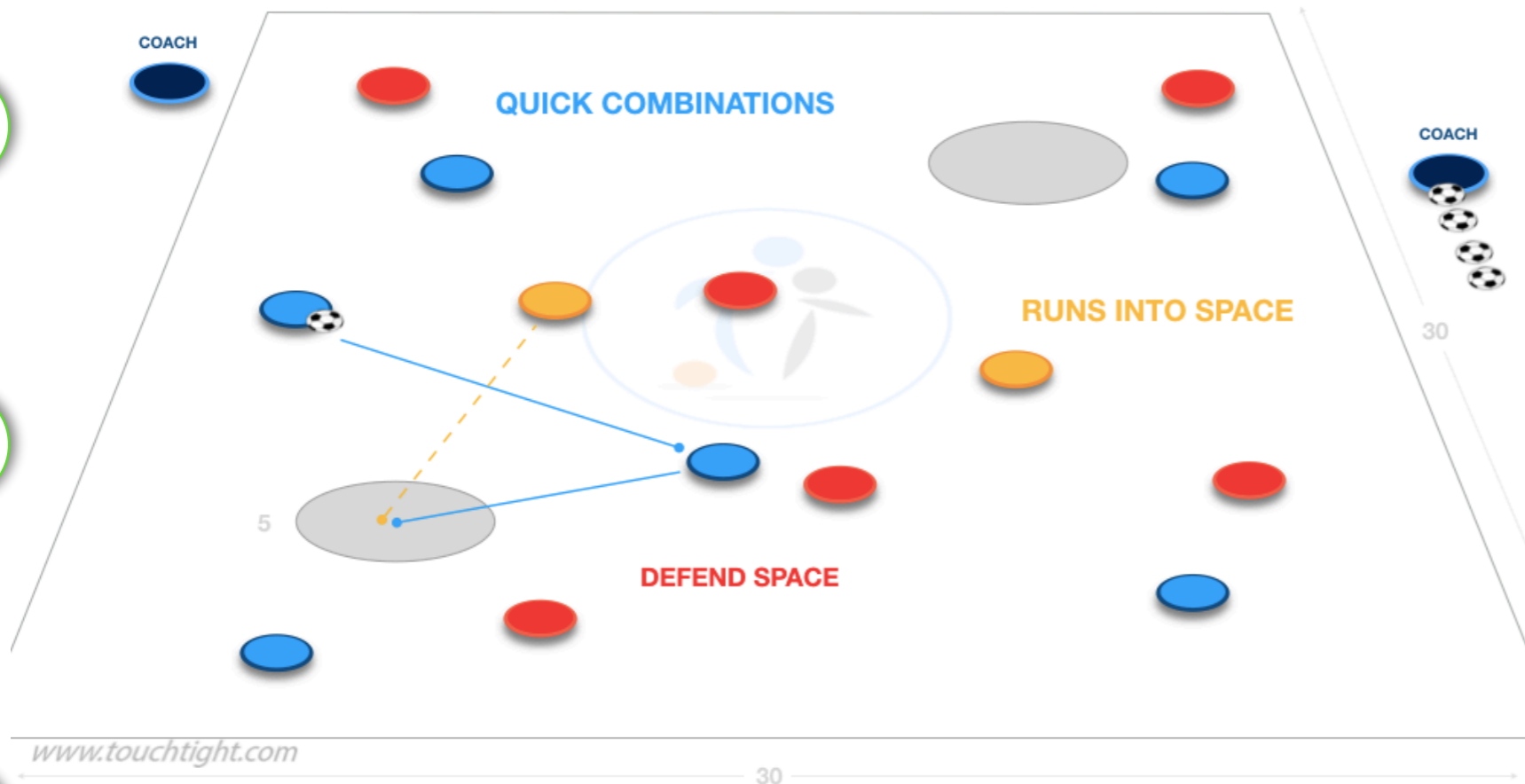
Players

Duration

Type: Opposed Skill Practice

Area:

Team Objectives:



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Set up / Organisation:

- Played in a 30 by 30 Yard square area, with two 5 yard target zones as shown. With a 6 v 6 plus 2 floaters, the possession team must look to keep the ball and find the floaters with passes into the specified zones.
- Players must then either find the opposite zone or make 5 passes to play back into the same area.

Key Coaching Points:

- (Tactical) Recognise space to exploit
- (Technical) Weight and accuracy of pass together with timing of movement
- (Physical) Agility and speed to lose players in a tight space

Progressions / Constraints:

- Progress by allowing any player from the team in possession to receive a pass in these zones unopposed. The opportunity exists for the possession team to score if the floater receives in any of the 2 zones.
- Players can then measure risk v reward, recognising when to attack goal after making 3 passes.

Questions & Notes:

- How quickly can you space to move into?
- Are you able to create space for other players during play and if so how?
- How does the progression and constraint change your approach in possession?

Work / Rest Ratio:

mins sets



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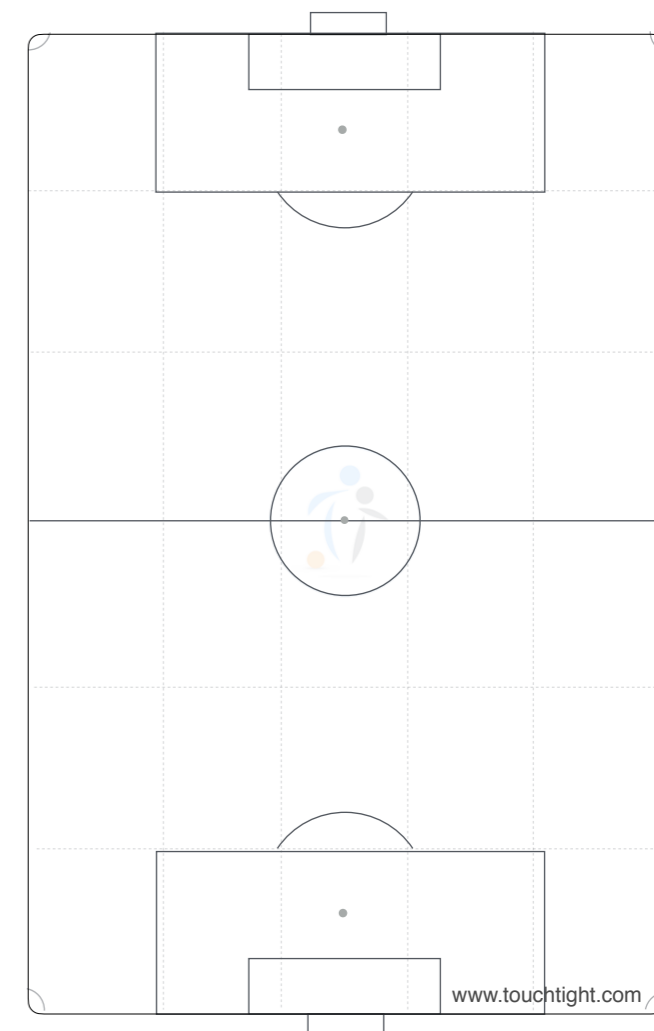
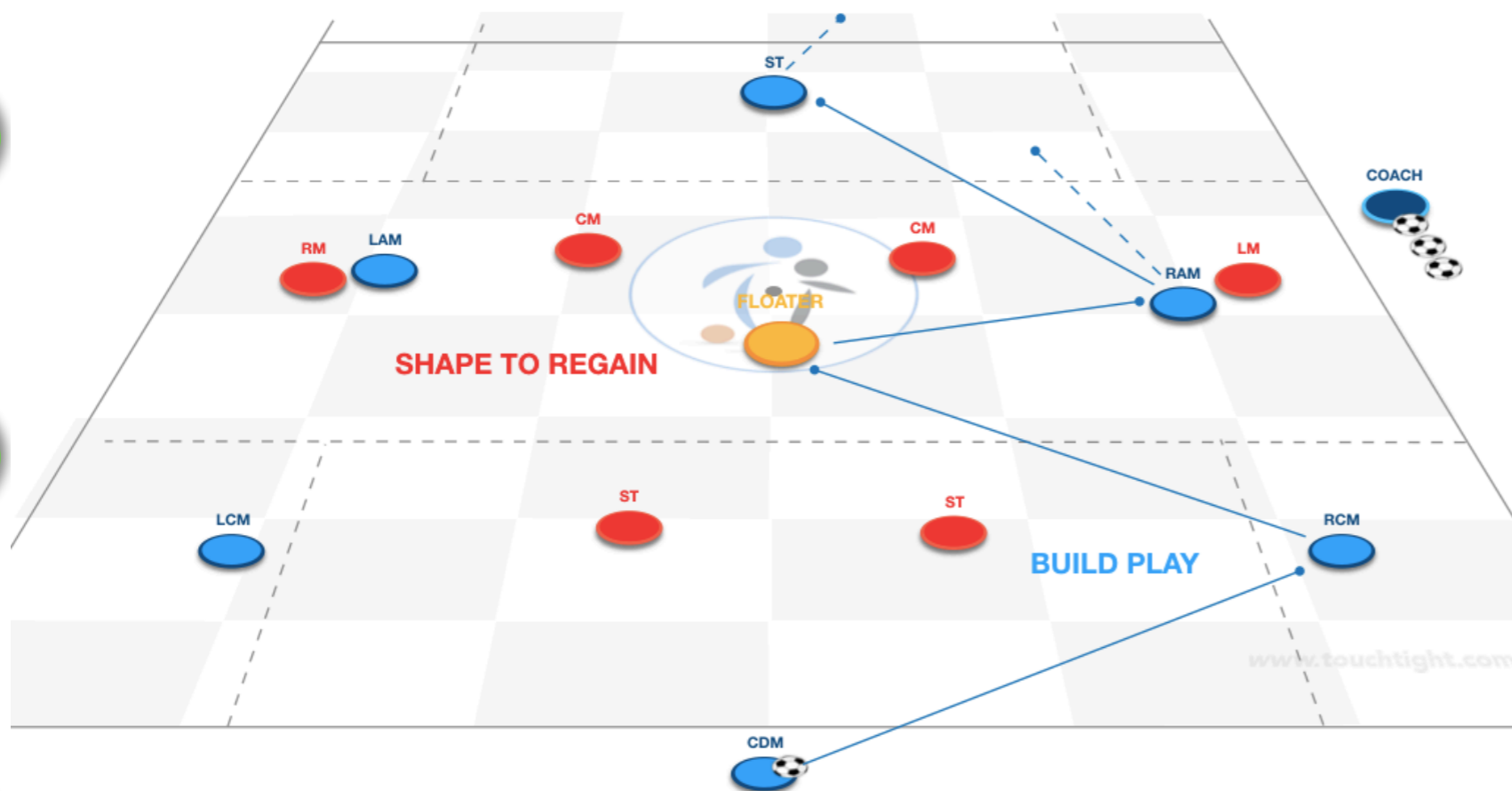
Players

Duration

Type: Directional Practice

Area:

Team Objectives:



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Set up / Organisation:

- Practice 1 in Theme 18 Progressive Possession, is based around a 343 diamond formation with 7 players in possession (including a floater) against 4 midfielders and 2 strikers.
- Half a pitch is set up as shown, with Blues aiming to build play patiently to break defensive lines into the striker at the opposite end. Players will look to build play back through the thirds to return, initially in a 5 v 2, progressing to a 5 v 4 in the central third and then returning to a 5 v 2 starting again with our deep midfielder.

Key Coaching Points:

- (Tactical Key Point) Use Overloads to break lines
- (Technical Key Point) Passing and control quality to build play
- (Social Key Point) Short and long supportive movement

Progressions / Constraints:

- When Reds win possession, they must look to build play from one end to the other using the floater. Overload numbers will vary, with an initial 5 v 3 progressing to a 5 v 4 in the central zone and finally breaking into a 5 v 3 in the final third.

Questions & Notes:

- Where are spaces to exploit in each zone?
- How can you maximise overloads in each zone, where are you vulnerable?

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

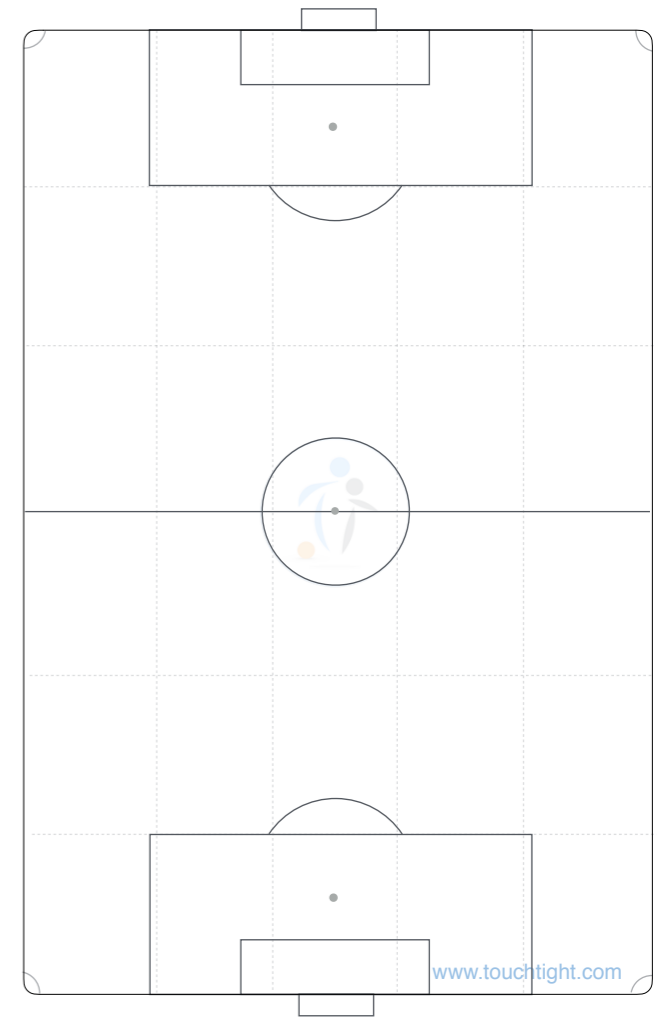
Player Trios initials	Objectives

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?

