



Session Date

Season

Age Group

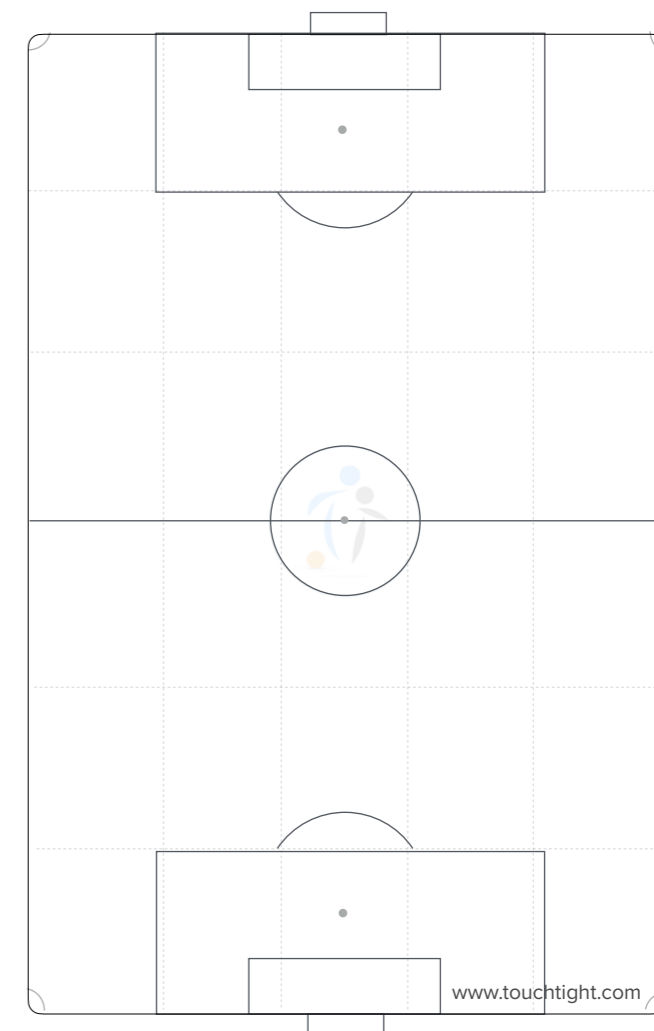
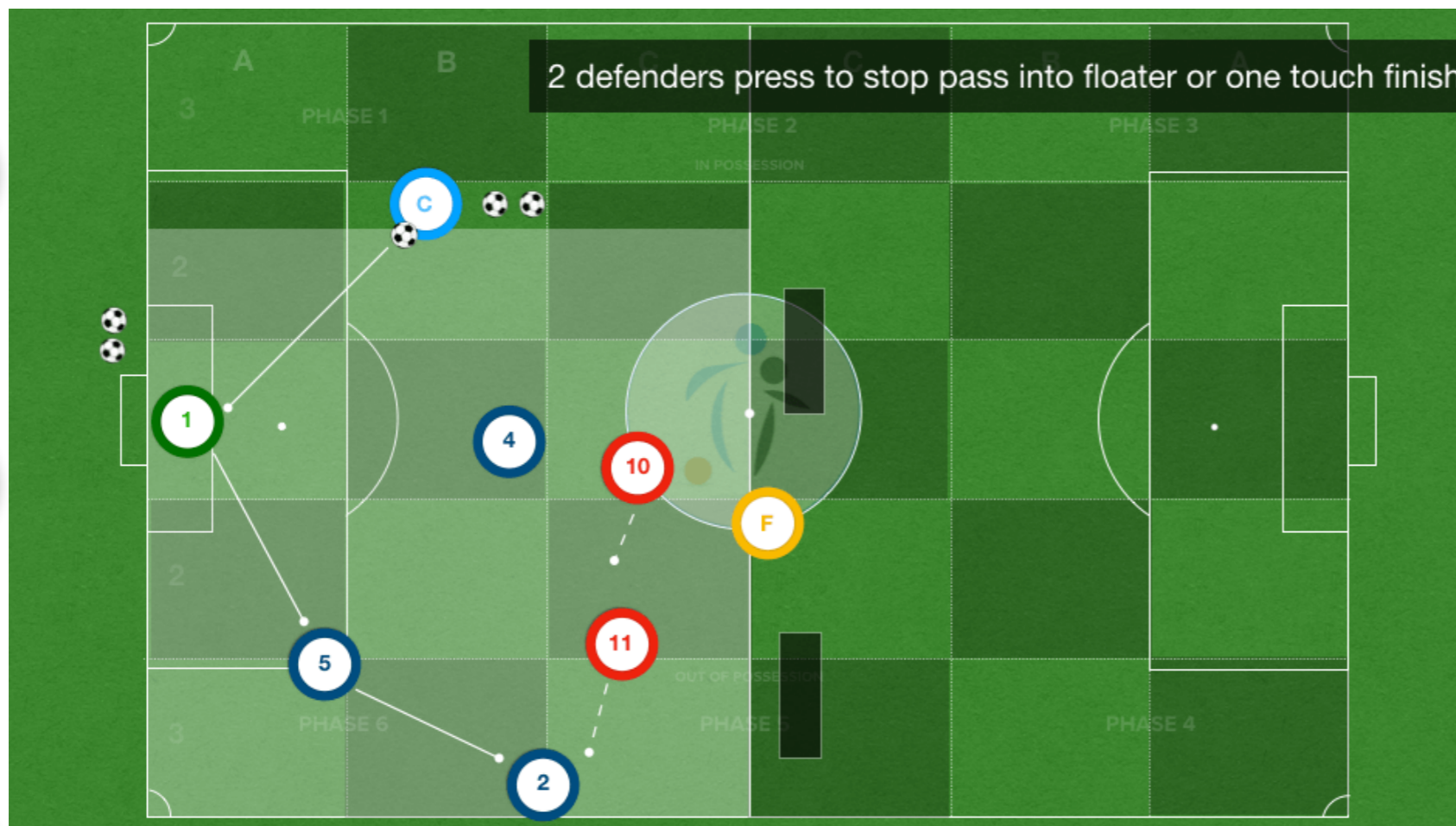
Players

Duration

Type: Functional Practice

Area:

Team Objectives:



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Set Up & Organisation:

- This Functional Practice, is played in the defending third and in the central and right hand channel of the pitch. With our Goalkeeper, centre back, right back and deep midfielder we are playing out against a striker (10) and high winger (11). With a support floating player (replicating a supporting midfield player the aim is to break this pressing pair to finish in mini goals (7 and 10) on one touch off a set from the floating player. If defenders win possession they counter as a pair to score.

Progressions & Constraints:

- Coach vary delivery to defenders playing out, encouraging increased pressure
- GK can be used as a bounce player and can play directly into floater
- Limit building team to 2 touches in first half of playing area

Key Coaching Points:

- **Tactical** | Develop player to player understanding of how to regain possession high
- **Technical** | 1 v 1 defending on pressing decisions at pace
- **Social** | Limit gaps and know each other's defensive strengths (weak and strong side) to force play this way.

Questions & Notes:

- Where is the most space being exploited by the attacking units and how does this affect our ability to apply pressure?
- How does the floating player conditions impact on your defensive decisions?

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 |
|-----------------|-----------|----------|--------|---------------|
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| Player Pairs initials | Objectives |
|-----------------------|------------|
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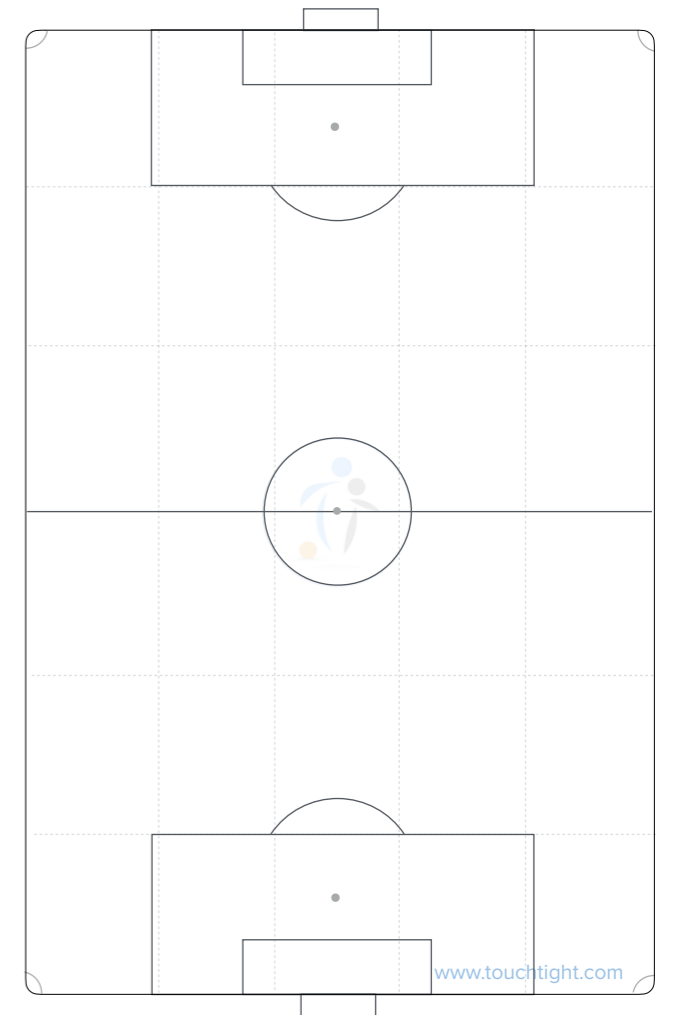
| Player Trios initials | Objectives |
|-----------------------|------------|
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| | |
| | |

| Player Units initials | Objectives |
|-----------------------|------------|
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| | |

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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