



Session Date

Season

Age Group

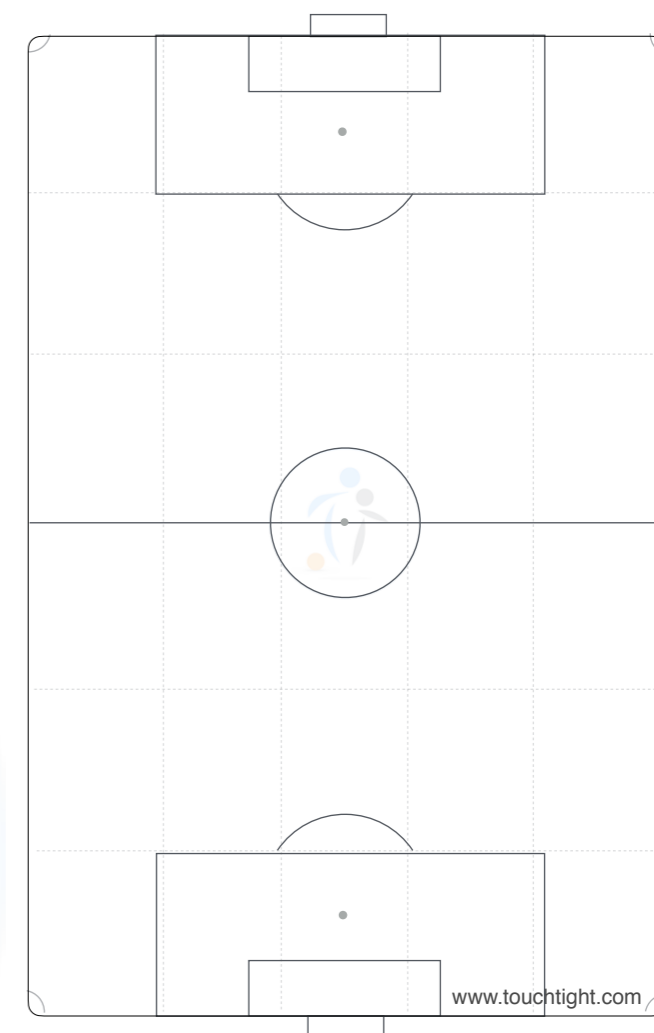
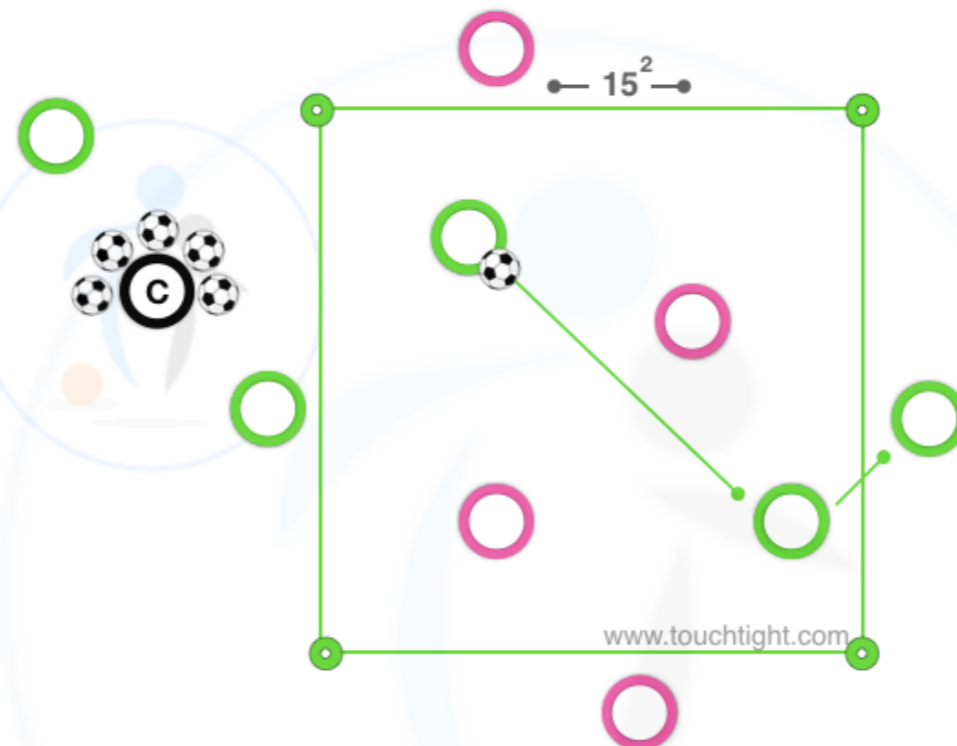
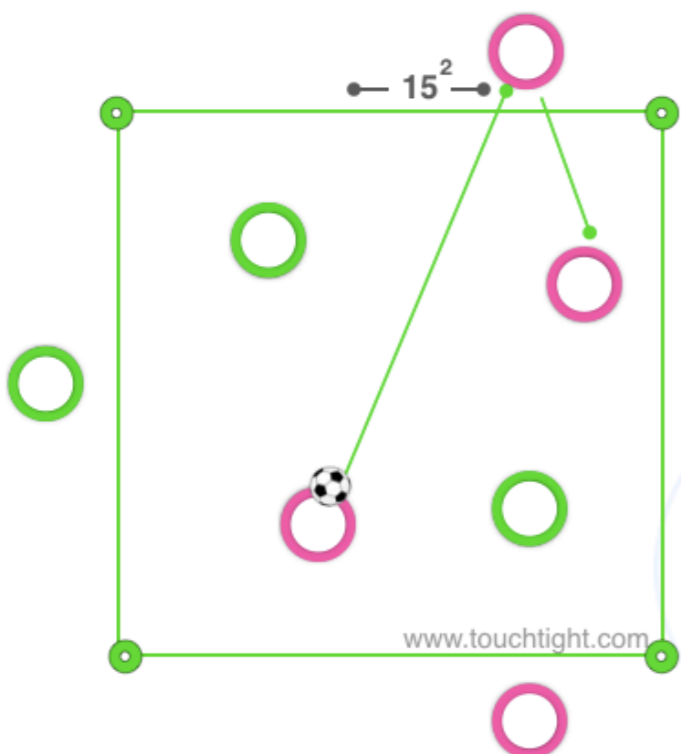
Players

Duration

Type: Skill Practice

Area:

Team Objectives:



**Set Up & Organisation:**

- Here players are set up in two separate 15<sup>2</sup> yard grids, in a 2 v 2 possession, with four floaters on the outside. Players must simply keep possession through combining with outside players, who begin on 1 touch.

**Progressions & Constraints:**

- **1** | Outside players can now rotate with teammate on inside after every 3 passes centrally becomes 4 v 4 directional.
- **2** | On rotation player who moves to outside can switch with outside player in opposite grid. Communication and awareness.
- **3** | If pass played to outside player, can switch play with opposite group who must be aware (checking shoulders).

**Key Coaching Points:**

- **S - SPACE:** Players must check shoulders consistently to recognise space in which to play.
- **T - TIME:** Players to **communicate time** players have available and **coach can set time limits** for each practice, with **elements of competition** between pairs.
- **E - EQUIPMENT:** 2 areas, allows numbers to be catered for and progressions can be creative as shown, if more players could add another square with less floaters.
- **P - PLAYERS:** Possible **use of a floater in central area** to maintain flow of possession, **possibly extending area** in which players can play.

**Questions & Notes:**

- For pre-season this practice can be extended to ensure central players are working hard in the initial phases. 2 v 2's can be demanding, especially when players are limited with options outside.

Work / Rest Ratio:  mins  sets



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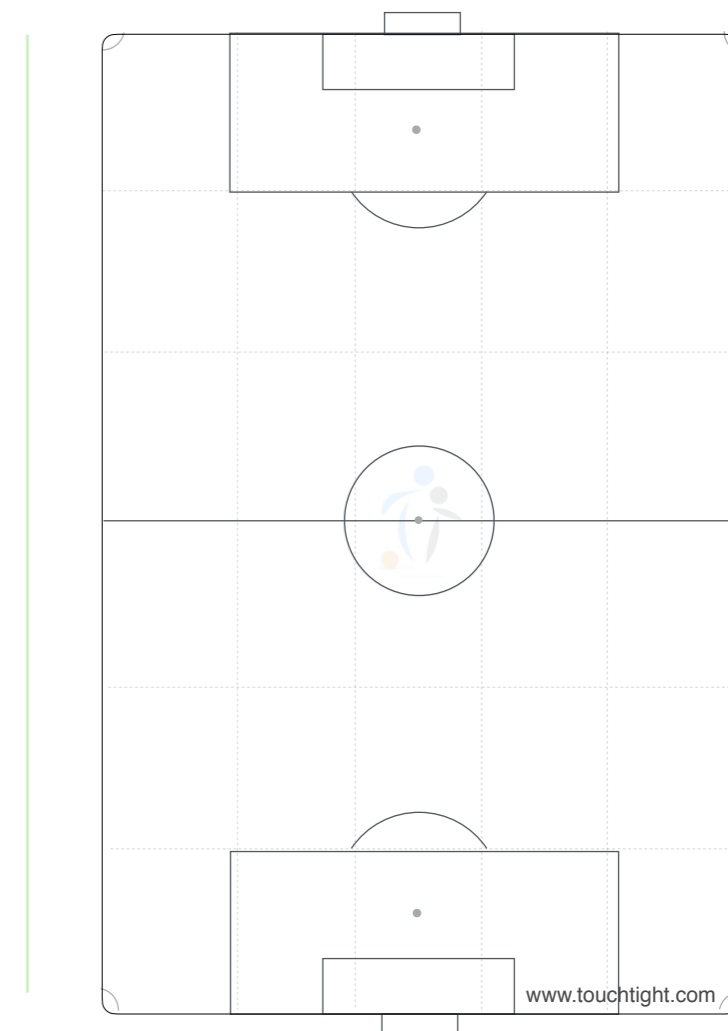
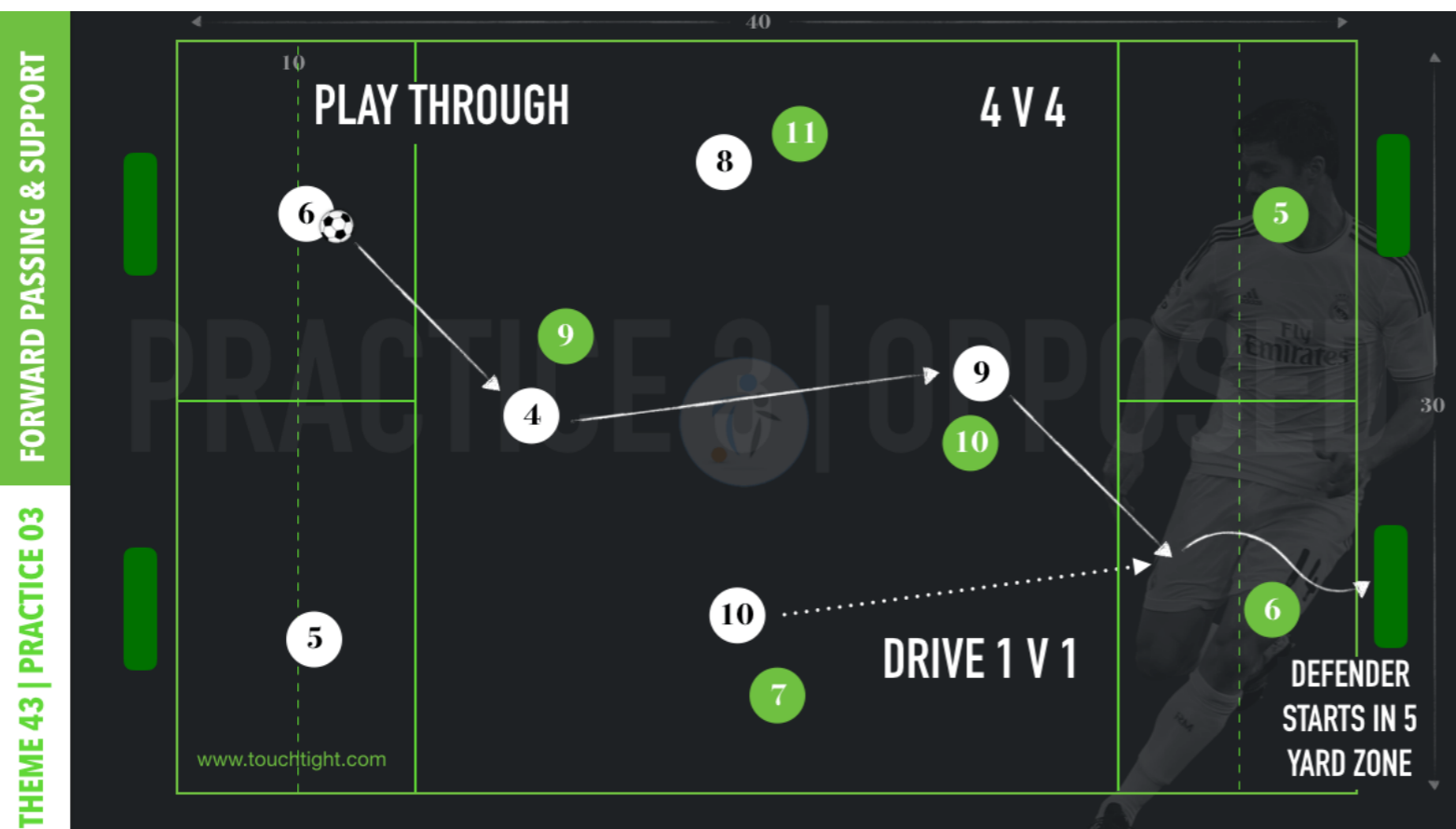
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**Set Up & Organisation:**

- Our Beckham based Crossing and Finishing theme, begins with this technical practice. Based on a 442 attacking situation, we begin with crosses from the right hand channel with a quick combination between full back and winger. 2 Strikers make crossover runs to attack the crosses in the box, before a second combination produces a cross at the opposite end for another 2 attacking players to attack. Work both sides to ensure you develop left and right footed crosses.
- Possession teams can use their teammates outside of the zone to bounce on one touch to relieve pressure.
- If the defender wins possession they must then initiate the attack for their team to themselves penetrate the opposition defensive line.

**Progressions / Constraints**

- Allowing an additional defender to step in with the ball on one touch, which then triggers an opposition defender to press in a 5 v 5. What must you do when playing under pressure?
- Using the zone line as offside. If a ball is played through for a forward runner who finishes on one touch, the team gets 2 goals.

**Key Individual Coaching Points:**

- Midfield players looking away from the ball for space to penetrate
- Players finding spaces to exploit to receive penetrating passes
- Individual 1 v 1 attacking ability where dribbling in tight spaces can be developed?

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

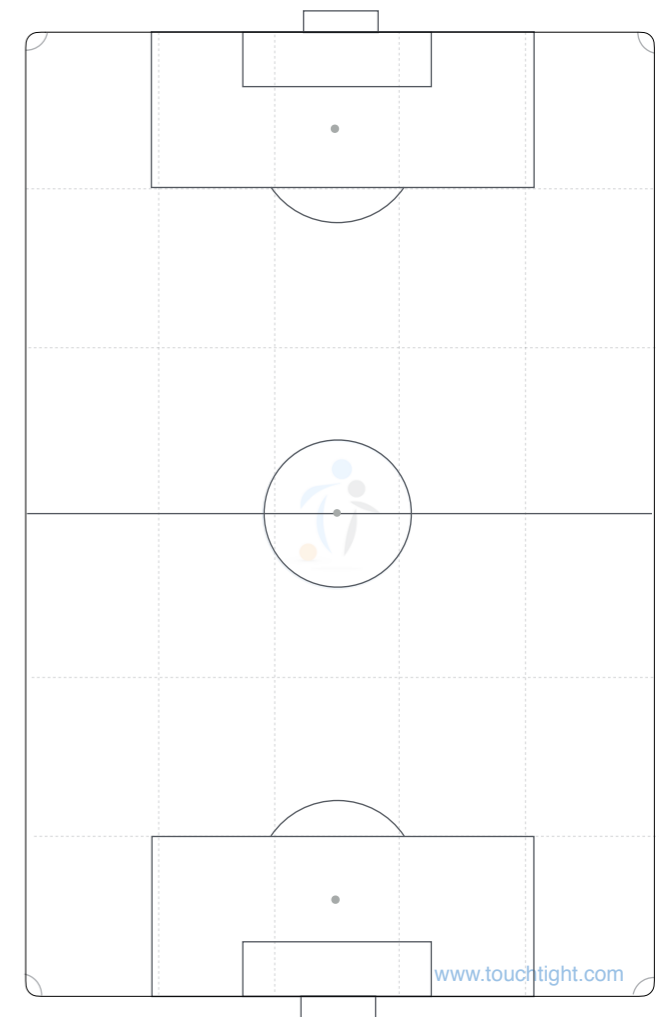
Player Trios initials	Objectives

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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