



Session Date

Season

Age Group

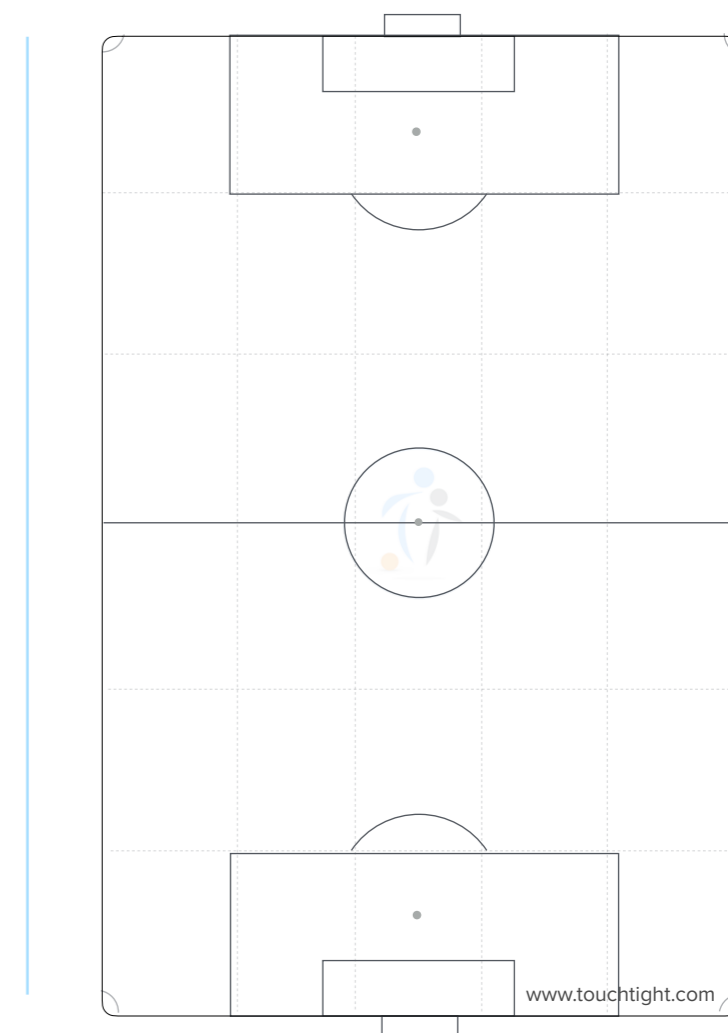
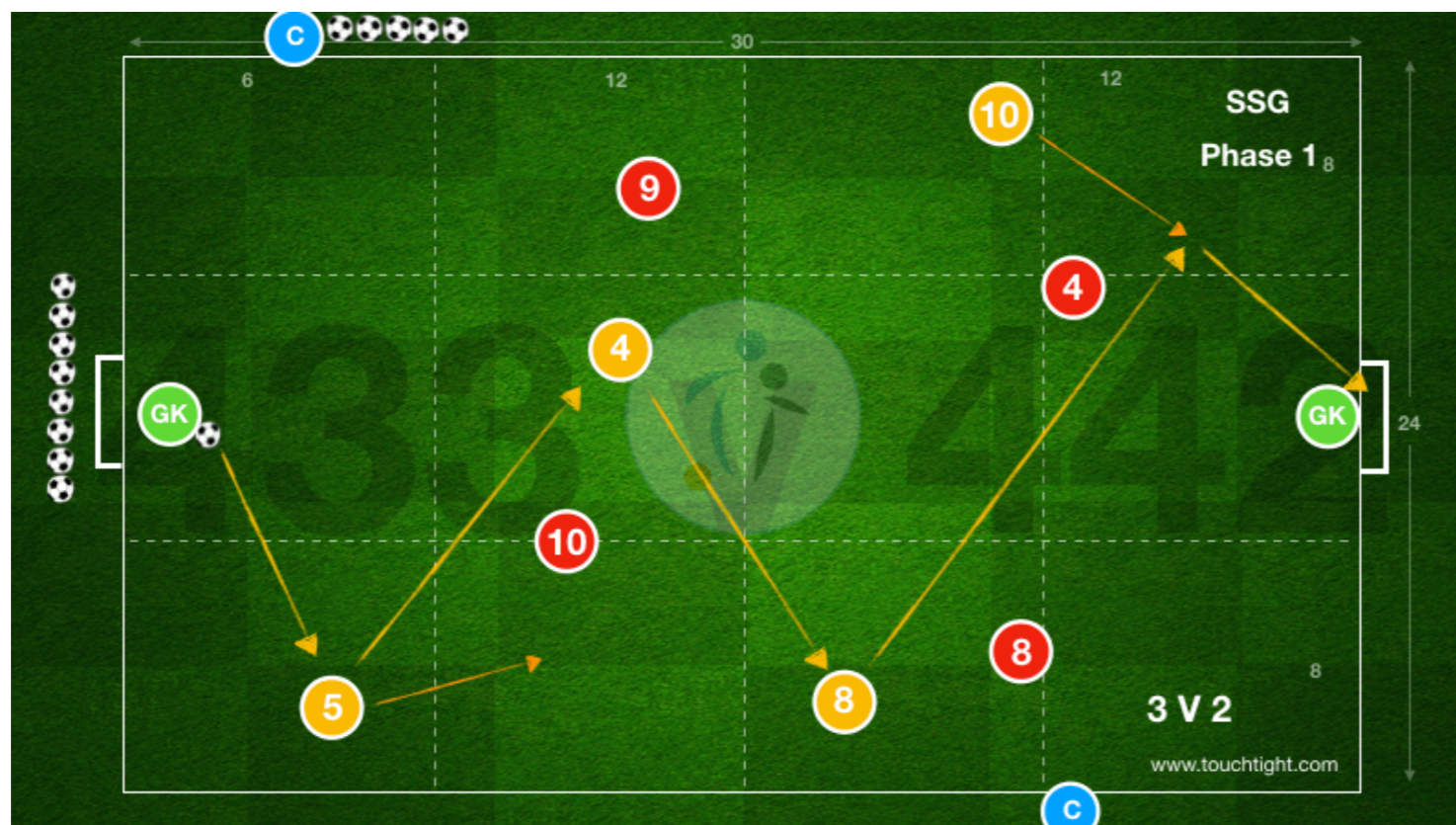
Players

Duration

Type: Small Sided Game 5 v 5

Area:

Team Objectives:



**Set Up & Organisation:**

- This practice is a 5 v 5 Small Sided Game that builds on the Key coaching points established in our 6 v 4 opposed skill practice. We begin with a focus on player's positions in this SSG, constraining players in their positions with areas of flexibility. We allow Gold players to have a maximum of 2 players in any vertical or horizontal space with reds also constrained, with 2 players allowed in each half. We can see how this influences their positioning in the build-up phase, with players identifying spaces created by teammates to produce overloads.

**Progressions & Constraints:**

- Progress by adding a scenario for the attacking team, whereby goals are determined by the number of players eliminated with the final pass.

**Key Coaching Points:**

- **Tactical** | Creating overloads in specific areas of the pitch to draw pressure
- **Technical** | short, sharp combination play in build up
- **Social** | Teammate understanding, where do they run, pass or dribble with the ball?

**Questions & Notes:**

- What are the effective patterns that have allowed you to break the defence?
- What rotation or creative movement could create more space higher up the pitch?

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

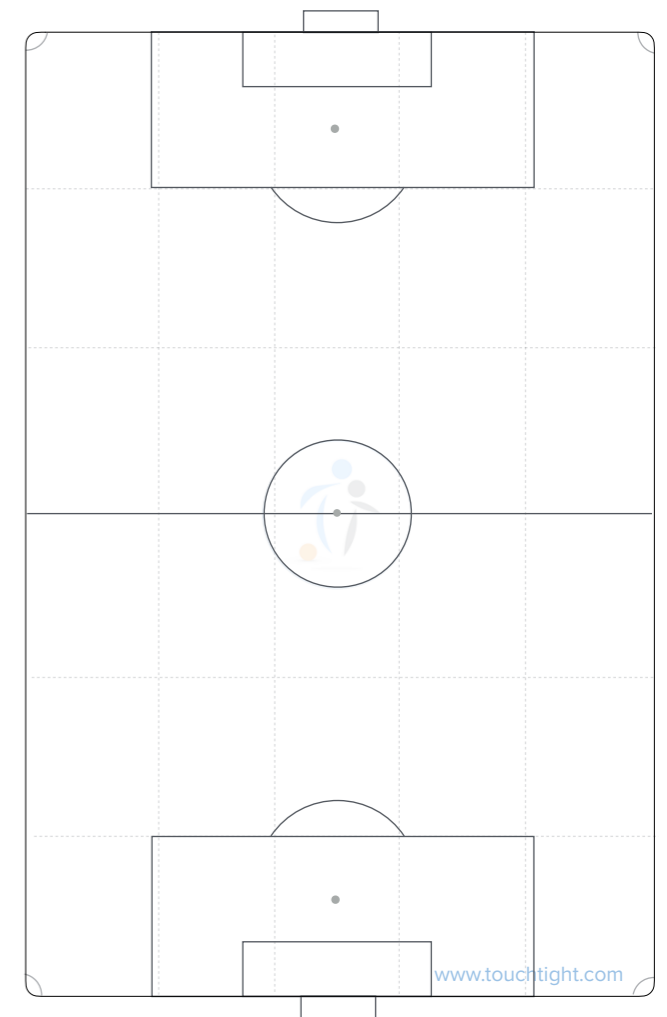
Player Trios initials	Objectives

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