



Session Date

Season

Age Group

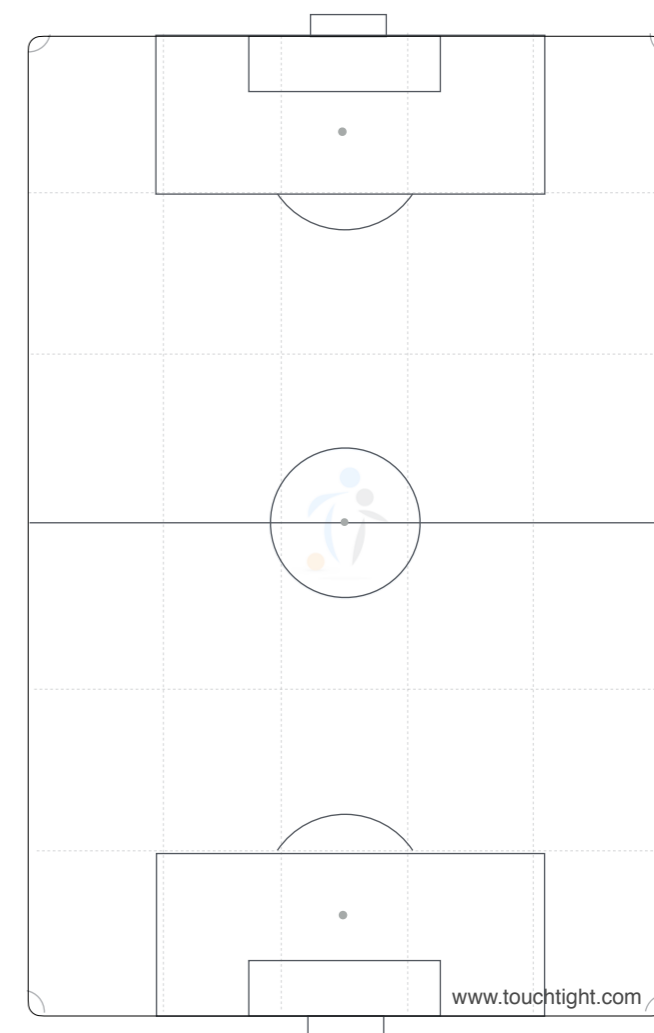
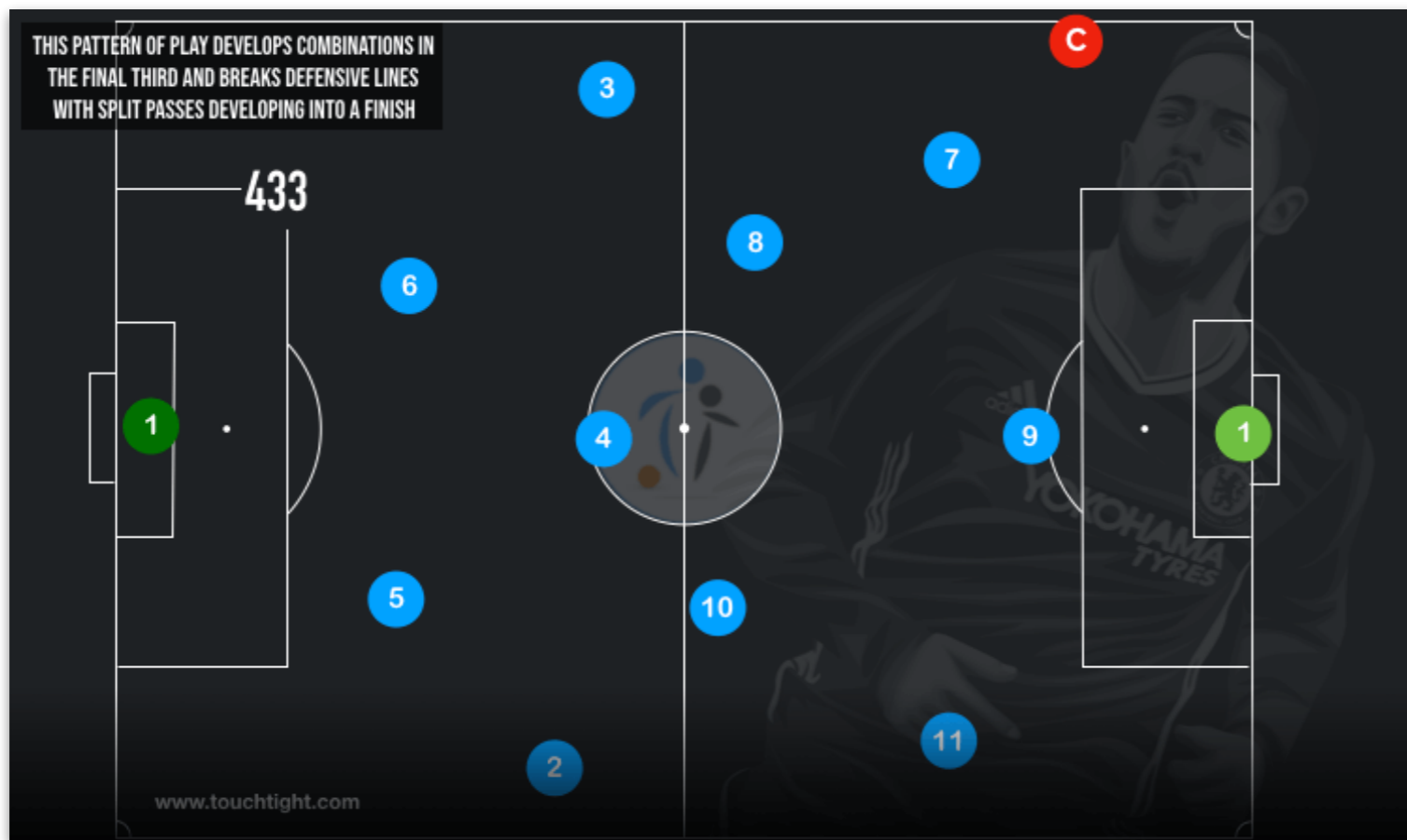
Players

Duration

Type: Patterns of Play

Area:

Team Objectives:



Set Up & Organisation:

- This pattern of play is practice 7 in theme 22 Breaking Defensive Lines and is based on a 433 played in the attacking half. With 6 players connecting during each phase. We begin with a central midfielder (10) playing a pass into our deep forward (4), who looks for a direct pass into our striker's feet.
- Our attacking wide player (11) then connects in front, playing off a one touch set before looking for a forward pass to winger (7) who makes an out to in run to finish.

Progressions:

- Progress by allowing players to build their own combinations.
- Maybe show one or two other options and challenge players to be creative in their approach play.
- Our final progression, allows 2 players from the previous build (if numbers allow) to apply pressure on the ball during the attacking phase.

Individual Points:

- Timing of movement to link up with teammates
- Develop knowledge of game play in this formation
- Technical ability to pass quickly and finish combinations

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

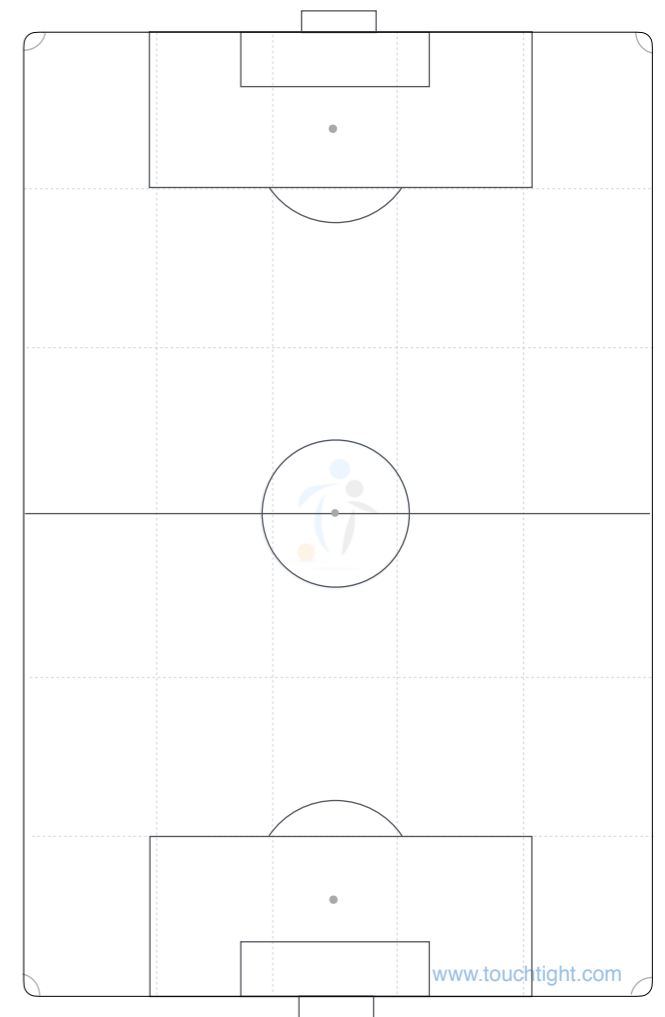
Player Trios initials	Objectives

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?



