



Session Date

Season

Age Group

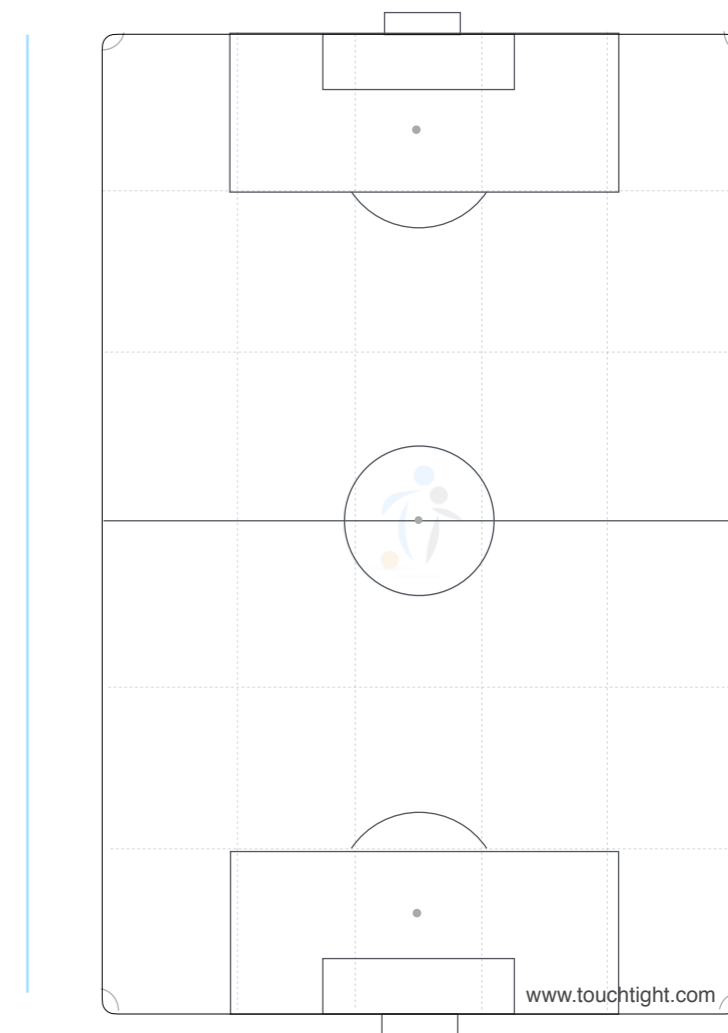
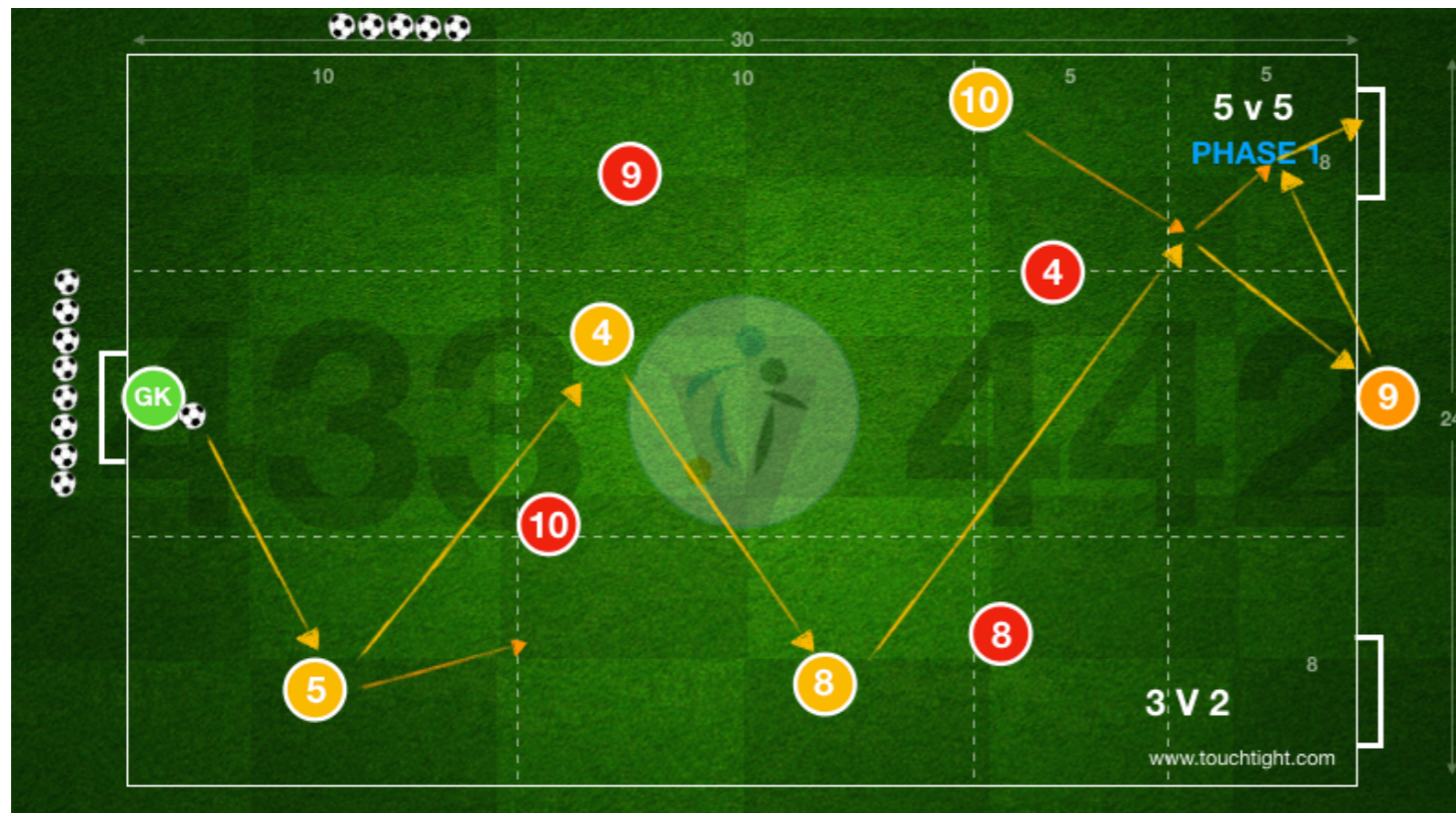
Players

Duration

Type: Opposed Skill 6 v 4

Area:

Team Objectives:



www.touchtight.com

Set Up & Organisation:

- This practice is an opposed 6 v 4 Skill Practice. This is based around our central players building play against a central 4 in a 442 as shown. In this 30 x 24 yard area, our central defender can play in the 4 zones shown, our deep midfielder (4) can play in the defensive 6 zones, with our attacking midfielders playing in the attacking areas.

Progressions & Constraints:

- Constrain attacking midfielders 8 and 10 to play on different horizontal lines.
- Challenge players by reinforcing the open shape of the 4 advanced players, before developing rotational movement between midfielder players.

Key Coaching Points:

- **Tactical** | Players must create angles that open passing lines into the floater (taking up the striker's position).
- **Technical** | Focus on creating wide angles for players before combining off the end floating player to finish in one of two mini goals on 1 or 2 touches.
- **Social** | Quick combinations, making use of overloads to progress play

Questions & Notes:

- How can we ensure space is created to play direct pass into the end player?
- How do restrictions in play, influence movement and playing style?

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 |
|-----------------------|------------|
| | |
| | |
| | |

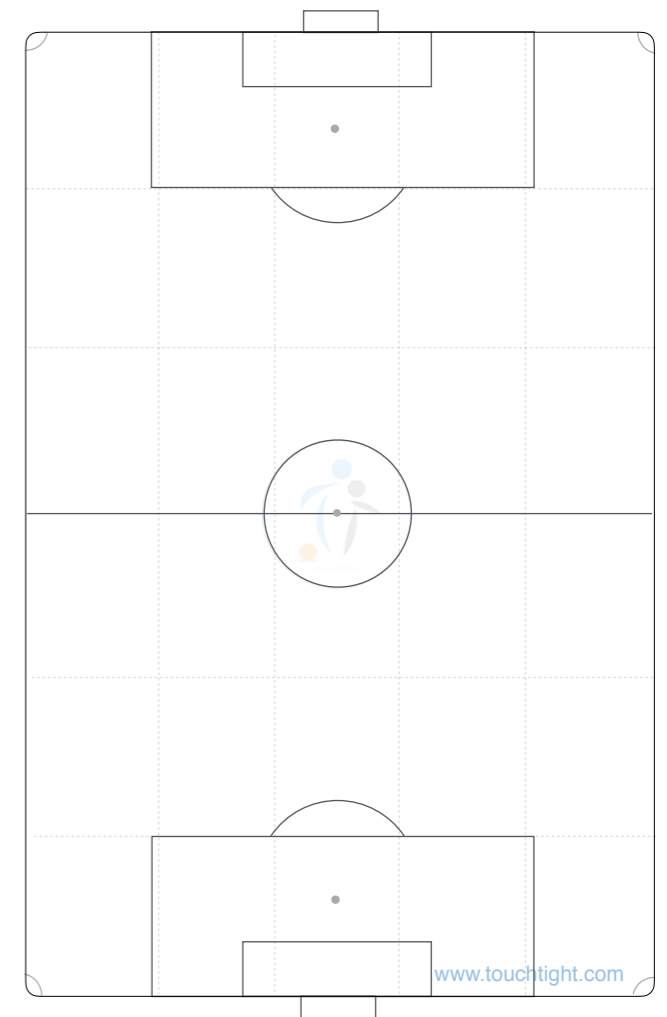
| Player Trios initials | Objectives |
|-----------------------|------------|
| | |
| | |
| | |

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

Post Session Outcomes

| What went well? | What did we learn? |
|-----------------|--------------------|
| | |
| | |
| | |

Absentees: initials



www.touchtight.com

Big Game Question
How will we apply this session to a game situation?



