



Session Date

Season

Age Group

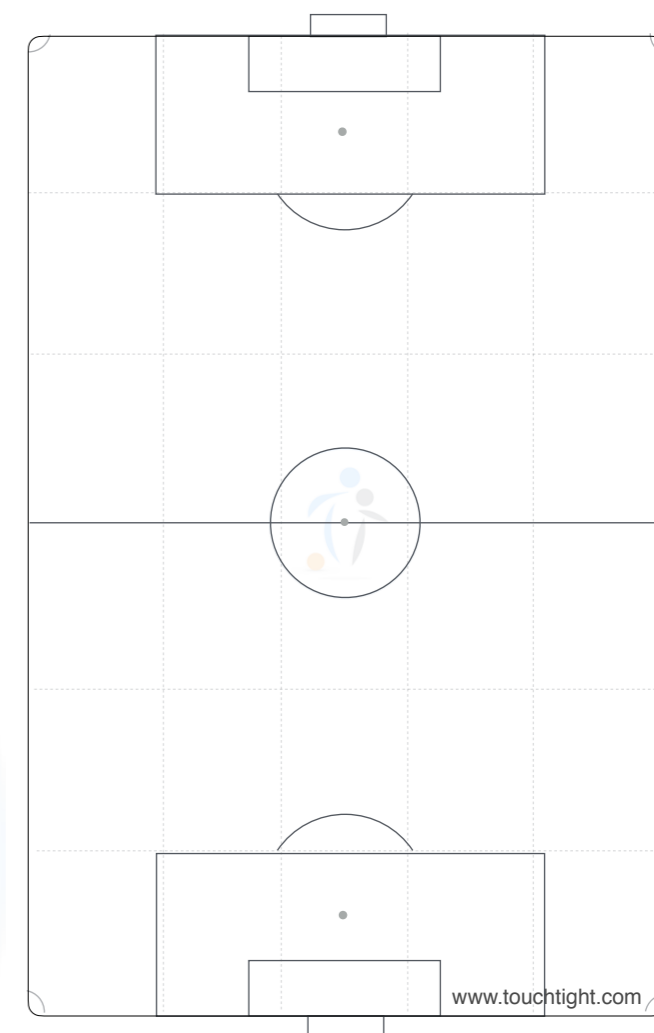
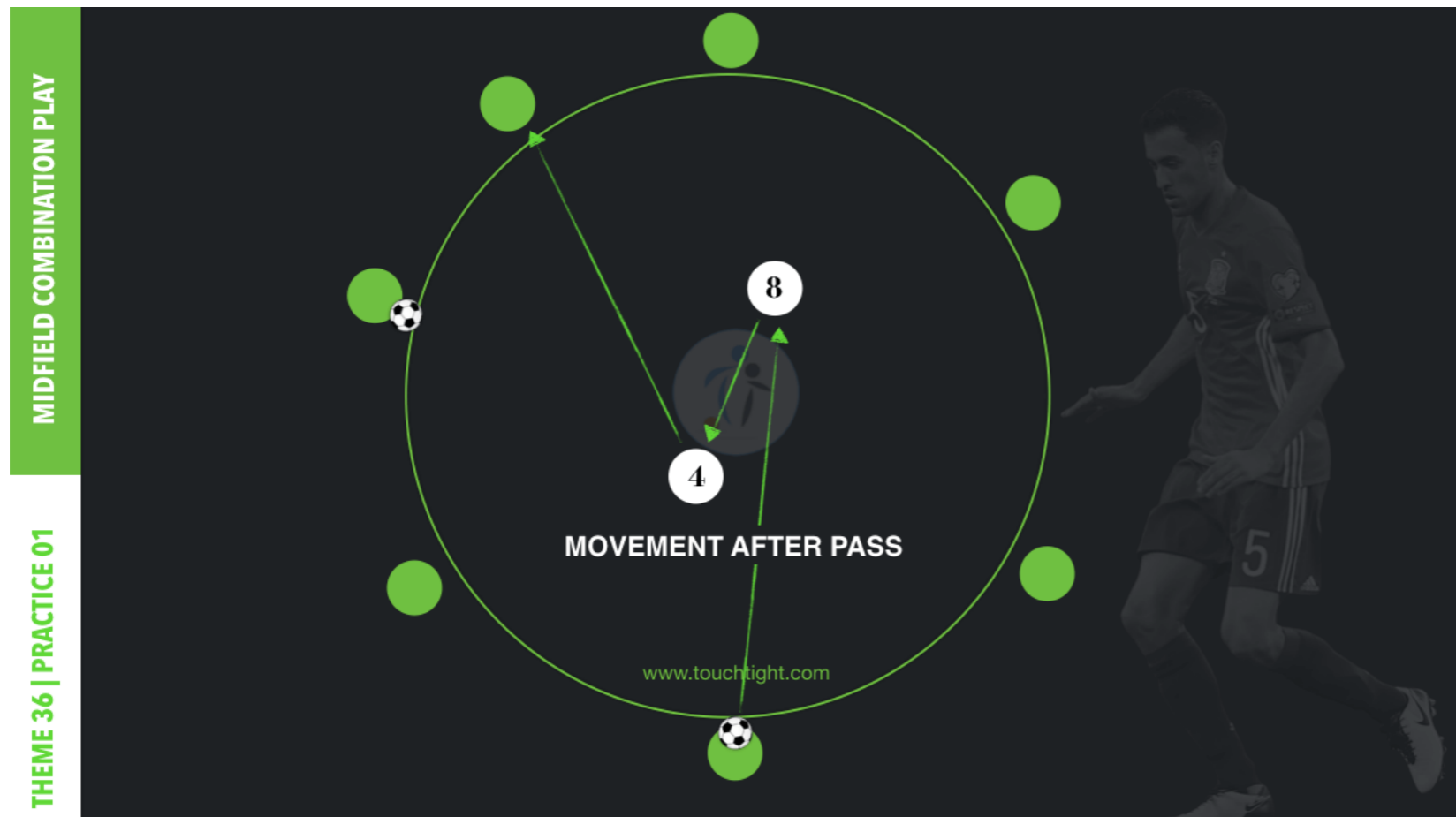
Players

Duration

Type: TECHNICAL PRACTICE

Area:

Team Objectives:



**Set Up & Organisation:**

- Practice 1 of theme 36 Midfield Combination Play, based on the effectiveness of Barcelona’s Busquets, is a technical practice that focuses on control and passing ability. A player on the outside of the circle shown must pass the ball into a central player, who must set his teammate with one touch to then play a pass to another outside player. A second ball is then passed to repeat the process, with the passing and setting roles of central players changing.

**Progressions & Constraints:**

- (P) Inside player to make well timed runs around the outside to combine working a few rotations before changing the inside players
- (P) Initial passing player replacing an inside player after the combination
- (P) Rotational movement between outside players from 2 circles increasing player awareness

**Key Coaching Points:**

- **Tactical** | Movement to support and combine, linked with game positioning
- **Technical** | First touch and weight of pass in combination
- **Social** | Communicate inside and outside of circle to speed up combinations

**Individual Player Challenges / Questions**

- Quality of the first touch
- Weight and accuracy of passes
- Timing of movement from in to out and vice versa

Work / Rest Ratio:  mins  sets



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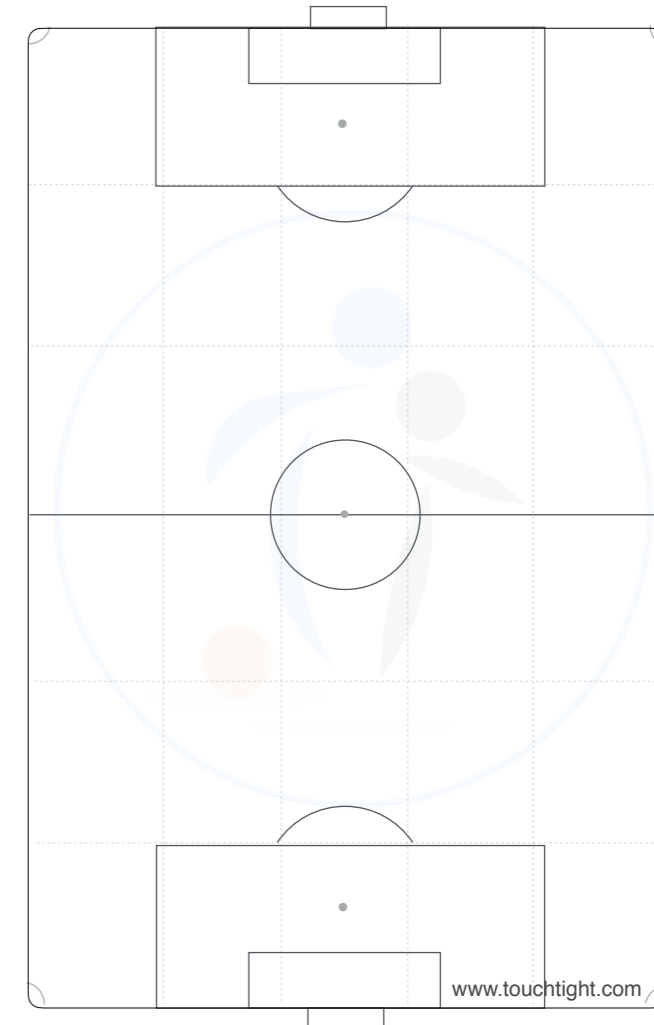
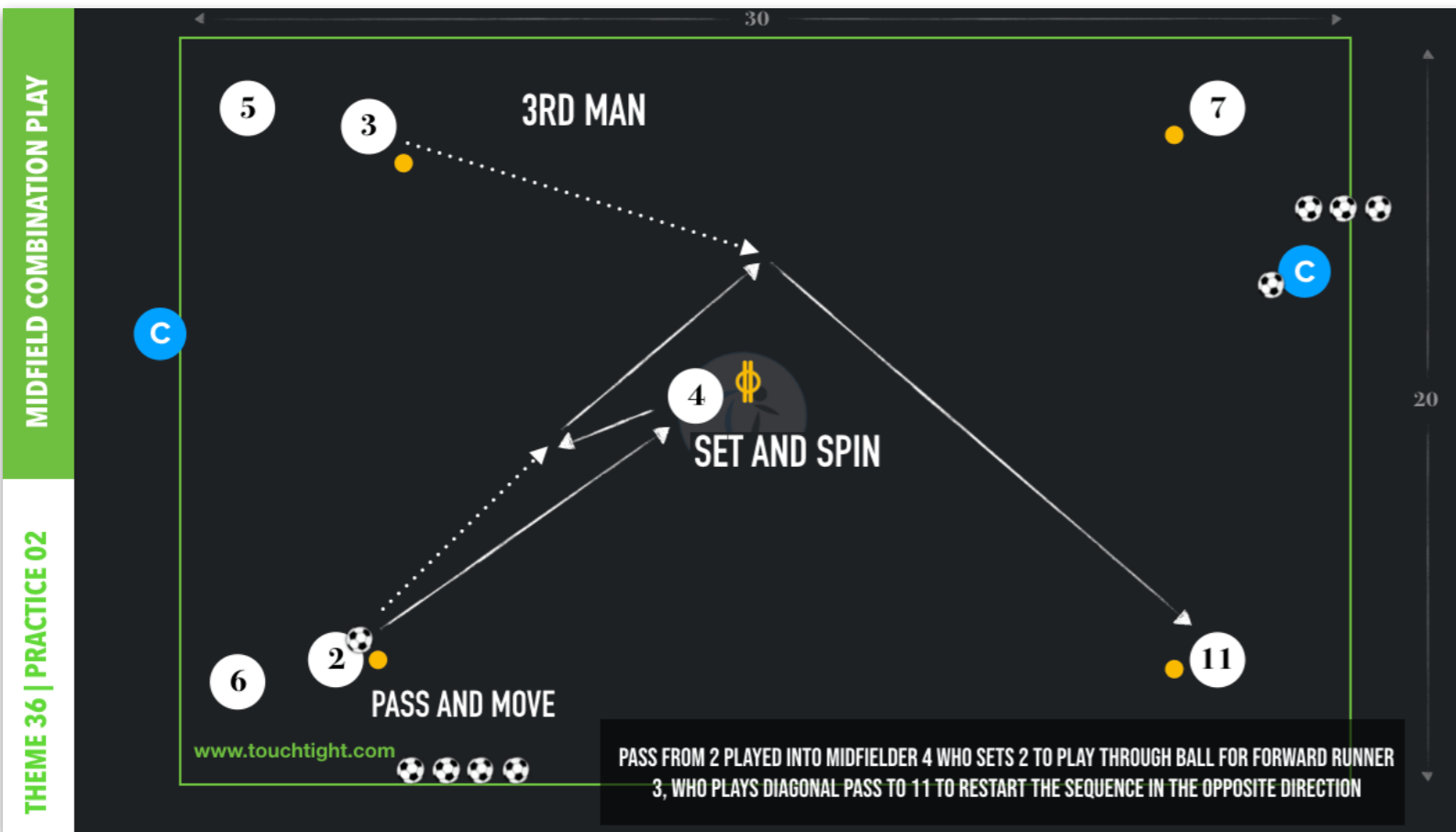
Players

Duration

Type: Technical Practice

Area:

Team Objectives:



**Set Up & Organisation:**

- Practice 2 of Theme 36 Midfield Combination Play is a technical practice that encourages 3<sup>rd</sup> man runs. With 2 players at each end and a central pivot player to connect, player 1 passes into player 2 who sets player 1, who in turn plays a through pass for player 3s forward run. Player 2 and 3 spin off to join the opposite end, whilst player 1 takes up the pivot position to combine from the opposite end.
- You will need 2 pairs to begin with play at one end to ensure the practice develops momentum over time.

**Key Coaching Points:**

- Coaching detail should be based on player's pass and touch quality and their timing of movement to receive through balls.

**Questions & Notes:**

- Can you maintain tempo of the practice with one touch?
- How would you like to receive a pass? Can you play this pass to teammates

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

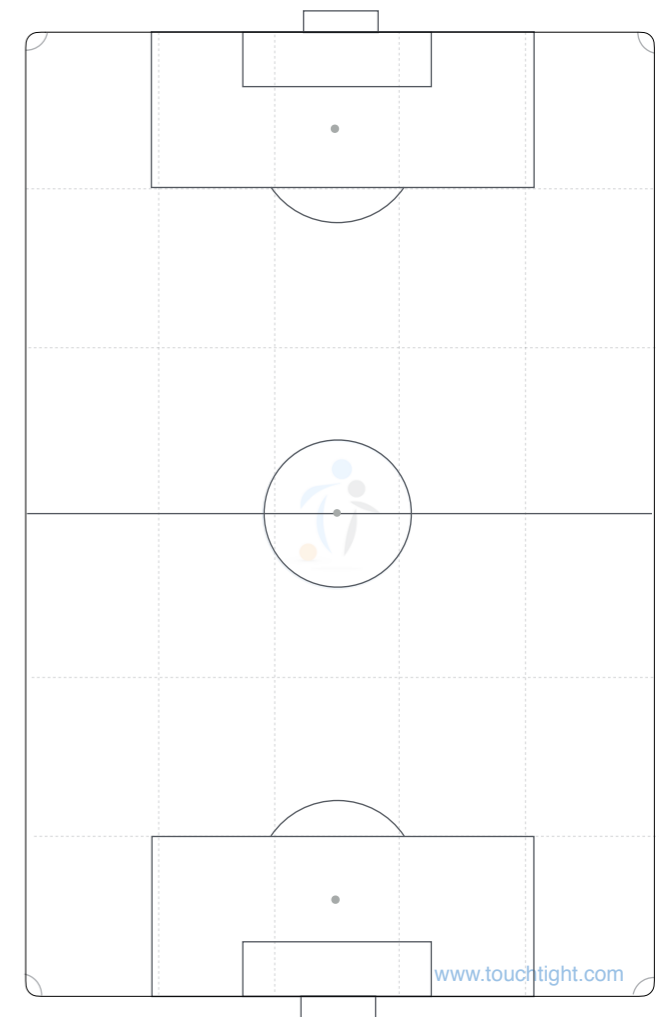
Player Trios initials	Objectives

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



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