



Session Date

Season

Age Group

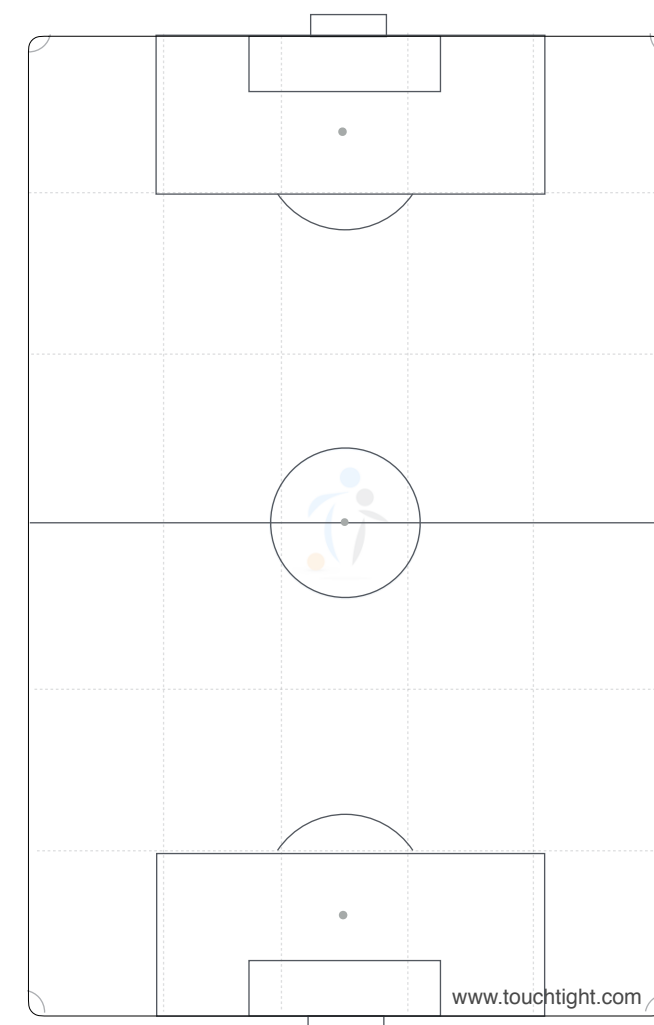
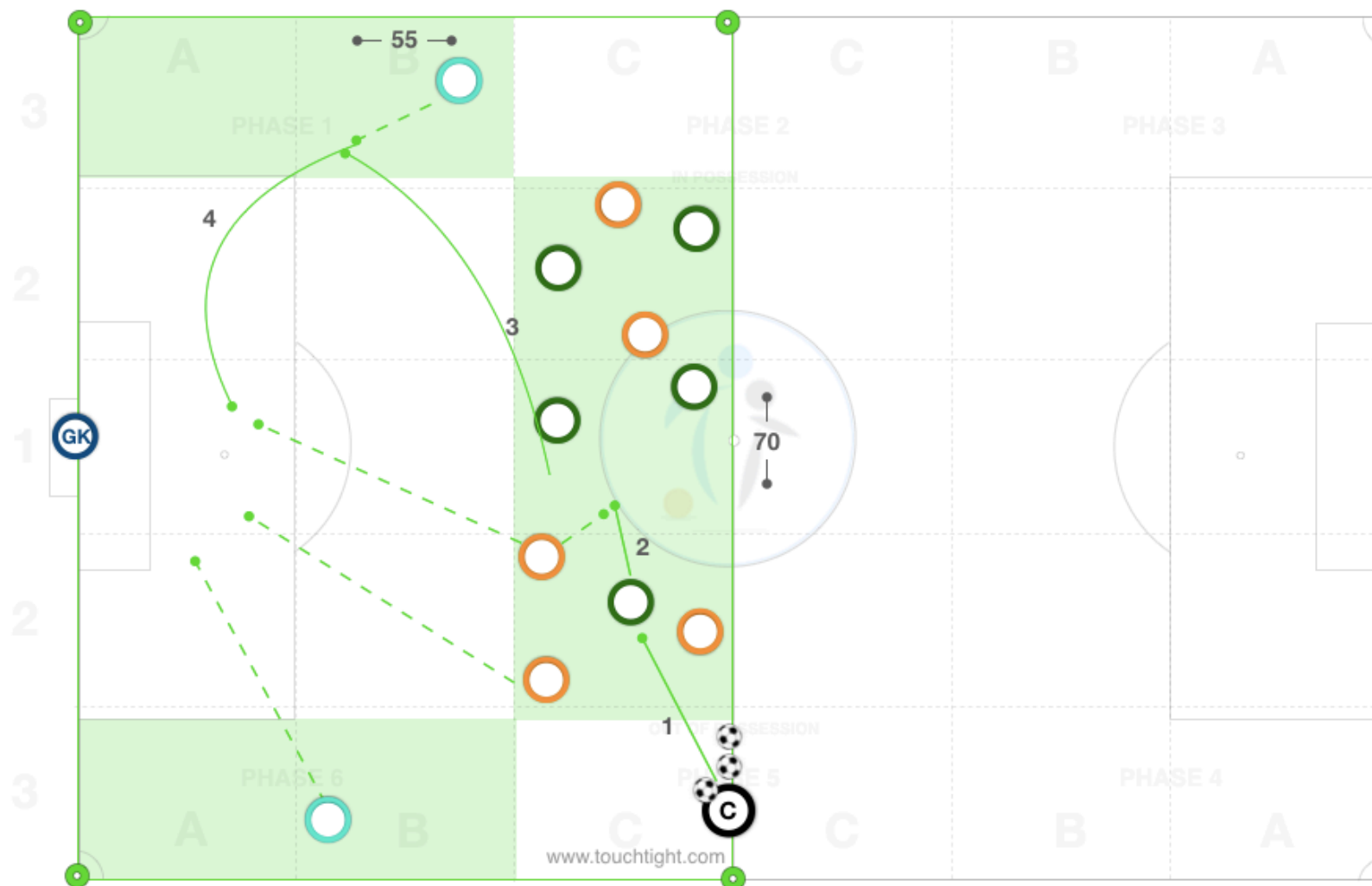
Players

Duration

Type: Skill Practice

Area:

Team Objectives: This attacking crossing and finishing practice focuses on developing possession and specifically runs from deeper areas to attack.



Set Up & Organisation:

- Our set up contains a 5 v 5 possession area, 30 x 20 yards, with 2 or 4 wide players ready to deliver in channel areas.
- Objective is for possession team to make 10 passes before scoring in either mini goal. If defending team wins possession they can break immediately with pass to wide players.
- After pass into channel, two players must attack the box, with one defending player recovering to create a 3 v 1 attacking overload in the final third (with supporting opposite wide player). Focus on movement in the box and various types of delivery from wingers.

Key Coaching Questions:

- How quickly can players counter attack from central areas - quality of releasing pass?
- What type of runs can you make as a pair to be clinical & efficient in the final third?

Progressions & Constraints:

- Wide players can now receive inside, with a forward runner joining in to deliver from wide area (rotation).
 - What effective positions can wide players take up in pockets and how does this influence forward run from deep?
 - What types of delivery and runs are effective in this scenario - can you get clear player to player understanding between you?

Questions & Notes:

- Player Focus: Speed To Counter | Forward Runs (Cross Overs?) | Types Of Delivery | Player To Player Understanding

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

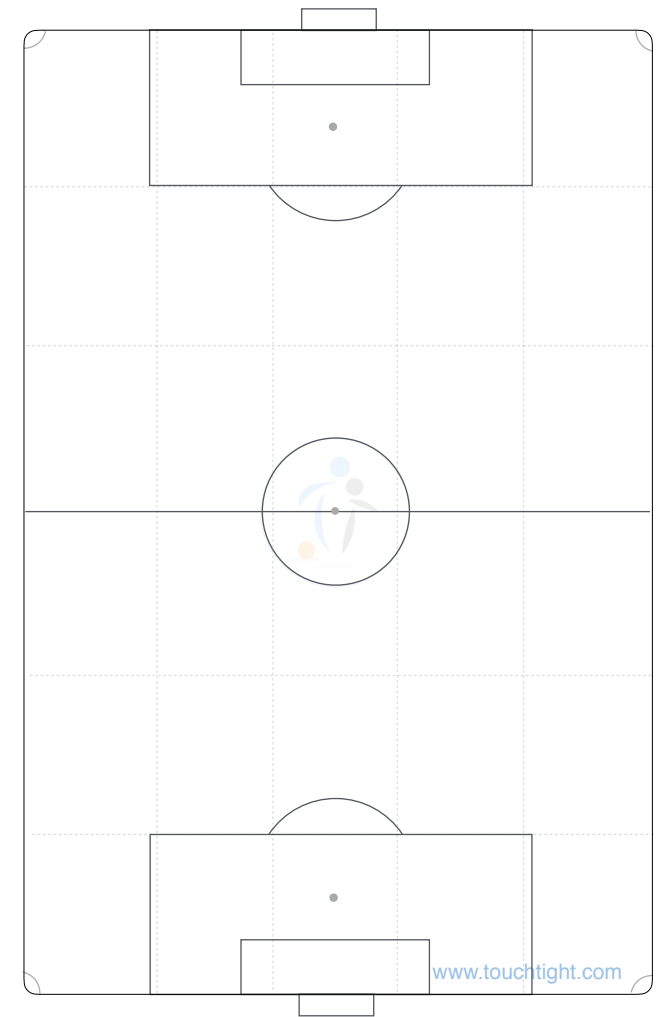
Player Trios initials	Objectives

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?



