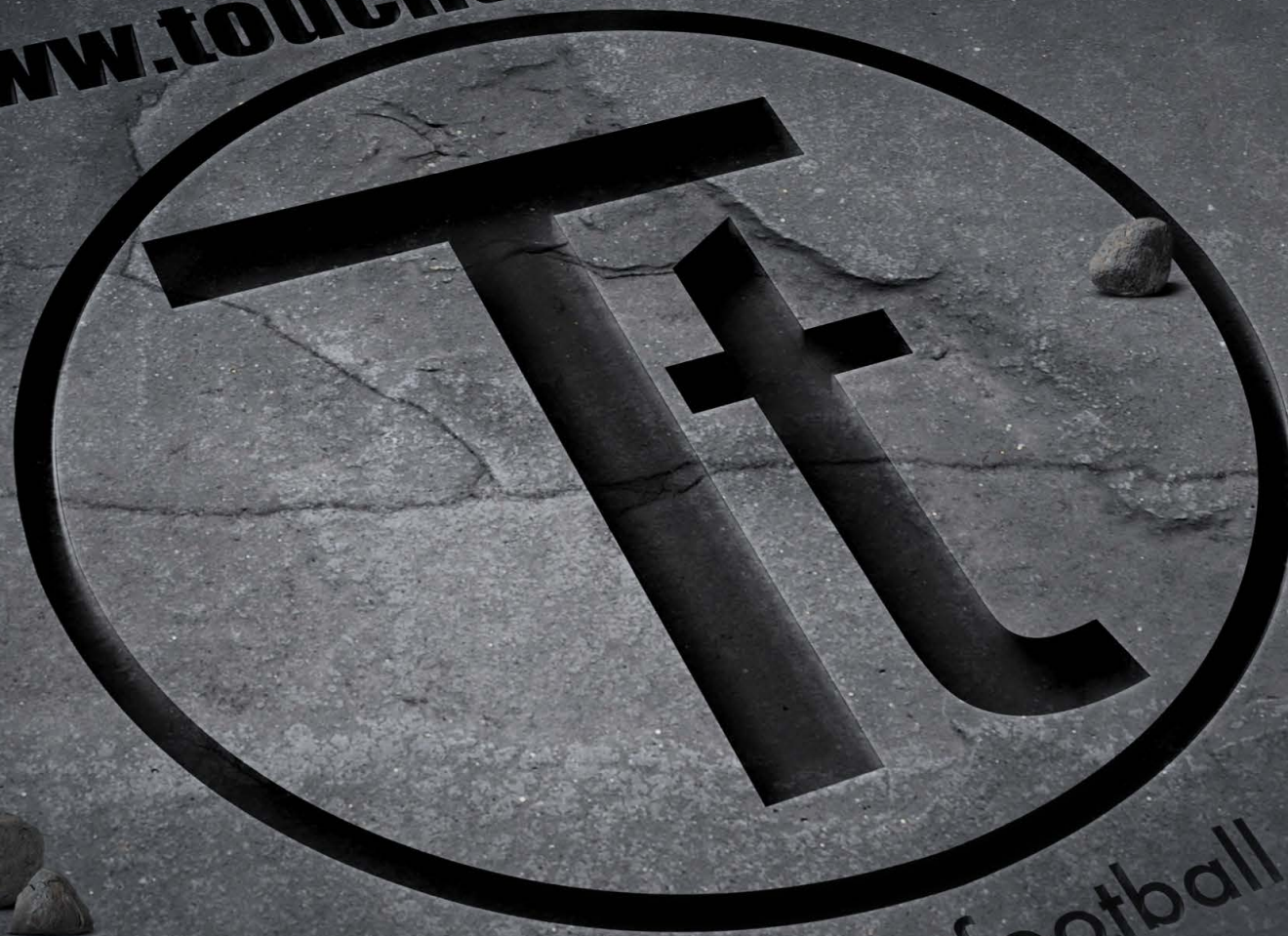


**[www.touchtight.com](http://www.touchtight.com)**



**For creative football minds!**

**TOUCHTIGHT'S**  
**21 PRACTICE EBOOK**  
**PRACTICES 2018-19**



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TOUCHTIGHT  
20 PRE-SEASON PRACTICES

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# PREFACE

Football, or soccer as many choose to call this indulgence, is a well loved hobby, sport and way of life for passionate individuals on a global scale. As one of those many, I have chosen to **support the development of both coaches and players** through the creation and distribution of **simple, effective and adaptable practices** for all ages and ability levels.

As a former semi-professional player, who like many, have had their career cut short through injury, I have embarked on the coach development journey myself with many positive and negative experiences on the way. **From Level 1 to A Licence coach in 3 years**, has been an adventurous journey. Combined with Youth modules 1,2 and 3 during this time, a chameleon style approach to coaching has been required, as many of you know there has been a **disparity between senior and youth level coaching in recent years**.

To develop these sought after skills **requires diligent application, reflection and adaptation** to make the desired improvements. It is from this mindset that 'TouchTights 20 Pre Season Practices' was formed as what we hope will be the first of many resources that provides the support and guidance for both novice and experienced coaches alike.

**My experiences as an ex-player, current teacher and academy coach** has been a challenging process that has given me the opportunity to learn and continue to improve in this field. From **grassroots coaches** who are setting out on their own journey of developing sons, daughters and their friends through to **academy and senior experienced coaches in the professional game**, we hope this will be the start of a journey that we can support you with in your own coaching.

This first book will provide predominantly football **practices that can be used during pre-season with the ball**, together with **additional fitness practices without the ball**. With the time we have had to develop this material, we recognise the importance of providing this material during what is important preparation time, and so have **made each practice as easy to follow as possible**.

In what has been an exciting beginning in creating our first ebook, we hope you find it useful and **engage with this passion fuelled literature as you move forward with your own groups**.



# INTRODUCTION

**Do you find it difficult to impact on your players? Do you need help overcoming your fear of coaching during courses? Are you unsure of what technical points to make? Don't know when to stop the practice? Not sure how often to stop the practice during assesment?** These are all questions that we aim to answer, through providing our latest practices in this, our first ebook, 'Touchtight's 20 Pre-Season Practices'.

Within this material, we provide practices that will guide you through the coaching process, with **clearly illustated diagrams for practices starting points** together with structured, easy to follow progressions.

We allow coaches to **be creative through using some of our TouchTight tips** to engage players and ensure they are able to maiximise their learning opportunities.

In addition, **each practice contains individual and team objectives** that allow concentrated focus that players and coaches can measure, reflect and adapt for future sessions to retain learning.

After researching the coaching field and speaking to a vast number of coaches, we feel **there is a need for more simplified, step by step solutions for technical and opposed situations**. With this in mind and the inclinaiton that you aspire to be a more effective, engaging and ultimately better coach, this is what we have created.

With your passion, intention, attention, and patience, **you will improve your coaching and your players performace on the field better than you would with other material, because we.. break .. it .. down!** You'll develop a confidence in your own knowledge that will earn respect as a coach based on your expertise from your players. **You will be equipped with practices for level 1 and 2 coaching courses**, but most importantly **you will impact positively on your players during this period and enjoy the adventure**. So turn the page and begin now!

# **PRACTICES WITH THE BALL**

Player endurance and speed can be developed as much with the ball, as it can without - the modern approach

# TRANSITION OUTNUMBERED

## Practice Set Up

Outside area is a 30 x 30 Yard square, with a smaller 20 x 20 square central. Practice starts with a 5 v 3 possession practice, with 4 players on the outside.

If 3 inside players win possession, it becomes a 7 v 5 using the whole area. Players in Yellow are floaters for later progressions not for the starting point.

## Individual Player Focus

Transition Reaction - Passing - Movement - Decision Making - Space Creation

# 1



## Key Points Focus

1. Passing quality and ability to maintain possession and defensive pressure
2. Decisions when possession regained, how quickly can team expand.
3. Team recognize when to play short to draw in opposition to then switch

## Objective

React quickly on gaining possession - Use space effectively to maintain possession

**"Players enjoy this continuous flow of practice with variations in being outnumbered"**  
#transitionwork"



# TRANSITION OUTNUMBERED



## P1: 10 PASS CHANGEOVER

If possession team make 10 passes they can use floaters to create 7 v 5 of their own using whole area



## P3: DRIBBLE TO FINISH

Players can now run out of square to score when 5 passes made. Same rules apply on transition



## P2: 5 PASS TO FINISH

If possession team makes 5 passes they can use floaters to combine to finish on goals shown

## TouchTight Tips

Players enjoy this continuous flow of practice with variations in being outnumbered and having the advantage in numbers. If you want to work defenders more and numbers available, may set up as 4 v 2 central, with 4 on outside; work it with your numbers.

**SPACE:** Alter the outside space to make larger or smaller depending on numbers. Could condition possession with 2 halves centrally to encourage spreading play

**TIME:** Could work 4-5 minutes for each team in overload centrally and keep scores of how many times possession gained and regained

**EQUIP:** With the introduction of goals, we can condition this in many ways; 1 or 2 touch finish, or must go out to come back in to middle area to finish.

**PLAYER:** Work out your numbers and always work the advantage in the middle and outside equally, we can always add players to work in different areas if needed.

**"Remember to monitor the time players are working, no longer than 2-3 minutes"**  
#fitness\_v\_quality

# 2 v 2 POSSESSION

## Practice Set Up

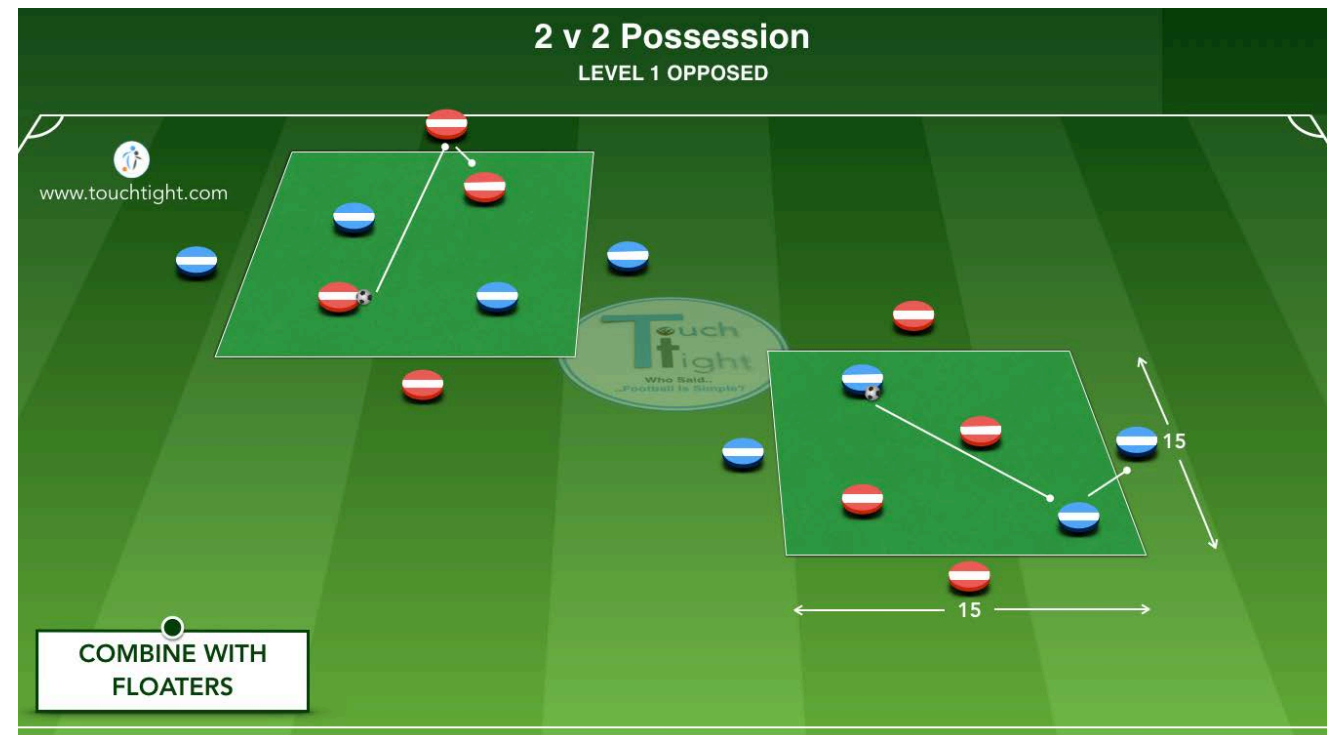
Here players are set up in 2 separate grids 15 x 15 yards, in a 2 v 2 possession with 4 floaters on the outside.

Players must simply keep possession through combining with outside players who being on 1 touch

## Individual Player Focus

Creating Space - Touch - Body Shape - Awareness - Double Movement

# 2



## Key Points Focus

1. Establish rules of 1 touch outside, and focus on players angles to create space
2. Rotation of 2 players, as one player moves out of space other must replace
3. Recognise when to speed up play and when to slow it down (time & space)

## Team Objectives

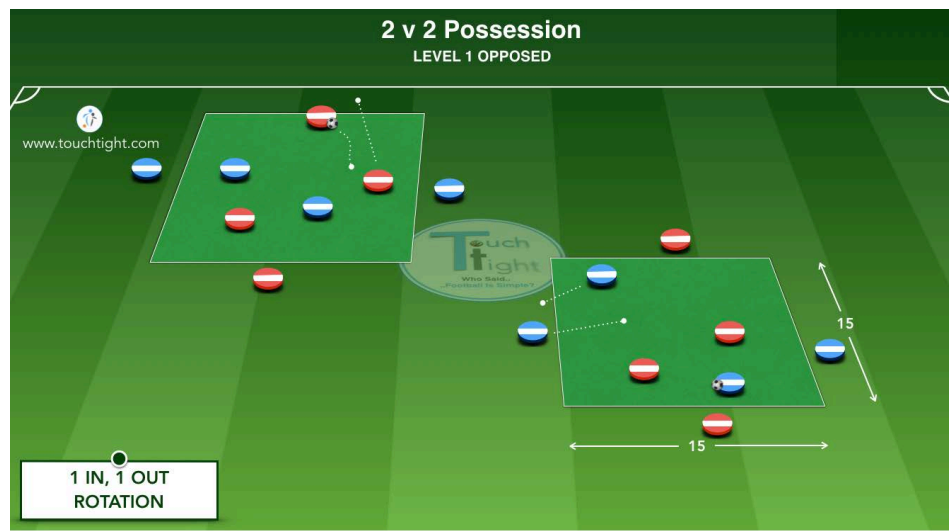
Combine effectively through intelligent movement - Recognise when to exploit space

**"2 v 2s can be demanding, especially when players are limited with outside options"**  
#nowcompete



# 2 v 2 POSSESSION

P1



## P1: FLOATERS ROTATION

Outside players can now rotate with teammate on inside after every 3 passes centrally becomes 4 v 4 directional

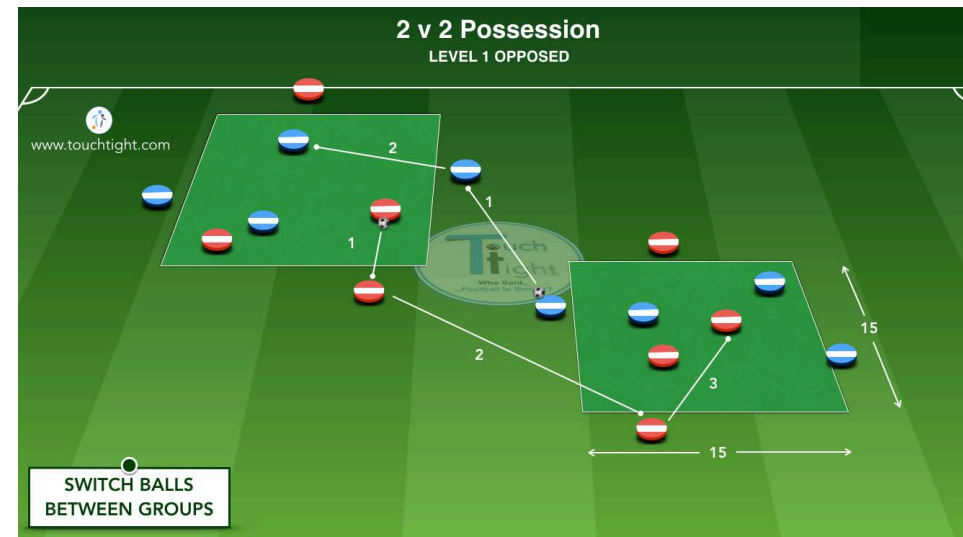
P2



## P2: GRID CHANGEOVER

On rotation player who moves to outside can switch with outside player in opposite grid. (Communication & awareness)

P3



## P3: BALL TRANSFER

If pass played to outside player, can switch play with opposite group who must be aware (checking shoulders)

## TouchTight Tips

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.

**SPACE:** Players must check shoulders consistently to recognise space in which to play

**TIME:** Players to communicate time players have available and coach can set time limits for each practice, with elements of competition between pairs

**EQUIP:** 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

**PLAYER:** Possible use of a floater in central area to maintain flow of possession, possibly extending area in which players can play

"2 v 2s can be demanding, especially when players are limited with outside options"  
#nowcompete



# 4 v 4 PLUS FLOATERS

## Practice Set Up

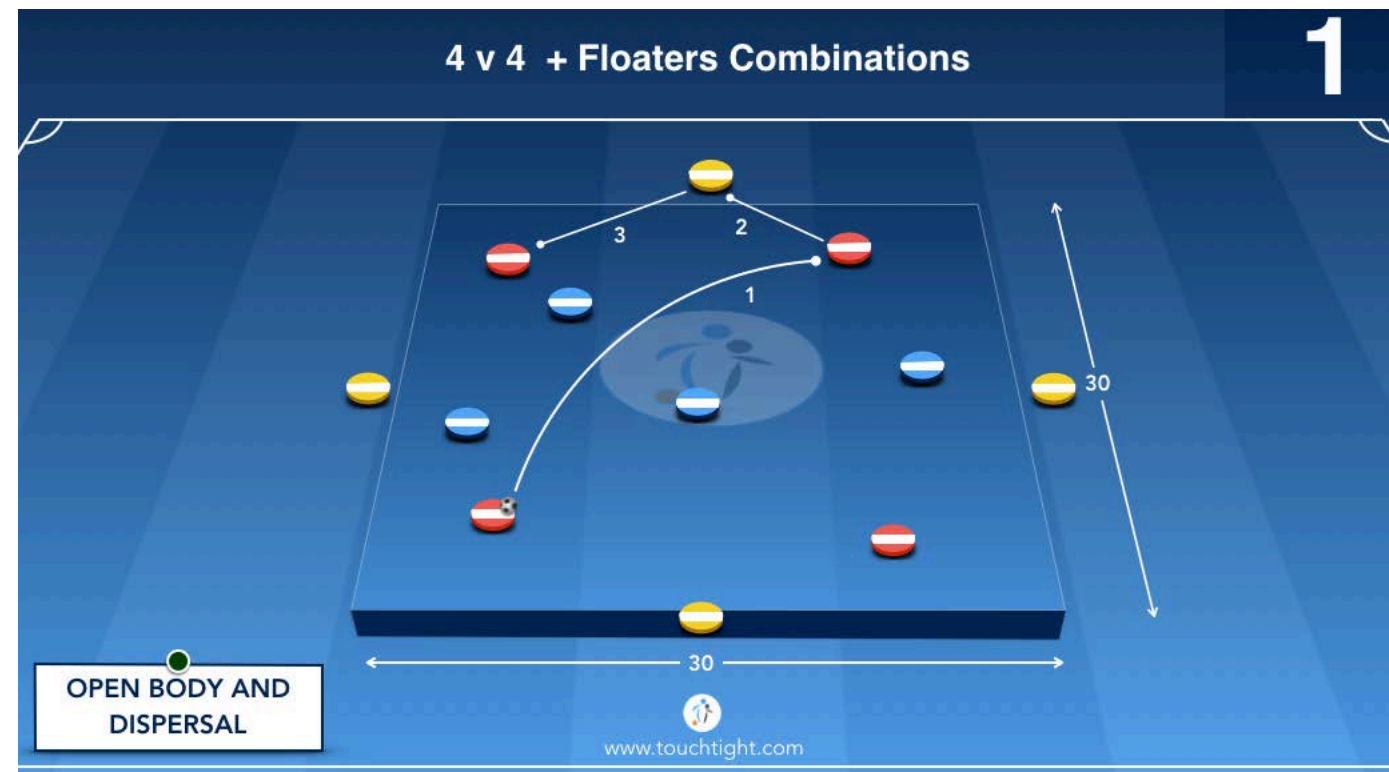
30 x 30 playing area, with a 4 v 4 in central area and 4 floaters on the outside used to combine for team in possession.

Simple possession practice, whereby team in possession must make 10 consecutive pass-es to score a goal, creating challenge.

## Individual Player Focus

Creating Space - Touch - Body Shape - Awareness - Rotation - 10/10 passing

# 3



## Key Points Focus

1. Develop tempo, with focus on pressing to force possession team to be tidy
2. Using the space wisely, recognise when to play on different lines (long/short)
3. Angle creation especially for outside, always available on ball movement

## Team Objectives

Combine effectively to maintain possession - Recognise when to press out of possession

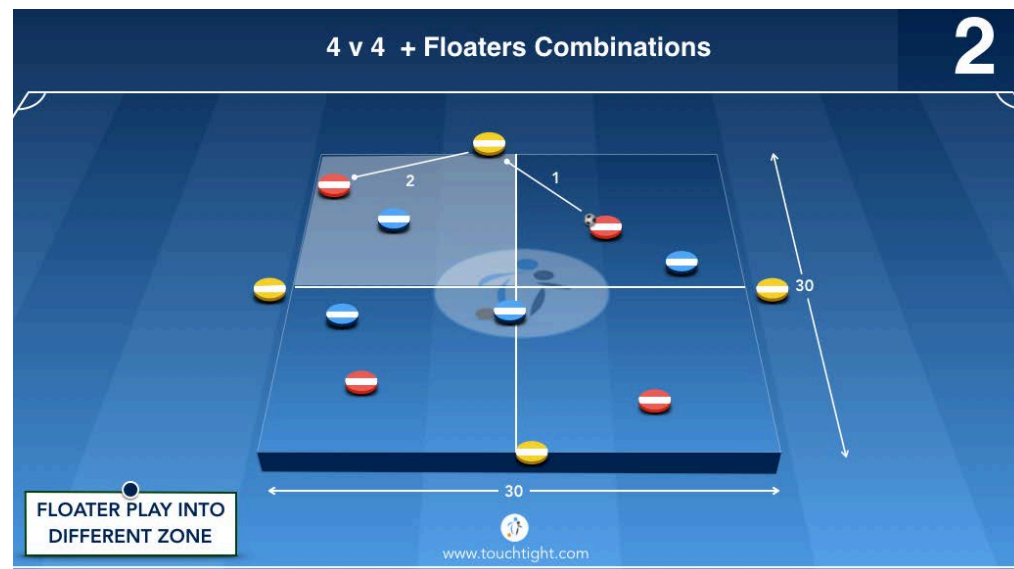
**"Challenges can be set for groups, with targets set for in and out of possession.**

**Be creative."**  
#workbothways



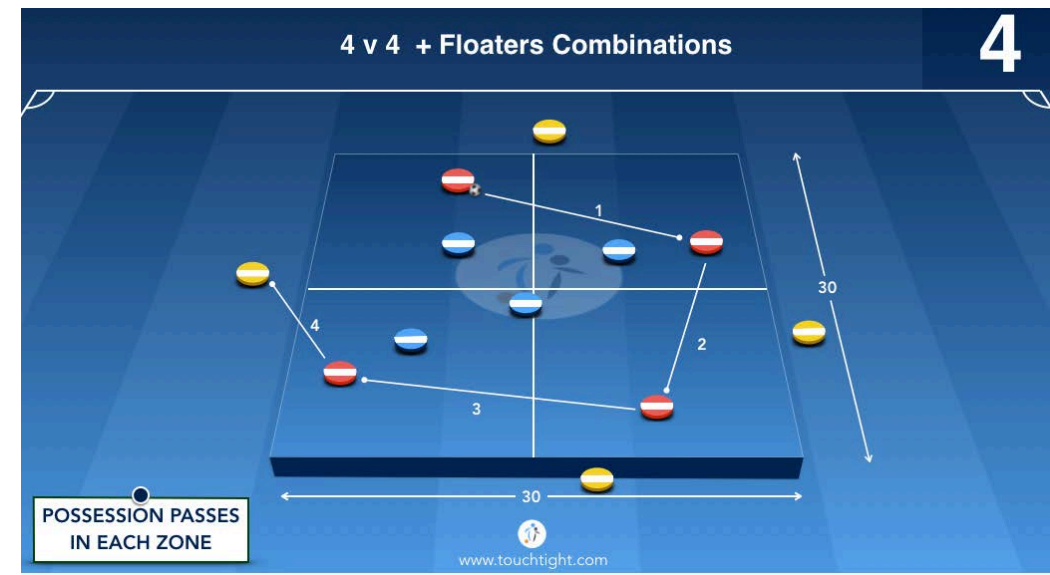


# 4 v 4 PLUS FLOATERS



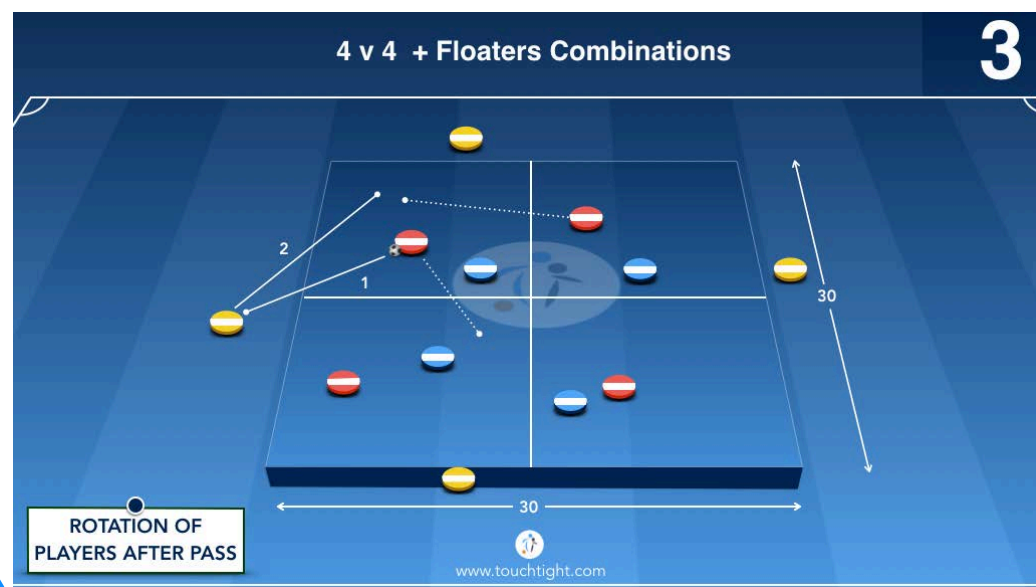
## P1: MOVE ON

Floaters have 2 touches and cannot play back into area they recieved pass from, must play into different area



## P3: USE WHOLE AREA

Possession team must now attempt to pass the ball through each of the four areas to get a goal



## P2: CENTRAL ROTATION

Floater can now play back into area for a different player, providing they have rotated with the passing teammate

## TouchTight Tips

This is often a free flowing practice where players enjoy keeping the ball moving, with the objective of using the whole area. Be aware that defenders need to be pushed

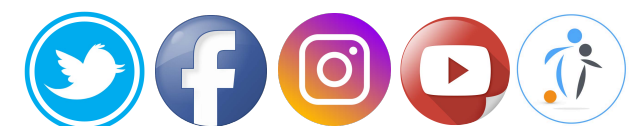
**SPACE:** Focus on players using the whole area and playing off each other's movement

**TIME:** Challenges to be set for groups, with targets set for in and out of possession. Be creative e.g. Could play without floaters for 30 seconds, challenging possession

**EQUIP:** With area broken down into 4 quaters makes players consider ball transfer, could alter this to rows or columns to work defensive side

**PLAYER:** More or less floaters depending on quality of the group, could also go directional if necessary, work around the numbers and objectives you have

**"Challenges can be set for groups, with targets set for in and out of possession. Be creative."**  
#workbothways



# 4 V 4 DEFENSIVE SHAPE

## Practice Set Up

Area is set up in a simple 30 x 20 for younger age groups, with it possibly being extended to a 40 x 30 for adult players.

2 groups of 4 players set up as shown, with 1 team attacking and the other defending. Objective is for defensive unit to stop opposition from running or passing into the end zone through being compact.

## Individual Player Focus

Defensive technique - Press Decisions - Covering Teammate - Force Direction

# 4



## Key Points Focus

1. Challenge attacking team to be creative, touch on defensive shape
2. When to press (slow, misplaced pass) and when to remain compact (over load, or general possession)
3. Forcing direction and decisions to isolate individuals (identify team strengths)

## Team Objectives

Defensive technique - Dribbling - Reading player - Feints - Speed of Movement

**"During this period of the season,  
encourage high pressing tempo to  
replicate match situations"**  
#compactness





# 4 v 4 DEFENSIVE SHAPE



## P1: 1 Touch Finish

Attacking team can now finish in goals with a 1 touch finish, forcing defenders to press high or sit deep and lose shape



## P3: 3 Areas - Compact

Split pitch into 4 zones, defenders must always be within 3 joined zones to ensure they remain compact and circulate the ball



## P2: Strikers Added

Additional 2 STs up against what is now a back 4, with defending team provided with a CM player to add cover

## TouchTight Tips

A focused practice that can be used during Pre-Season to develop both defensive understanding, as well as attacking knowledge acquisition. During this period of the season, encourage high pressing tempo to replicate match situations

SPACE: Focus on defensive principles of compactness and pressing high as a unit, with additional information regarding sliding across quickly to prevent switch

TIME: Set time challenges for both defensive and attacking units, to hit session objectives. i.e. defenders 10 secs to regain to encourage pressing

EQUIP: Could add goals for defending team to score in on regaining possession, if you want to develop the transition element to the practice

PLAYER: Can expand into a phase dependent on numbers to make mor game realistic

# 4

"During this period of the season, encourage high pressing tempo to replicate match situations"  
#compactness



# 1 V 1 DEFENDING

## Practice Set Up

The simplest of practices for defending and/or dribbling technique.  
Here we start in a 15 x 15 yard area, with 1 player passing to a player at the opposite end and *objective is to defend against player dribbling over end line.*

Coach can work on *individual attacking and defensive technique* or *combine both* with each intervention.

## Individual Player Focus

Defensive technique - Dribbling - Reading player - Feints - Speed of Movement

# 5



## Key Points Focus

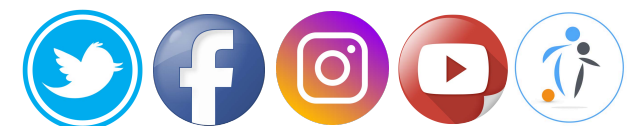
1. Press quickly on defender's first touch, before slowing down within a yard
2. Bend knees and force onto weaker foot with body shape
3. Attempt to win possession, if not - spoil possession or force backwards

## Team Objectives

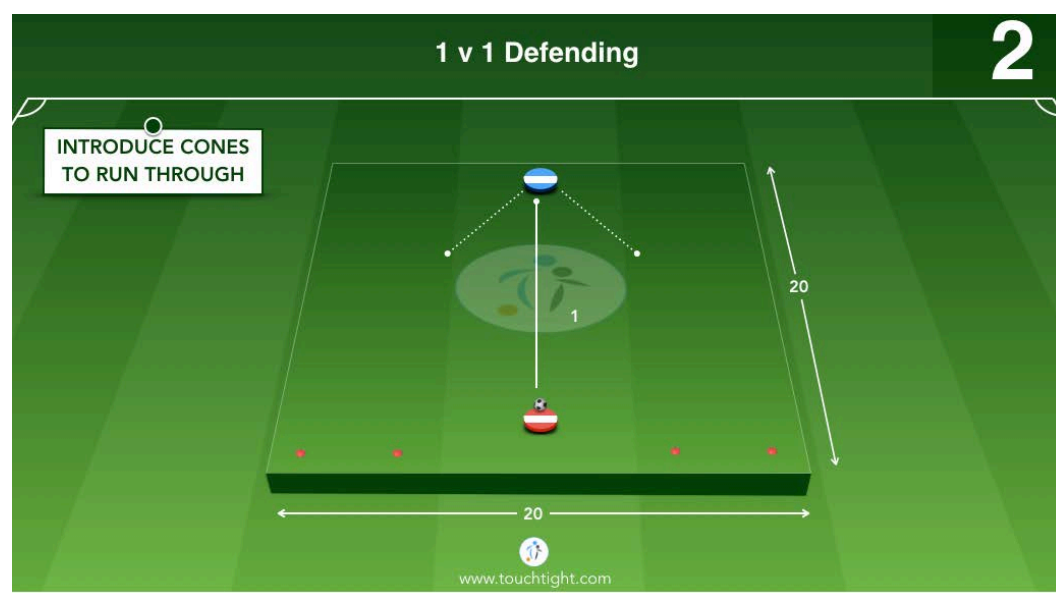
Individual Defending technique that can be *transferred into a team*

*practice*

**"We can add scores and make it competitive with first to 5 before rotating"**  
#funisimportant



# 1 V 1 DEFENDING



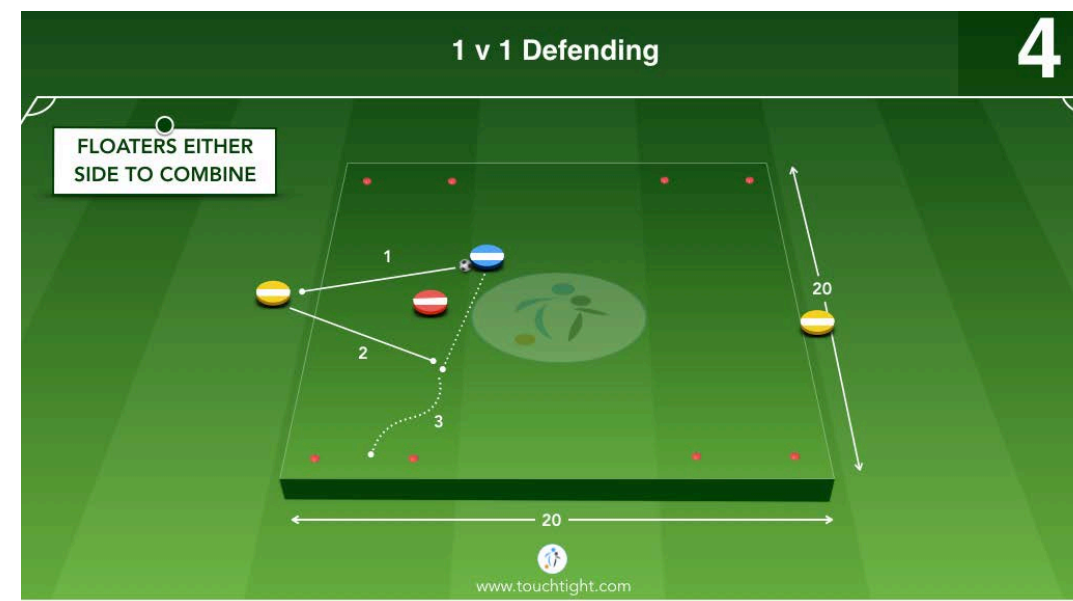
## P1: Cone Targets

Add 2 areas in each corner of opposite end, to focus attacker on being direct, eases defending slightly.



## P2: Targets both ends

Defender also has target to attack on winning possession, work speed of transition attacking and defending



## P3: Floater Combination

Add a floater either side, whereby attacker must combine in front or behind to attack coned area, defender will drop

## TouchTight Tips

For younger age groups such as our 5-8 range, we must add elements of fun to this practice. We can add scores and make it competitive with first to 5 before rotating. We could also have different grids of 1 v 1, where players move depending on achievements

SPACE: Could play in a smaller area to make it more difficult to attack or vice versa to test defenders. Different shape with a funnel testing 1 player more than the other

TIME: Players must get over the line in 6 seconds or regain in this time, otherwise possession transferred

EQUIP: As with the addition of cones, could split zone into 4 with a flat disc centrally and work different areas

PLAYER: 1 v 1 is 1 v 1 so do what you will, we've pushed it here adding floaters!

5

"We can add scores and make it competitive with first to 5 before rotating"  
#funisimportant



# 3RD MAN RUNS

## Practice Set Up

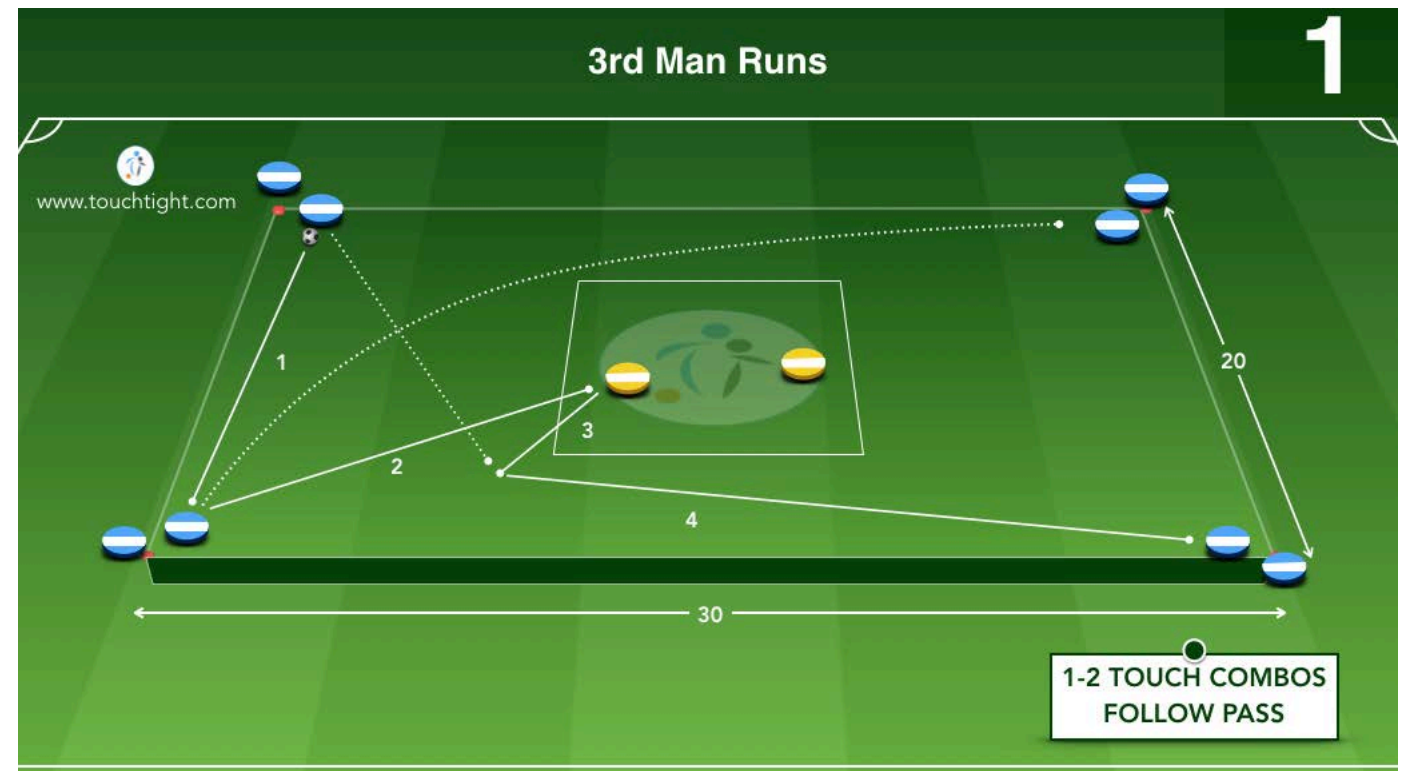
This practice is set up in an area 30 Yards long x 20 wide, with at least 2 players positioned on each corner and 2 players in an 8 x 8 square, each facing the opposite direction as shown.

One player begins with the ball in a corner and plays directly across to width who then plays into central player. These 2 players will then crossover, with the first passer receiving the ball off the setter to play through to the opposite corner.

Both players will follow through to the opposite corner. This same pattern will take place on the opposite side once players are comfortable with the pattern.

## Individual Player Focus

Passing Quality - Movement - Touch - Understanding - Focus - Communication



## Key Points Focus

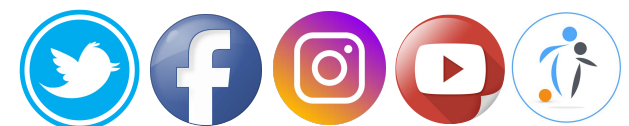
1. Patience in identifying players understand, then passing quality
2. Timing of runs to receive passes to keep practice flowing, 1 or 2 touch?
3. Communication is crucial, especially with progressions (set, left, right, 1-2)

## Team Objectives

Understand each other's movement - Recognise when to slow & speed up practice

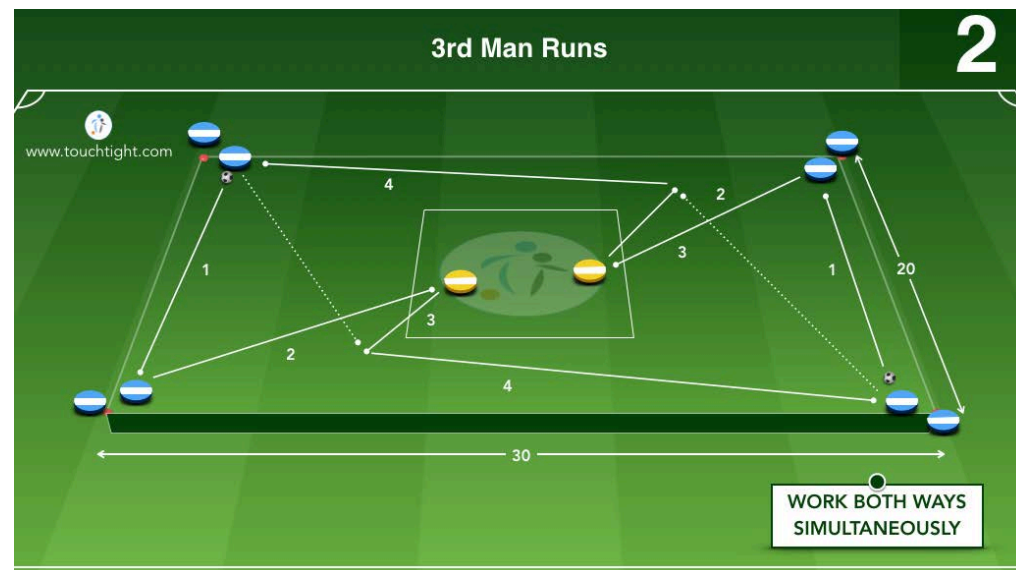
# 6

**"Set time challenges for players to keep practice flowing without a misplaced pass"**  
#nopressure



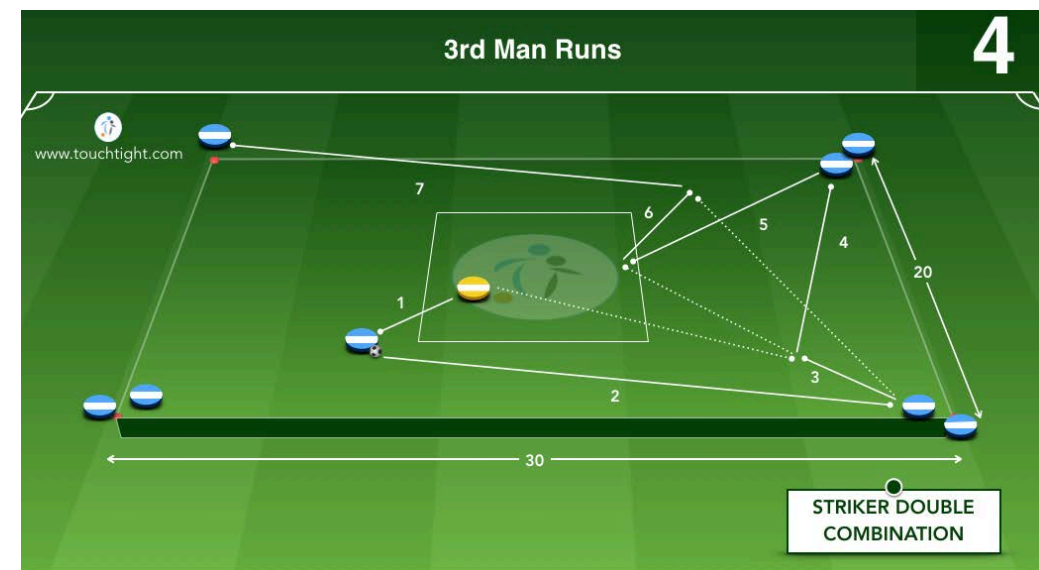


# 3RD MAN RUNS



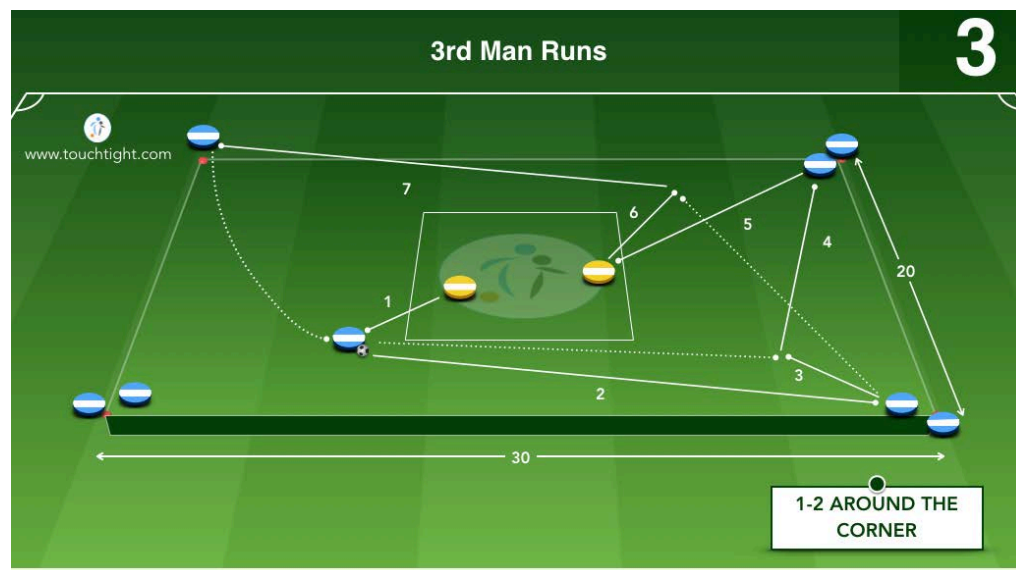
## P1: WORK BOTH WAYS

Now we can use 2 balls to keep the rotation flowing and central players can switch each passing move



## P3: SET AND SPIN

Central player now combines twice, with basic set and then spinning to play 1-2 in opposite corner



## P2: 1-2 AROUND THE CORNER

Player passing through to opposite corner, also receives ball again to play ball around the corner to next station

## TouchTight Tips

We can apply a pre-season focus to this practice with player's developing an understanding of each other's movement together with tempo runs between each station

**SPACE:** Depending on skill level and age of players, extend or shorten passing range and central area to combine

**TIME:** Set time challenges for players to keep practice flowing without a misplaced pass

**EQUIP:** Add an extra ball to the play if confident that players have mastered progression

**PLAYER:** Could introduce passive defenders into central area if numbers uneven or to encourage players to combine in different ways to maintain practice flow.

6

"Set time challenges for players to keep practice flowing without a misplaced pass"  
#nopressure



# BIG SQUARE-SMALL SQUARE

## Practice Set Up

Depending on numbers this practice should be at least a 20 x 20 big box and 8x8 small box. With older age groups and more numbers could extend to 25 x 25.

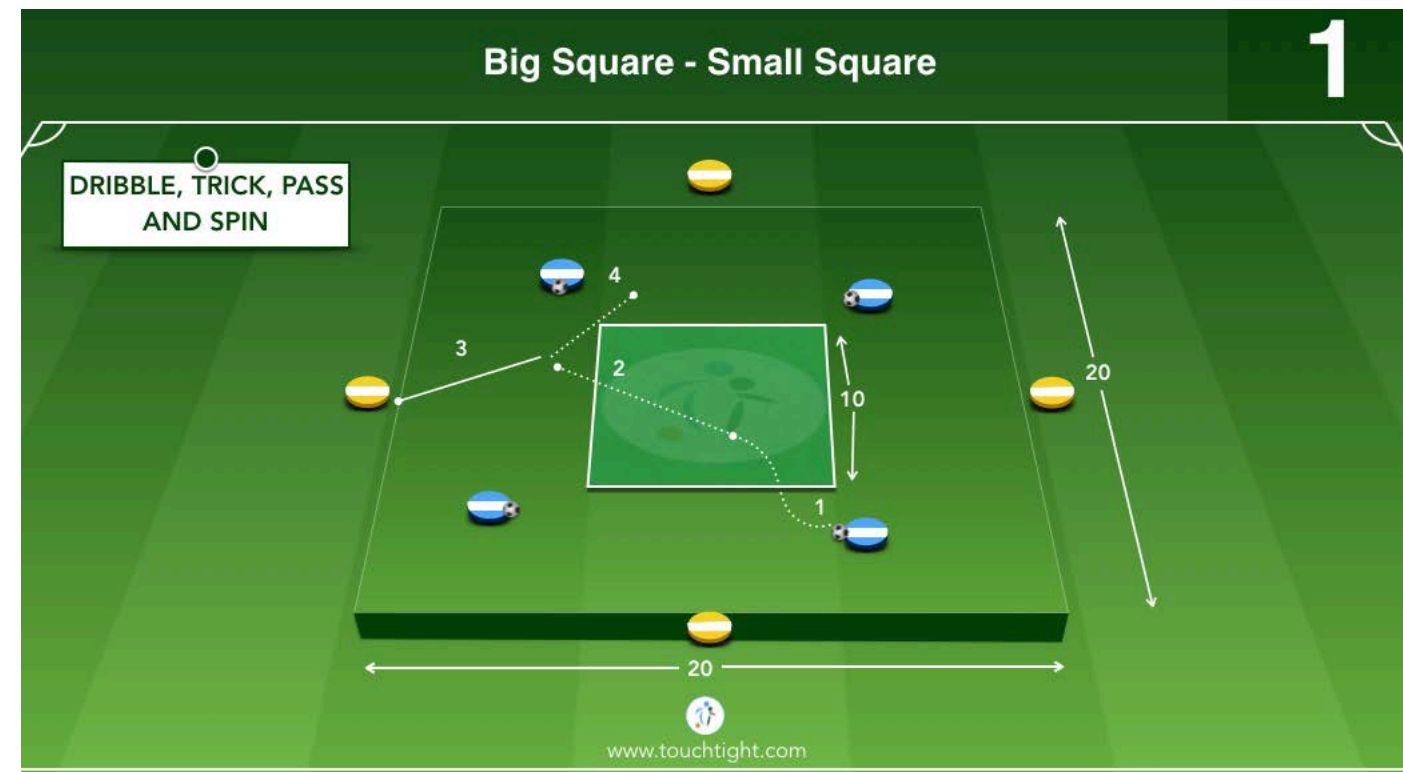
Split groups in half, with players on the outside on the ball and other half of players on the inside.

First practice is a simple pass into middle man who must turn, do any trick in smaller square, pass to another player and find another ball to repeat.

## Individual Player Focus

Touch - Body Shape - Tricks - Awareness of players - Communication

# 7



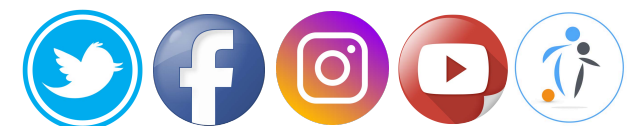
## Key Points Focus

1. Quality and speed of trick in central area, ensure players avoiding others
2. Body shape to receive on the half turn and quality of first touch in direction
3. Communication on and off the ball (Turn, Play, Left, Right etc.)

## Team Objectives

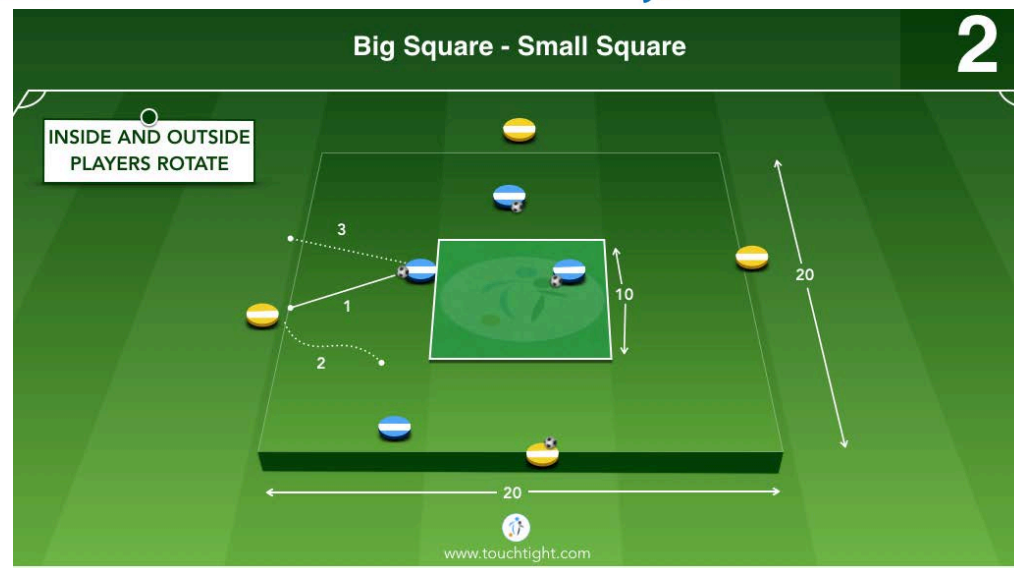
Group to be aware of each other's movement and progress into competition, with focus on quality of passes for teammate, reference 10/10 passing

**"Creativity is crucial, combine this with short sharp turns."**  
#5yardsprints



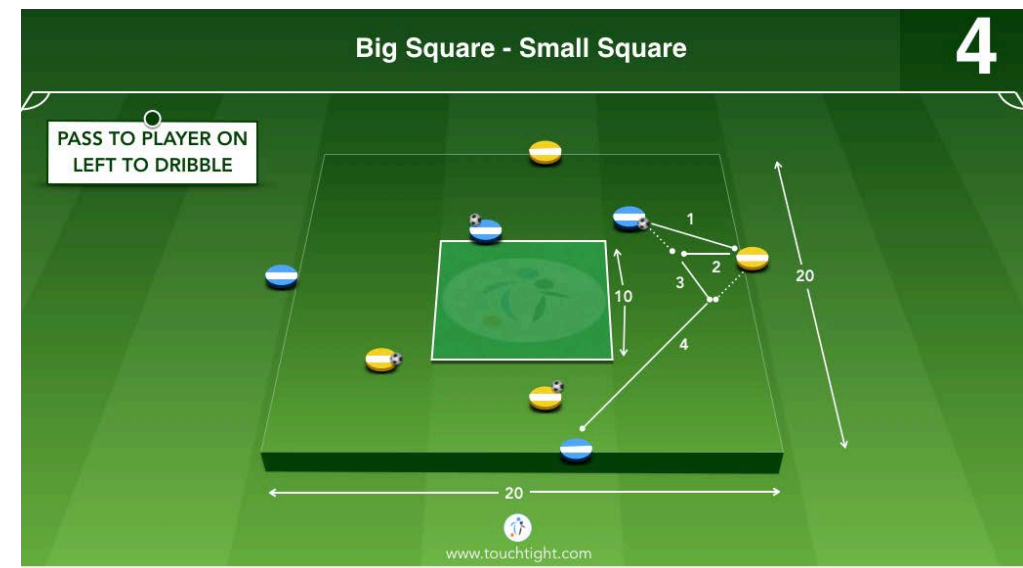


# BIG SQUARE-SMALL SQUARE



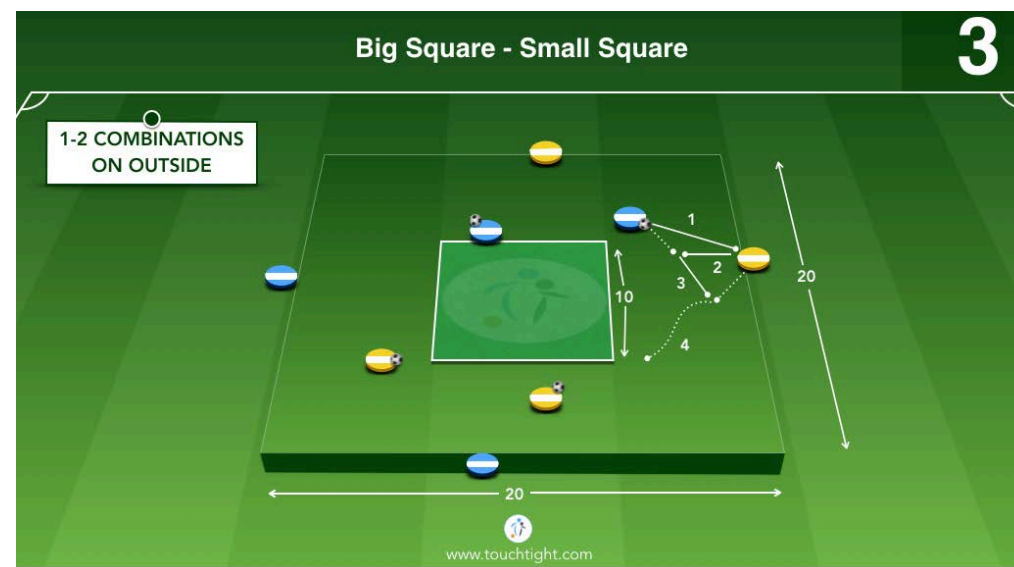
## P1: ROTATE IN AND OUT

All players now involved in rotation, when ball passed out or takeover then repeat action



## P3: 1-2 THEN 3RD MAN

After 1-2, pass to player on the right or left of receiver for them to repeat Game Understanding (Awareness)



## P2: 1-2 COMBO

Player dribbling through centre, must now play a 1-2 with outside player before rotation; check body shape

## TouchTight Tips

There are many variations to this practice, including type of service, working headers and volleys together with different movements off the ball.

The coach has free licence to implement as many changes they feel would benefit the players. Remember to monitor the time players are working, no longer than 2-3 minutes

SPACE: We could add 2 or 3 separate areas rather than 1 central areas, whereby players must perform a trick before laying off to teammate

TIME: Limit to 1-2 minutes. Could challenge players to see how many tricks they can use before cut off; be mindful of drop in level of technique

EQUIP: Outside players may have to cross over to other side of square after playing pass

PLAYER: Could introduce defenders to add pressure in central area passively so players have decisions to make in terms of attacking spaces.

**"Creativity is crucial, combine this with short sharp turns."**  
#5yardsprints



# POSSESSION SWITCH

## Practice Set Up

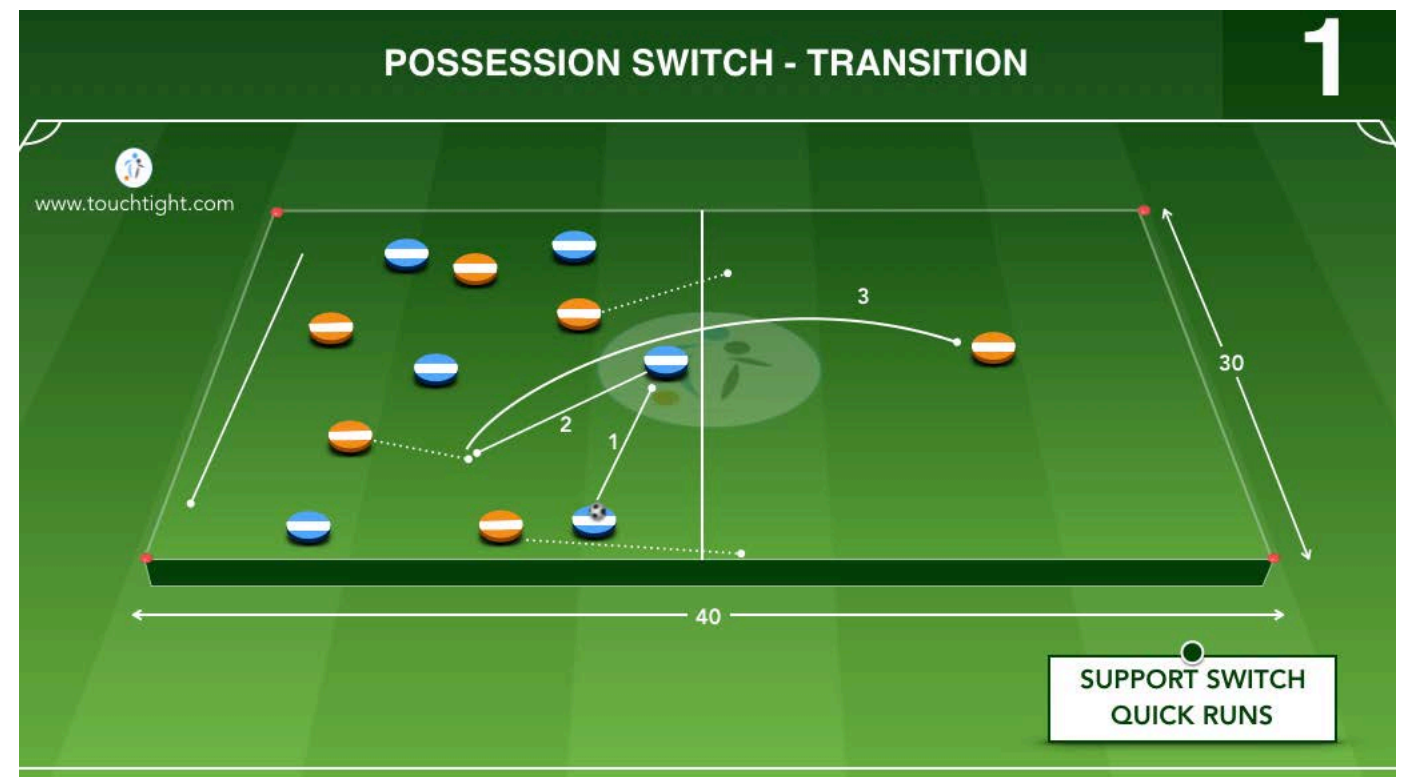
40 x 30 Yard area, with 6 v 5 overload (depending on numbers) in one half of the grid, with a single player remaining in the opposite half. Team must make 10 consecutive passes to get a goal.

If defenders regain possession, they must transfer the ball across to their teammate to join in to combine and defenders must press now in this area, leaving 1 player in other half

## Individual Player Focus

Movement - Decision Making - Transition Principles - Support Play

# 8



## Key Points Focus

1. Create space to make pitch larger and force defenders to press as a group
2. On gaining possession, speed of transfer and support for teammate
3. Reaction to losing possession before transfer made, quick and together

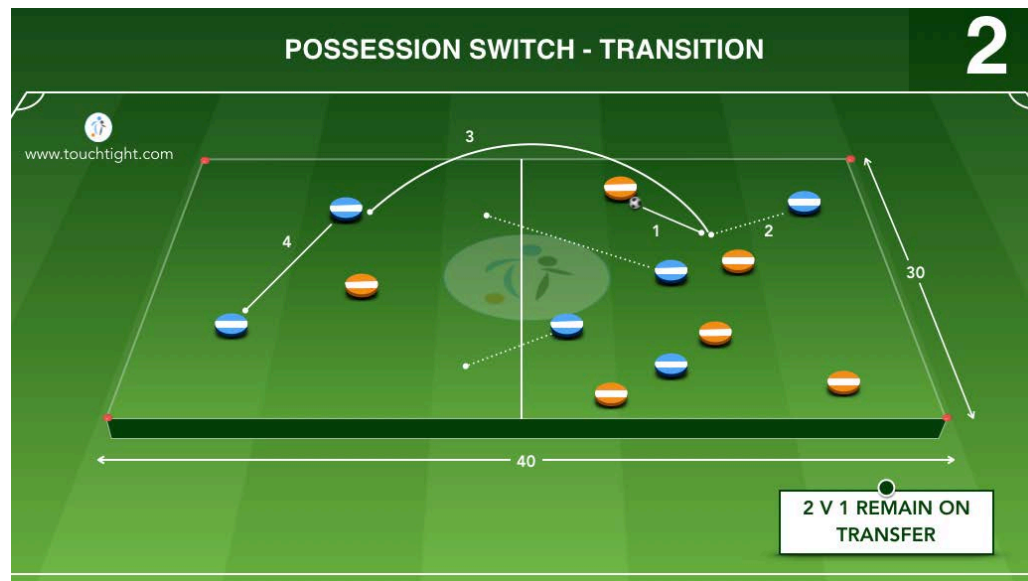
## Team Objectives

Support transfer of possession on regain - Press and force direction during transition

**"Support transfer of the ball quickly and effectively is the name of the game here."**  
#quicksupport

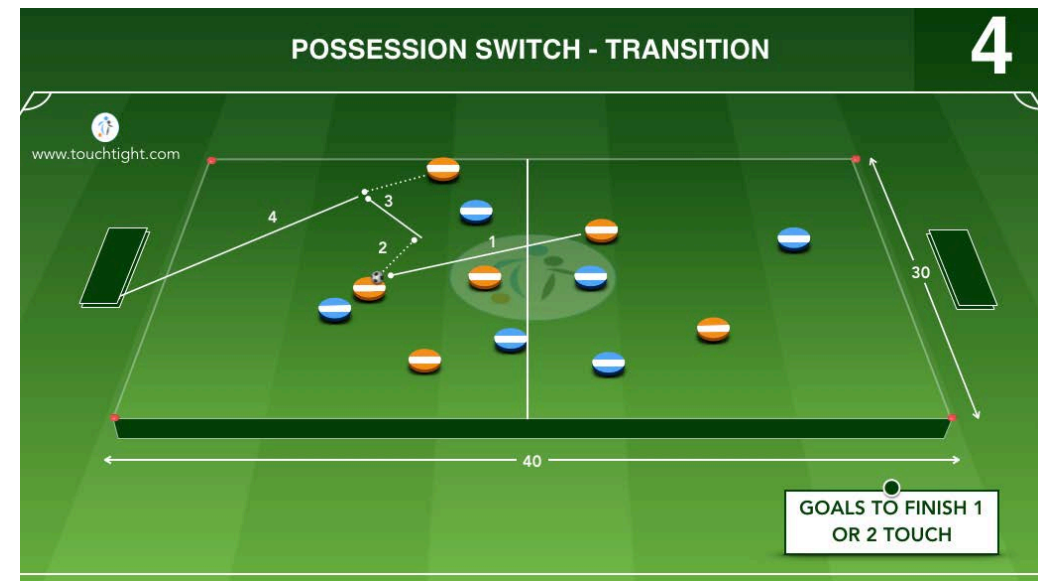


# POSSESSION SWITCH



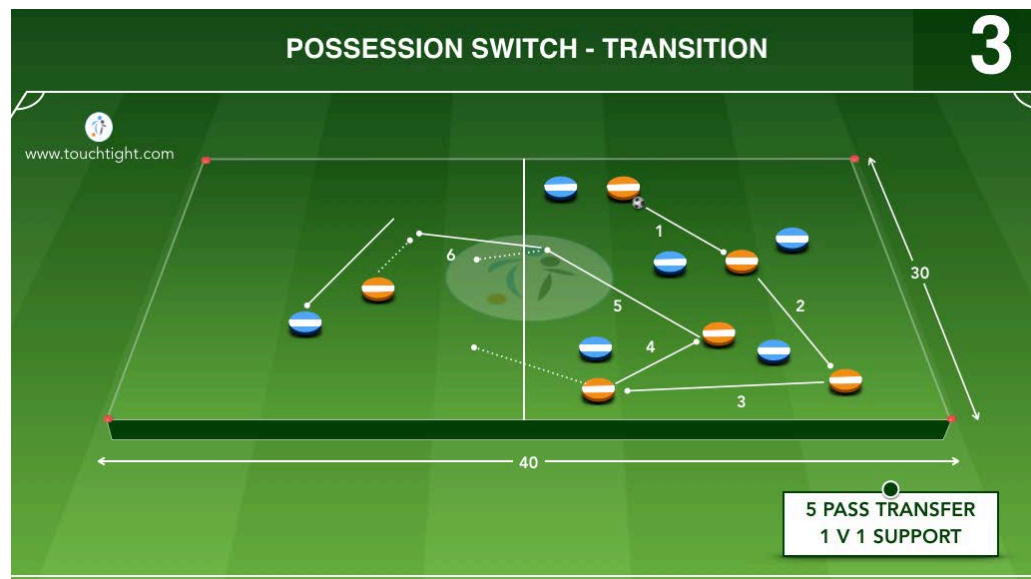
## P1: 2 v 1 ON REGAIN

Leave extra player to support transfer, against 1 DF who must remain in this area



## P3: SUPPORT RUNS TO FINISH

Goals added to provide direction and challenge, once transferred support runners can combine to finish



## P2: 5 PASS TRANSFER

Possession team can now transfer the ball after 5 passes in a 1v1, player must create space as an option - quick support

## TouchTight Tips

Support transfer of the ball quickly and effectively is the name of the game here. Coaches must be aware that possession may be gained and regained in quick succession.

SPACE: On transfer players must recognise space to support quickly in order to maintain possession

TIME: Challenge possession team to keep the ball for a certain amount of time before being able to drop player out and transfer ball back into other half

EQUIP: 4 goals and halfway line adds focus and provides targets to encourage quick support

PLAYER: Could leave 2 or 3 out of half to develop more possession with number advantage

# 8

**"Support transfer of the ball quickly and effectively is the name of the game here."**  
#quicksupport



# 3 TEAM CHASE - TEMPO

## Practice Set Up

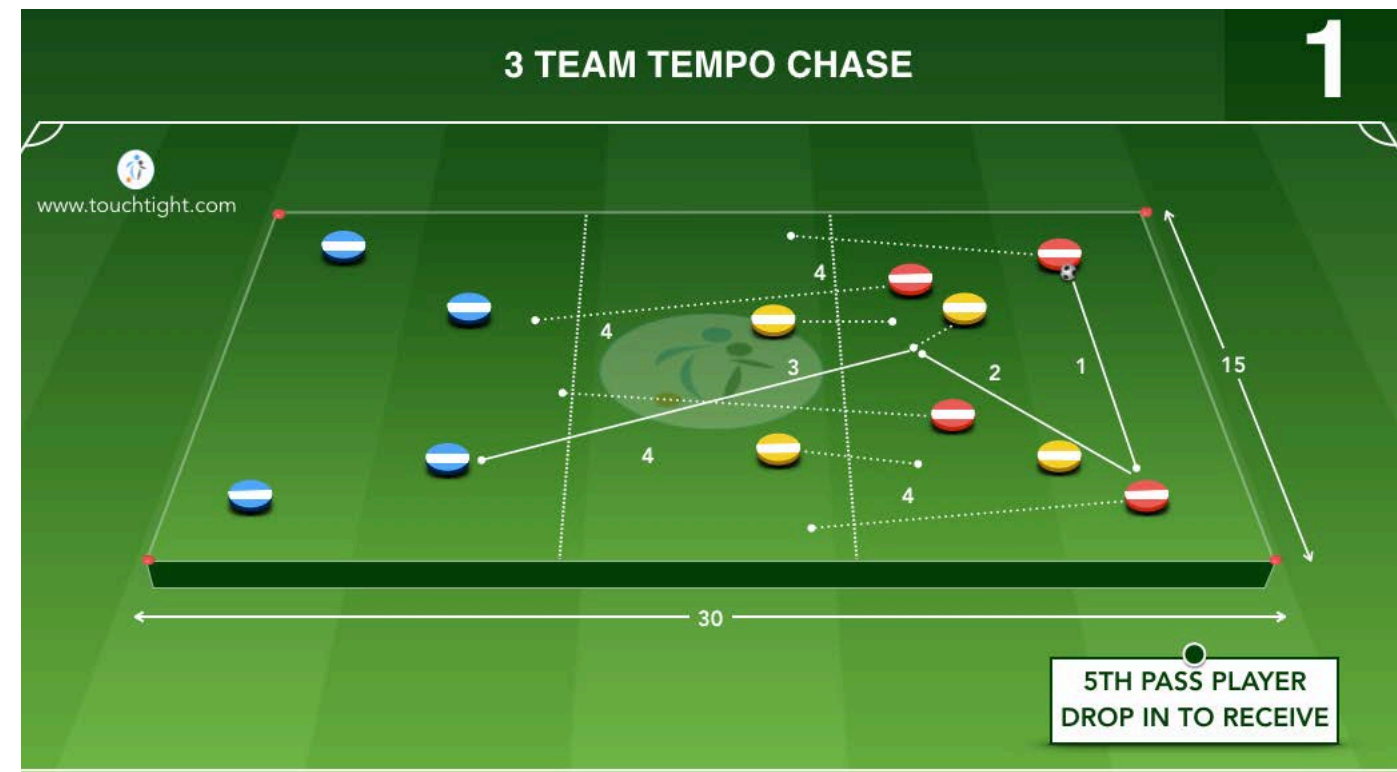
30 x 15 yard area split into 2 10 x 15 yard areas and a central area 5 x 15 as shown.  
3 teams of 5 (depending on numbers) in each area, with one team to keep possession and 2 members of central group to press to win possession.

Passing team to make 5 passes before transferring to opposite end for another 2 central players to chase. If regained, transfer to opposite end and team who loses ball moves into central areas and 2 players chase.

## Individual Player Focus

1 v 1 - Recognition of Space - Decision Making - Switch (player quality)

# 9



## Key Points Focus

1. Maintaining possession, angles & body shape to keep the ball in tight places
2. Focus on paired pressure to ensure attacking quality is at a high level
3. Use of space effectively, 2 high and 3 short to create space for each other

## Team Objectives

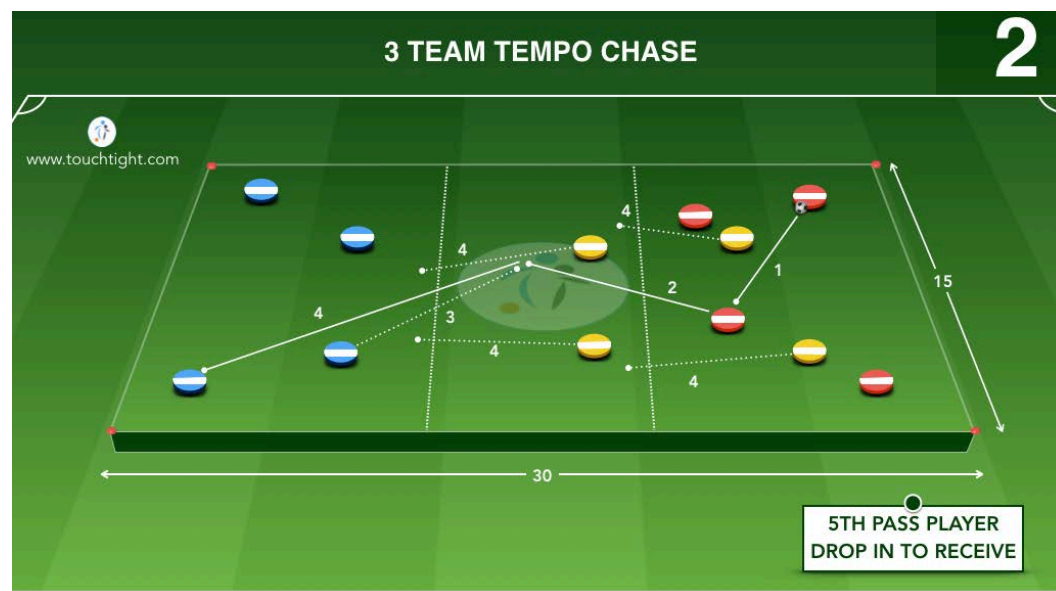
Recognise when to play short to go long - Press as a pair and force direction

**"Great practice to start sessions off after initial warm up, combining competition elements."**  
#startbright



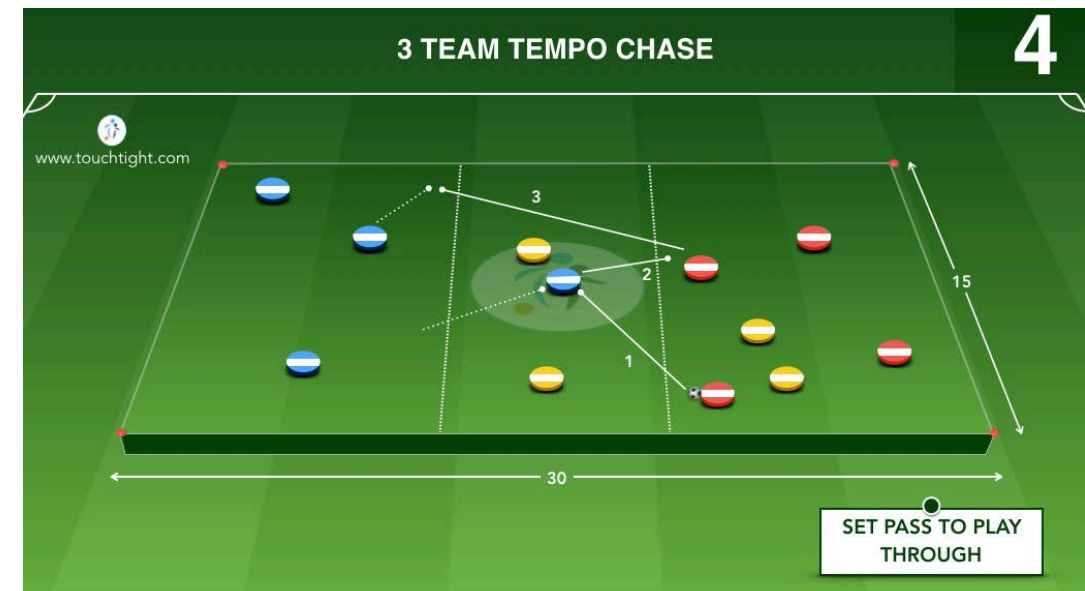


# 3 TEAM CHASE - TEMPO



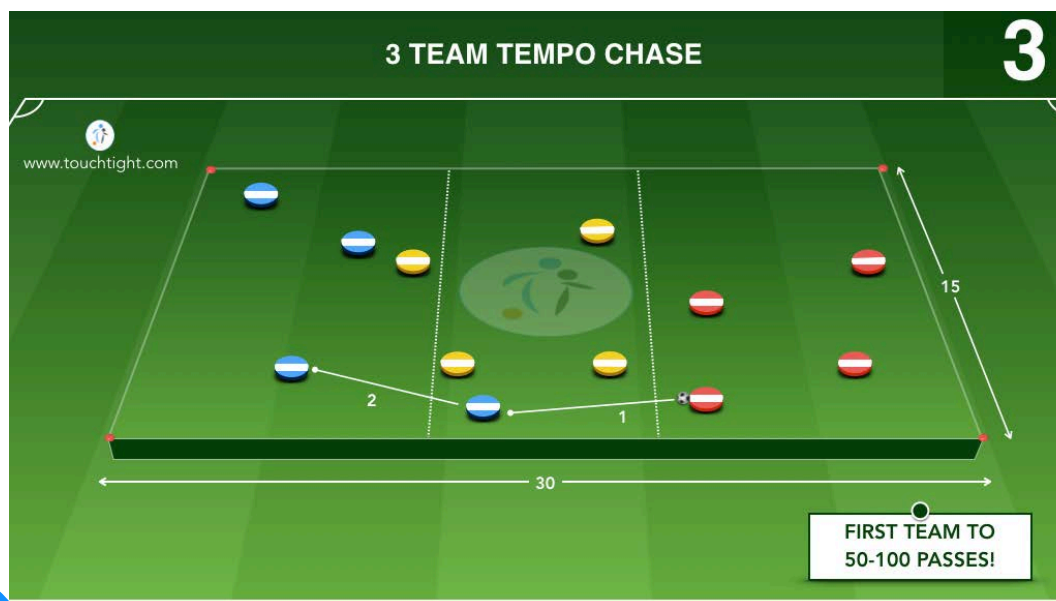
## P1: DROP IN TO RECEIVE

One player from opposite end can drop in unopposed to switch play after 5 passes



## P1: SET PLAY THROUGH

Central floter must bounce it back to possession team to play through to opposite end



## P1: 50 PASS COMPETITION

Each team must keep their score of passes, limited to 5 in each passing phase; no cheating

## TouchTight Tips

Great practice to start sessions off after warm up, as elements of competition and quick passing and transfer of the ball, encourages player to work at a high tempo.

**SPACE:** Compact area encourages players to play quickly and challenges individuals

**TIME:** Not much time available here. Get players to focus on giving themselves more time through being ready before transfer; organized

**EQUIP:** Balls must be prepared at the coaches feet or stationed around the practice, as there will be a lot of transfer of possession

**PLAYER:** Be creative with numbers, decide what you want out of the session, easier defending or attacking and work to those ends. e.g. 4 v 2, 5 v 3, 6 v 4 etc.

**"Great practice to start sessions off after initial warm up, combining competition elements."**  
#startbright



# MIDFIELD COMBINATIONS

## Practice Set Up

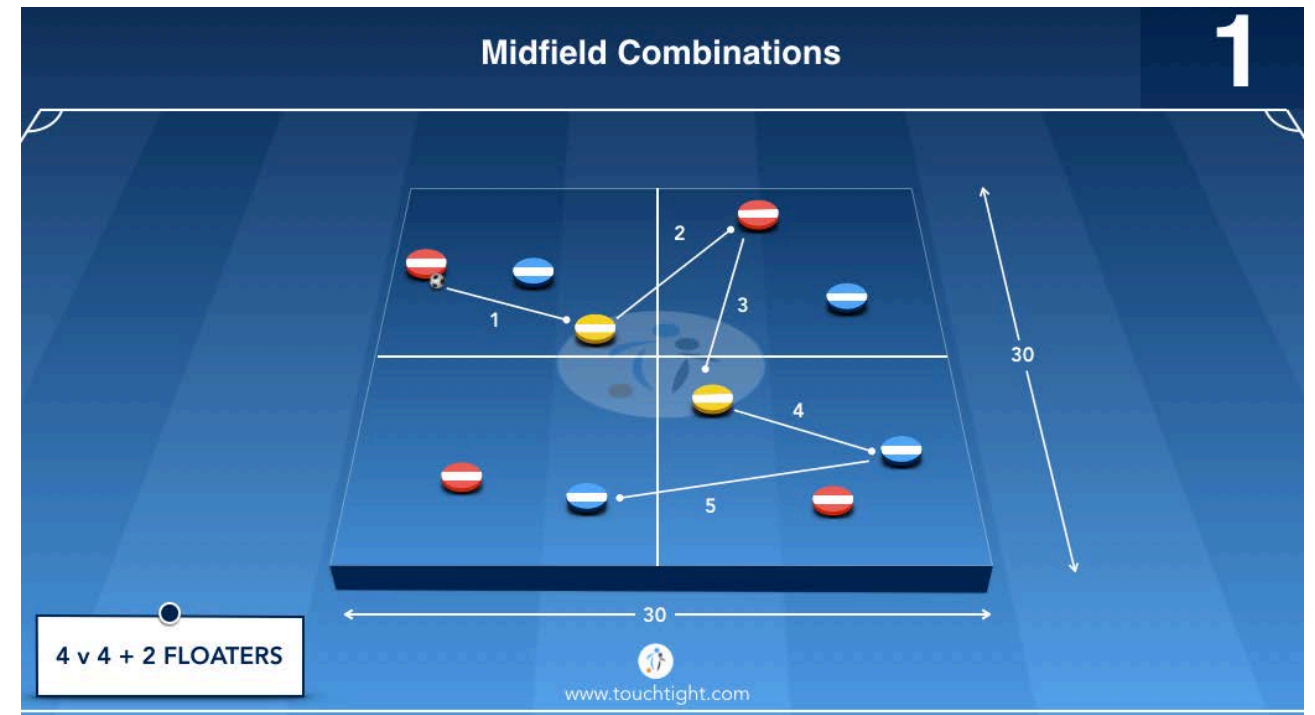
In a 30 x 30 Square area, split into 4 quarters as shown (15 x 15s). 4 v 4 with 2 floaters, each team must have 1 player in each box at all times to start in a 1 v 1 and floaters can combine anywhere in the area.

Idea is for CMs to be able to combine effectively to maintain possession around the grid with fluid movement.

## Individual Player Focus

Teammate Understanding - Passing Quality - Fluid Movement - Space Recognition

# 10



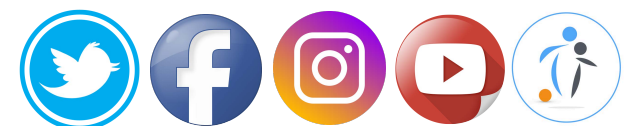
## Key Points Focus

1. Setting of tempo for defenders in 1 v 1 to make it difficult in possession
2. Initial quality of passing and movement in possession to lose defenders
3. Focus on CM angles to play off each other and reactions to ball movement

## Team Objectives

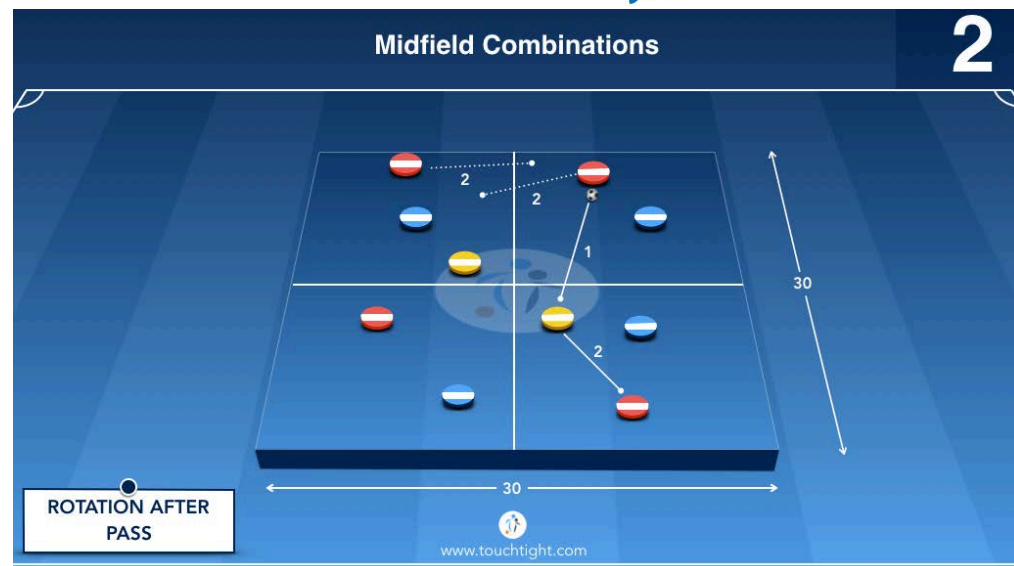
Effective movement to combine - Create space for self and others - Fluid Possession

**"To work CMs understanding, we must concentrate on movement patterns and their recognition of each other's space."**  
#teammates



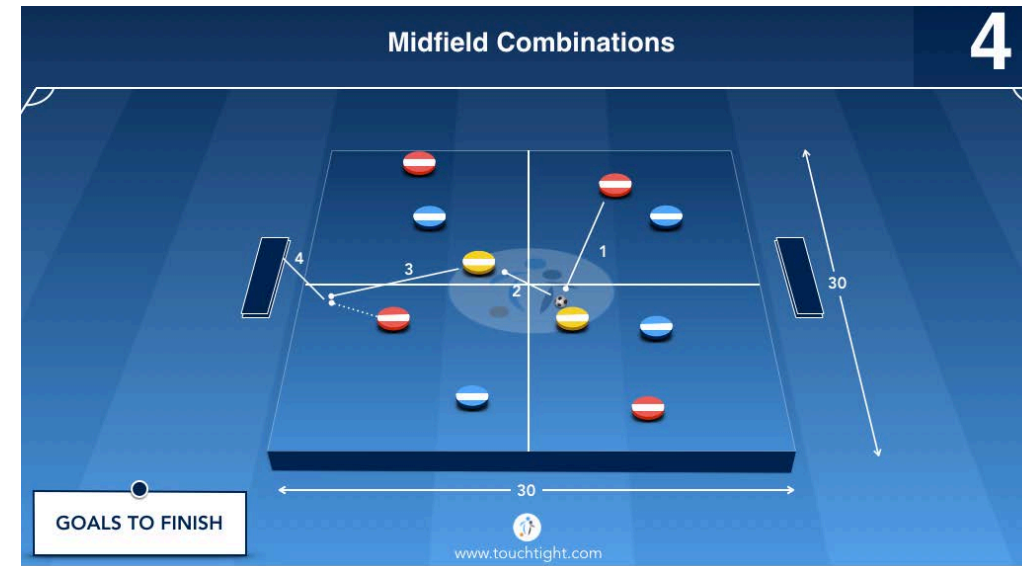


# MIDFIELD COMBINATIONS



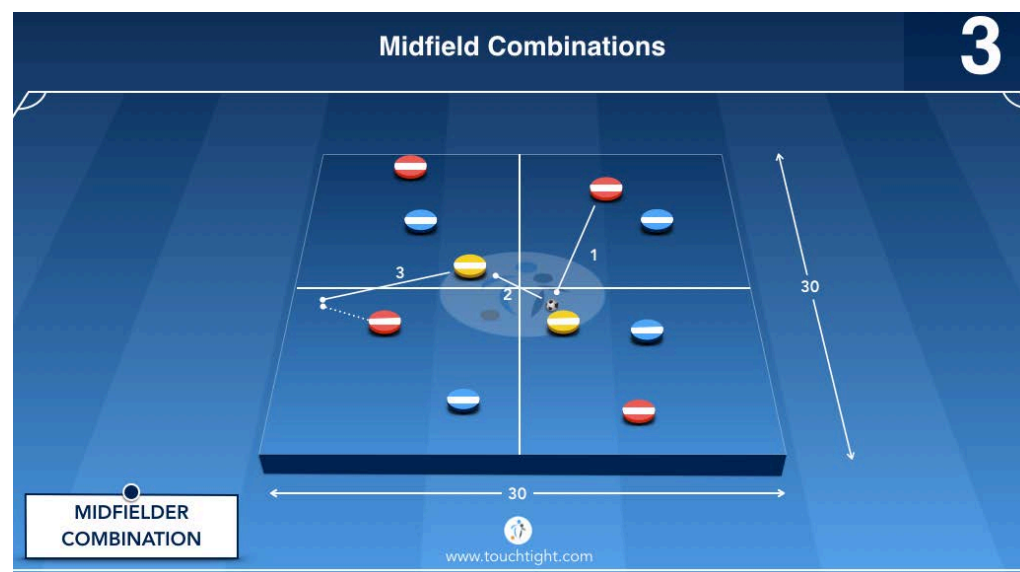
## P1: Rotate After Pass

Passer can switch with a teammate in another square to encourage movement off the ball



## P3: Combine To Finish

CMs must combine for possession team to finish, constant ball rotation to maintain practice tempo



## P2: CM Combination 1 Touch

Floating CM players must combine in 1 touch to develop awareness of each other's positioning

## TouchTight Tips

This is a fantastic practice that allows coaches to develop many aspects of individuals.

Primarily as an exercise to work CM understanding, we must concentrate on movement patterns and their recognition of each other's space to maintain possession through fluid transfer of the ball using the whole area.

**SPACE:** Can be restricted in many ways. Additional constraints could be Floaters must be in different areas or must move into a different space once ball is passed

**TIME:** Encourage every possession player to touch the ball at least once every possession phase, within 12 seconds for example.

**EQUIP:** Addition of drop out zones for possession players to take a touch into. With goals added could go 4 mini goals in each corner

**PLAYER:** With more numbers consider floaters on outside, but no more than 2 as practice becomes too simple, unless you are creative to introduce other constraints!

**"To work CMs understanding, we must concentrate on movement patterns and their recognition of each other's space."**

#teammates



10

# DRIBBLE AND STOP

## Practice Set Up

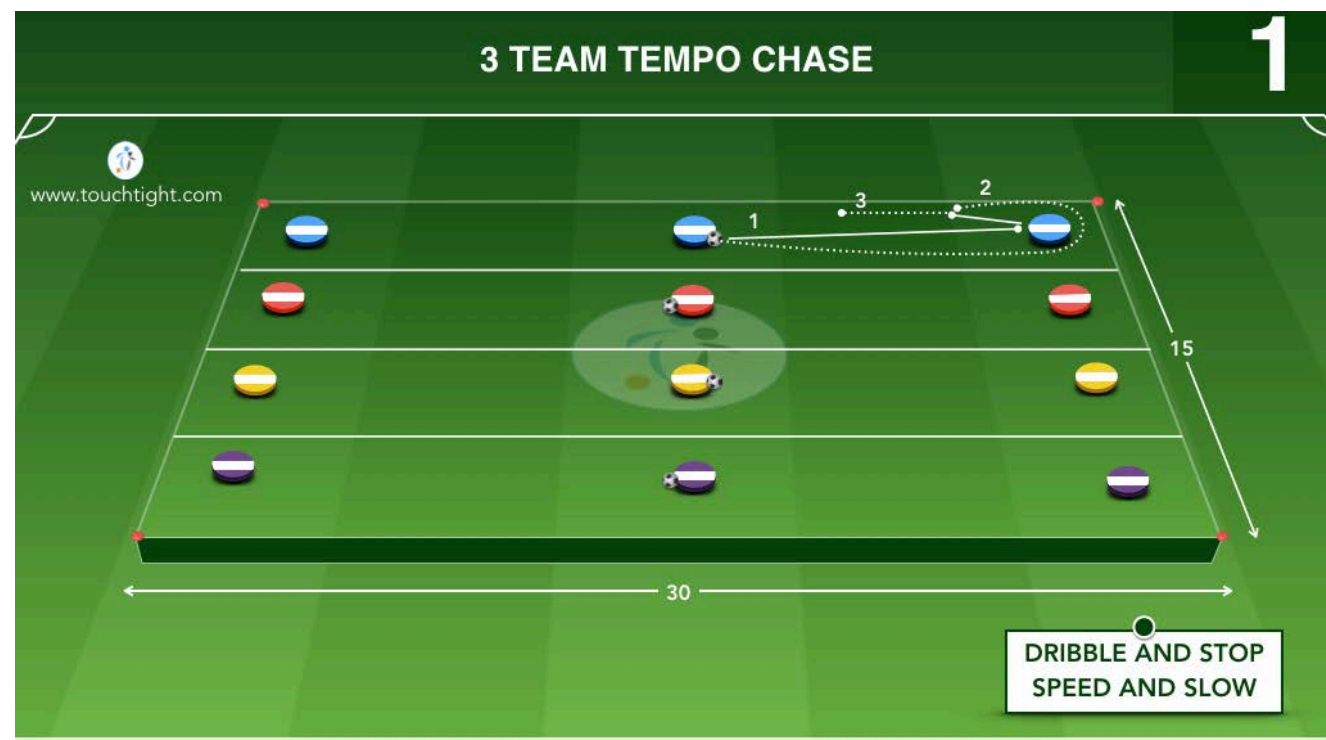
Area is set up with a 30 Yard width and length can vary depending number of players (e.g. 15 players requires 5 x 10 yard areas so 50 yds).

Central player will run with the ball to end player, lay off, run around player and receive the other side, before performing a dribble and repeating the action; 1 - 2 minutes rotate

## Individual Player Focus

Speed - Dribbling skills - Running with the ball - Endurance

# 11



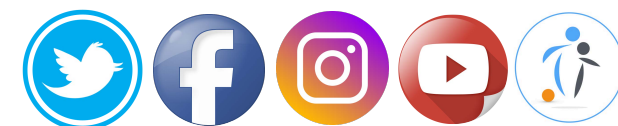
## Key Points Focus

1. Develop speed and endurance as well as technique in dribbling and RWTB
2. Ensure all players communicating on and off the ball to aid each other
3. Identify differences in touches as players tire, can players maintain out their feet

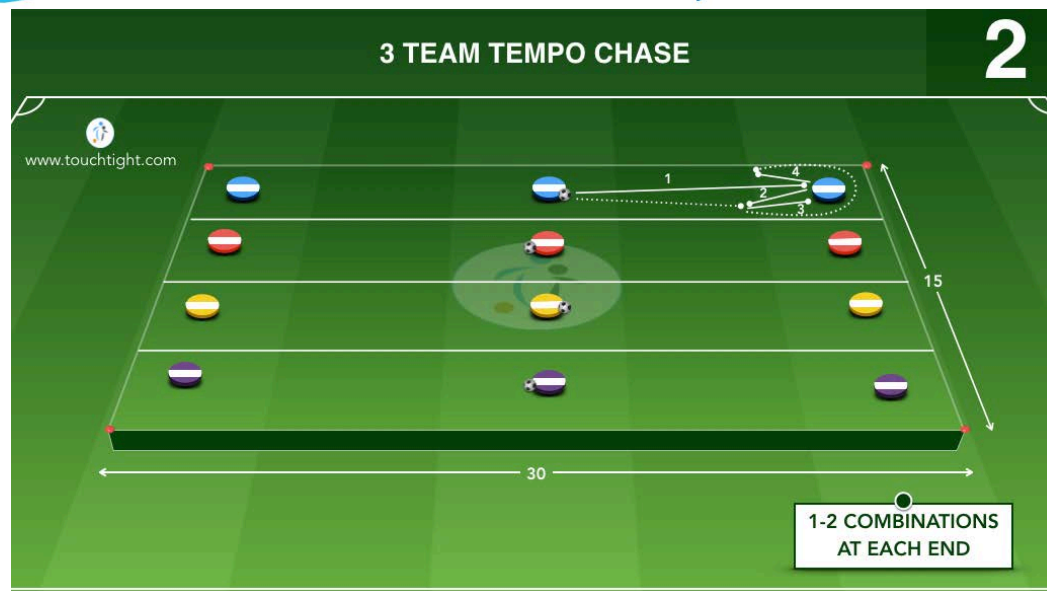
## Team Objectives

Recognise when to dribble and when to RWTB - Develop to combine and utilize space

**"Make 3-4 players your main focus during session and identify differences that you can develop."**  
#differentiate

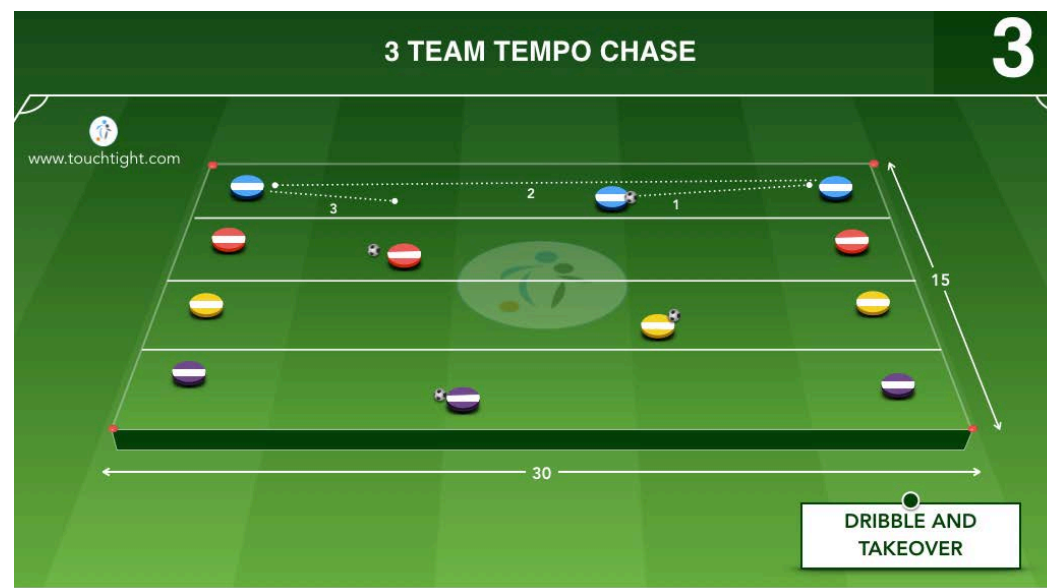


# DRIBBLE AND STOP



## P1: 1-2 COMBINATION

At end of run, player must play a 1-2 before rounding player to receive again to repeat opposite end



## P2: TAKEOVER

All players now involved in dribbling, RWTB with takeover after each run, introduce competition



## P3: SWITCH AFTER DRIBBLE

Blue 3 moves to outside after passing to Red 10, who sets Blue 2 then

## TouchTight Tips

This develops endurance, whilst also allowing players to improve RWTB and experiement dribbling skills. Coach must be focused on capacity of players and alter time that players are working; be aware.

SPACE: Players to perform dribble after few touches with tight control and then explode to get out of their feet when RWTB

TIME: As mentioned be aware of fitness of players and alter time accordingly

EQUIP: May add a 5 yard gap between each area to ensure groups have room

PLAYER: Make 3-4 players your main focus during session and idenfity differences that you can develop, whether technical or fitness variances

11

**"Make 3-4 players your main focus during session and identify differences that you can develop."**  
#differentiate



# CIRCLE COMBINATION

## Practice Set Up

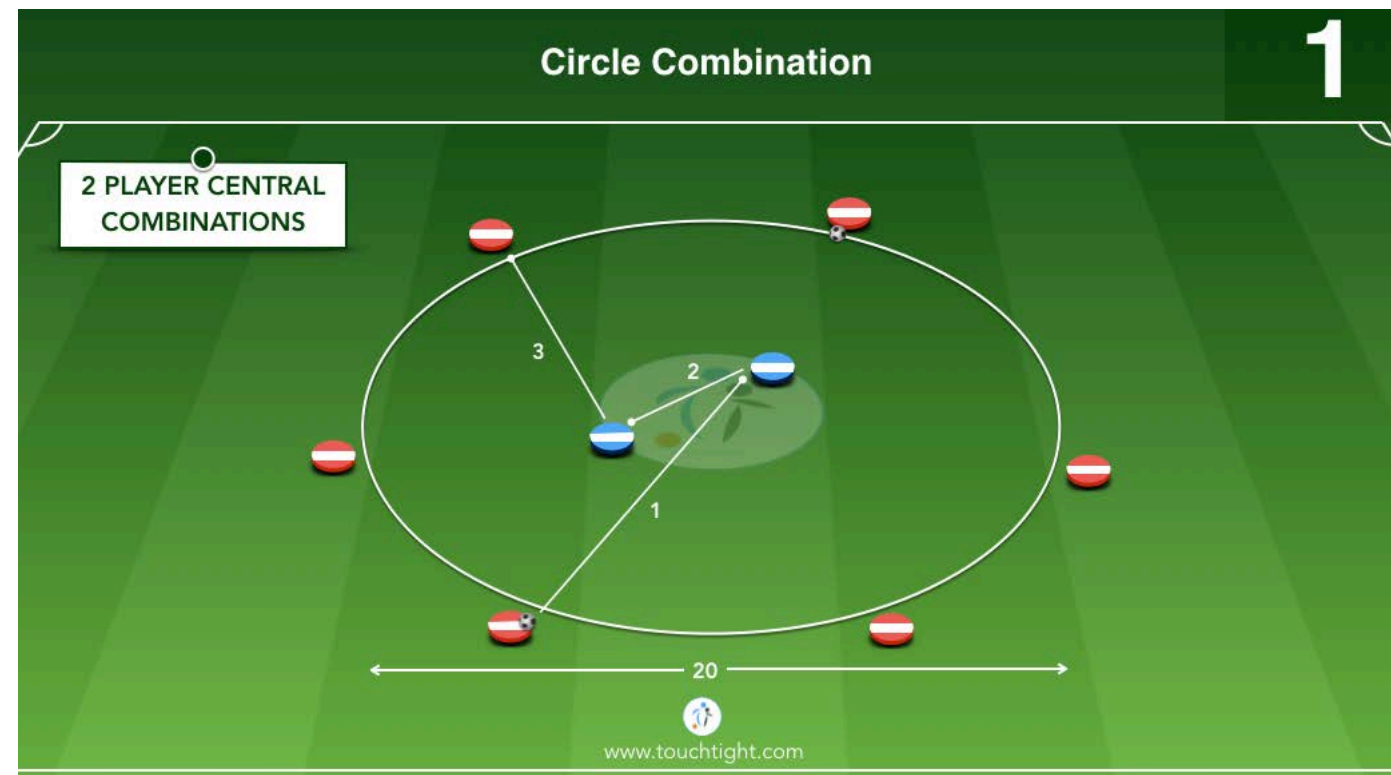
Circle area laid out with a 20 - 30 yard diameter depending on player numbers, with 2 players combining centrally and outside players as passers and receivers

Ball on the outside, passed into player 1 who sets player 2 who passes out to different player on outside, immediately ready for next pass, could start with 2 or more balls

## Individual Player Focus

Touch - Movement To Receive - Communication - Passing Quality - Awareness

# 12



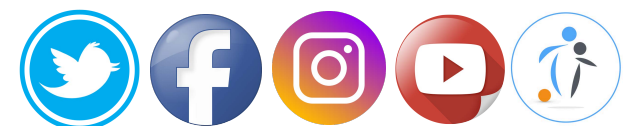
## Key Points Focus

1. Angles created by 2 central players, receiver long, 2nd player off him
2. Quality of pass (10/10) and touch of all players
3. Reaction to next pass must be quick, better communication on and off the ball

## Team Objectives

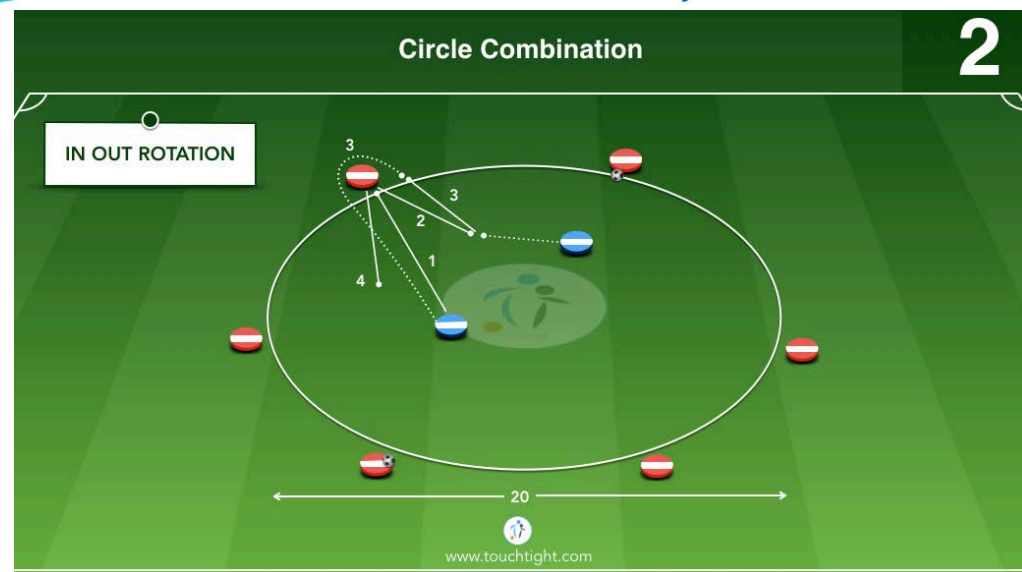
Create angles and space for teammates to play - Create team cohesion in rotation

**"Angles and distance of players are vital for central pair in receiving and playing out."**  
#anglesanddistances



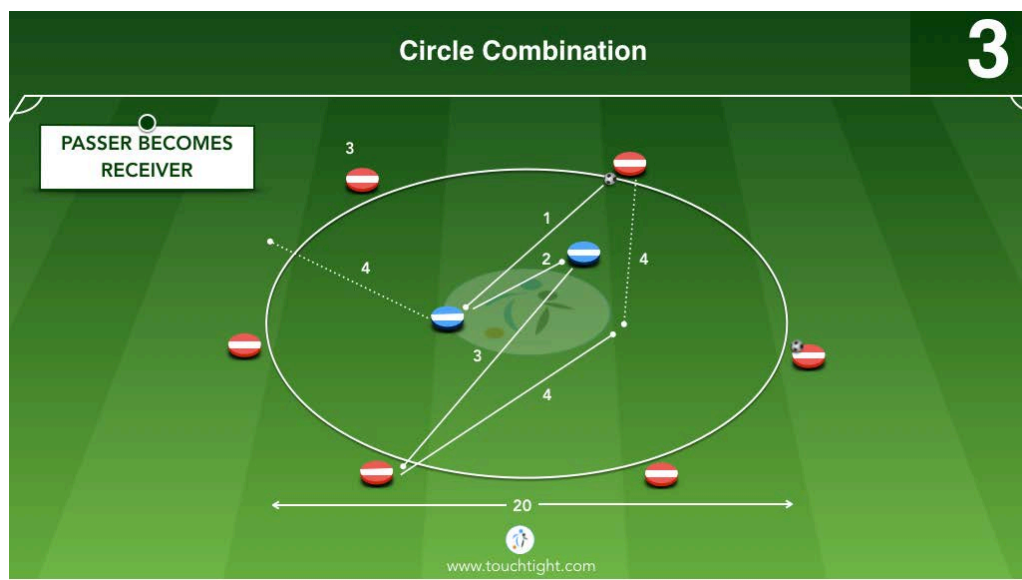


# CIRCLE COMBINATION



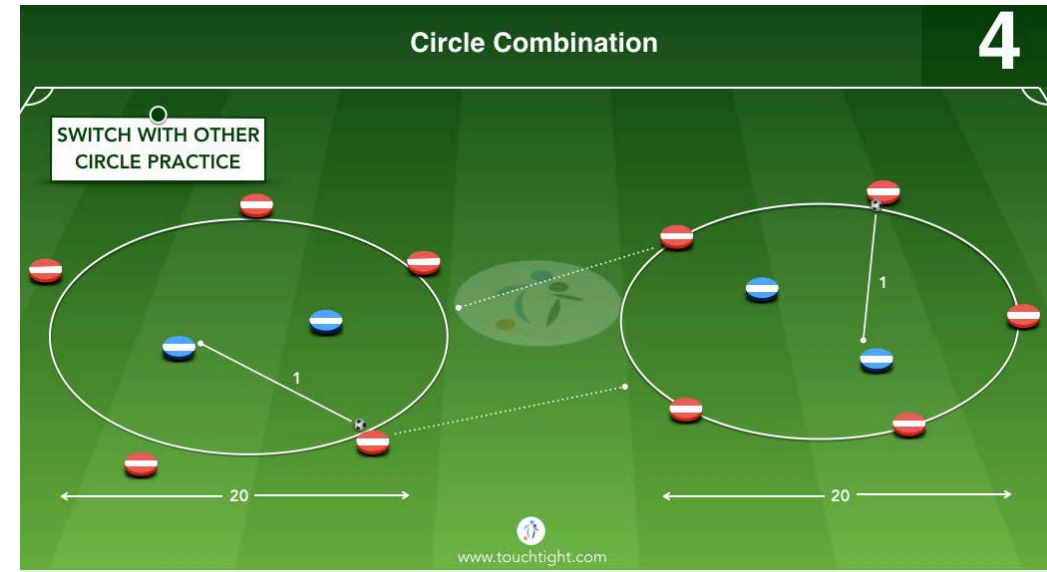
## P1: IN TO OUT ROTATION

Blue 3 moves to outside after passing to Red 7, who sets Blue 2 then lays off for Blue 3 to restart. Red 7 and Blue 2 now central - Restart



## P2: PASSER STEPS IN

Blue 2 drops out after set and Red 5 steps in to become central player receiving set to pass out to Red 6 - Restart



## P3: SIMPLE CIRCLE SWITCH

2 Groups communicate between themselves when players can switch around outside; encourages checking shoulders

## TouchTight Tips

Start off simple, but coach must be in control as progressions take place, as younger players may find difficult to understand. 2-4 balls depending on quality/age of players

**SPACE:** Angles and distance of players are vital for central pair in receiving and playing out

**TIME:** Set each pairing 2 minutes to provide enough endurance work for movement in central area; rotations can flow once players understand

**EQUIP:** 2 Circles an option depending on player numbers and ball numbers are the coaches decision - Use flat discs

**PLAYER:** Possible addition of passive defender in central area, to force players to think about better distance and angles

# 12

"Angles and distance of players are vital for central pair in receiving and playing out."  
#anglesanddistances



# QUICK FINISHING

## Practice Set Up

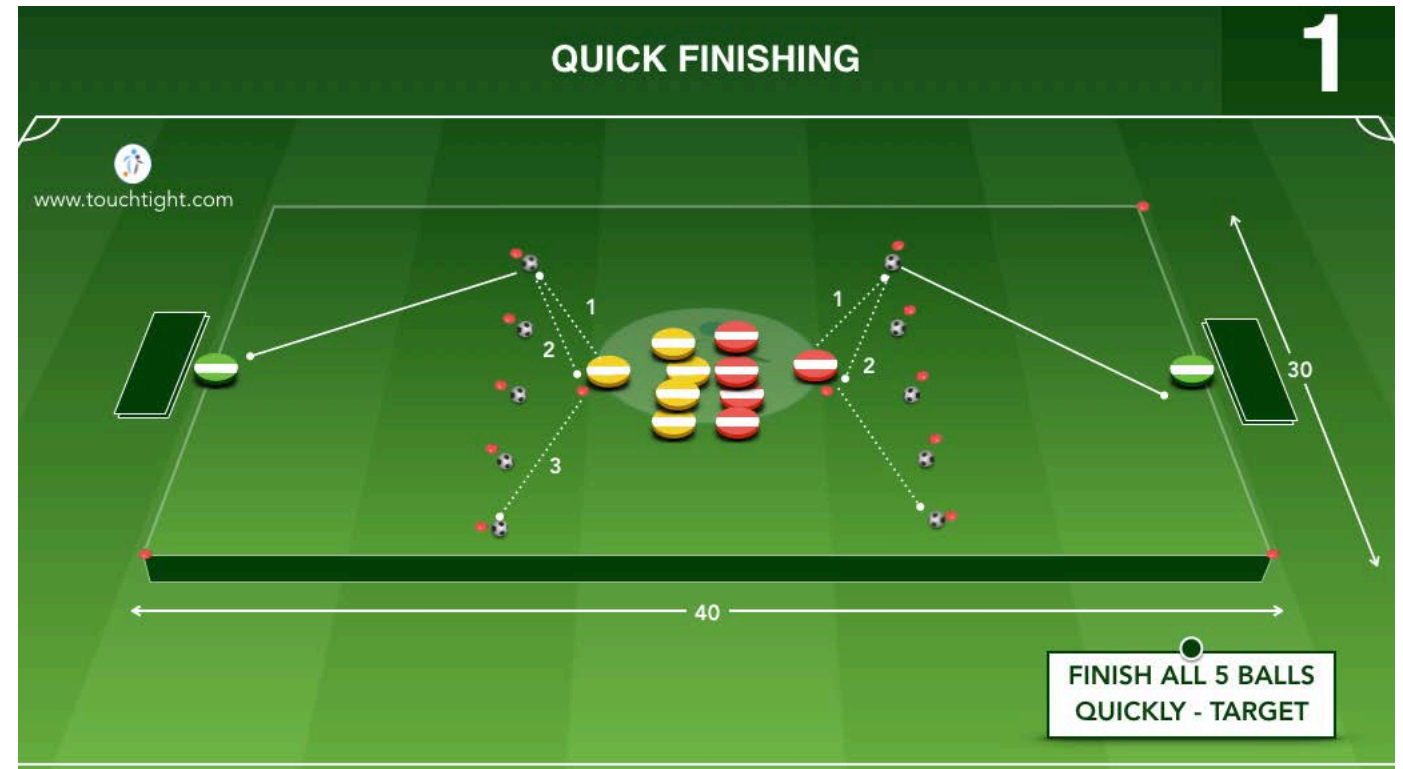
40 x 30 Yard area with cones set up as shown with a ball on each cone. Each area will have a goal and GK for players to shoot and players will be split into 2 groups to start.

Idea os for one player from each group to run to each cone take their shot and sprint back around base cone / manequin before shooting next ball and so on.

## Individual Player Focus

Finishing Technique - Speed On the Turn - Endurance- Maintain Control

# 13



## Key Points Focus

1. Speed of runs in between stations must be maximal especially pre-season
2. Player finishing technique in shooting hitting it low, hard and in the corners
3. Differences in finishing technique dependant on position of the ball station

## Team Objectives

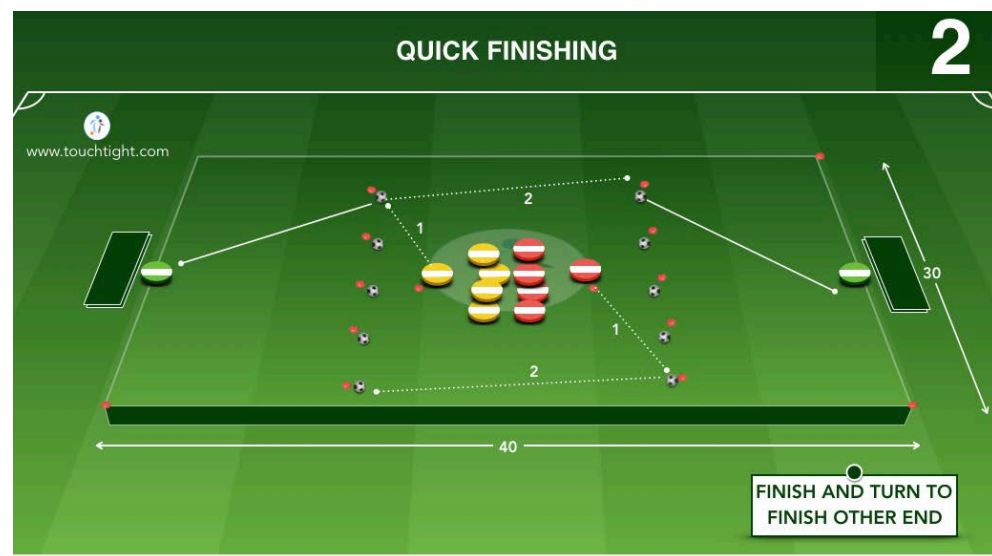
Be clinical in this area of the field - Develop to back up teammates for rebounds etc.

**"Maintain speed here as well as finishing technique, as this will develop anaerobic capacity."**  
#shortandsharp



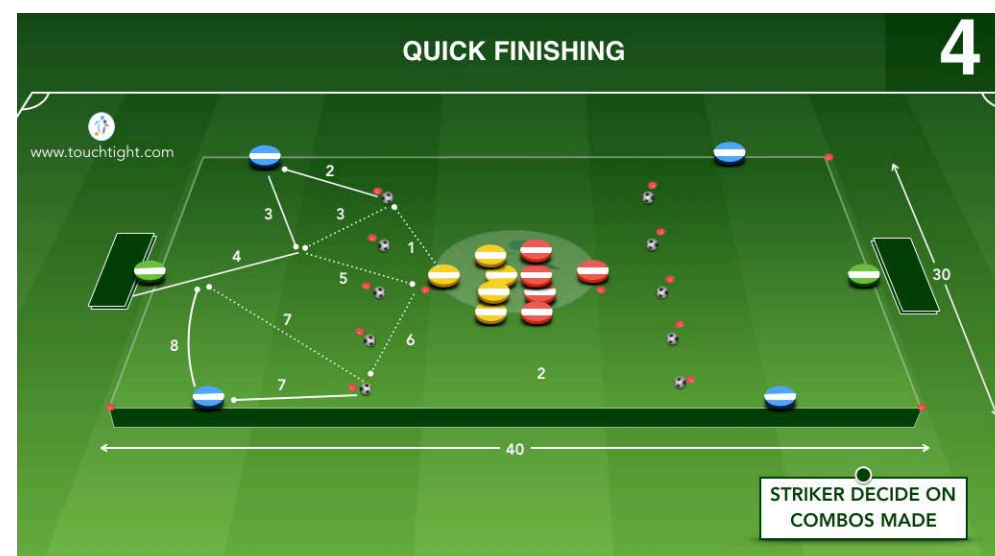


# QUICK FINISHING



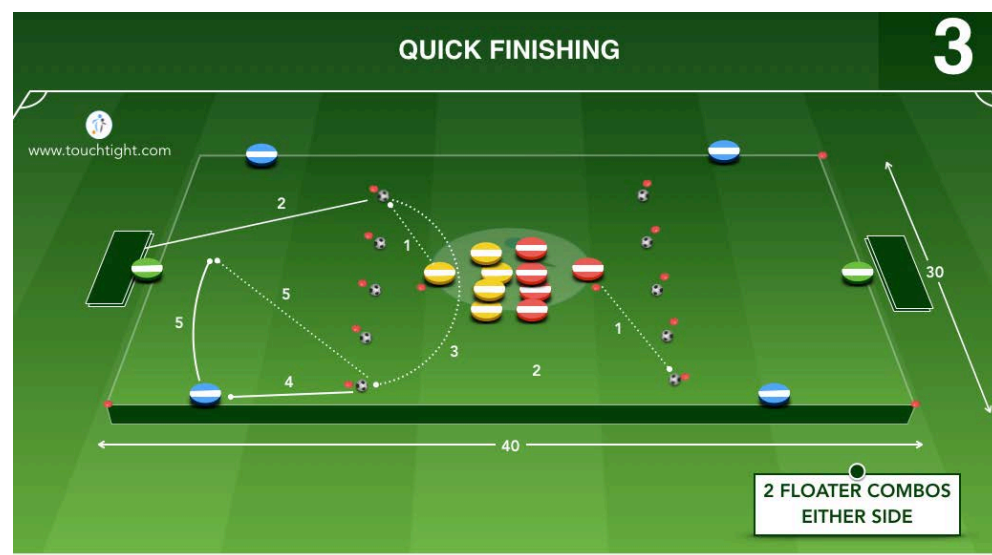
## P1: SHOOT & SWITCH

Players must now keep up with player in opposite group, as must switch to finish after every shot



## P2: FLOATER DECISIONS

Outside players can now change their movement, so finisher must make decision where to play pass to finish



## P2: ALTERNATE CROSSES

Players must alternate between finishing and playing wide to cross and finish

## TouchTight Tips

Maintain speed here as well as finishing technique, as this will develop anaerobic capacity with shuttle runs in between stations. Ball collection important, maybe player rotation or coach positioned behind, depending on player's ability!

**SPACE:** If space allows could provide another playing area to have 2 practices running at the same time

**TIME:** Competition element between players, with winning player and goals scored combined somehow i.e. goal = -1 second and tally at the end

**EQUIP:** Could have set up with 4 goals with goals at top and bottom of practice, with 4 players working at any one time, would require 20 balls and 4 GKs

**PLAYER:** Floaters used effectively in these progressions, could add a passive or active DF

# 13

**"Maintain speed here as well as finishing technique, as this will develop anaerobic capacity."**

#shortandsharp



# QUICK FIRE SHOOTING

## Practice Set Up

Area is a 30 x 18 Yard square with 1 goal with GK as shown. Players are set up as a 2 v 2 opposed in this area, with 6 players on the outside as feeders with 2 balls each.

Central players must react to coach call (numbers/names) and combine to get shot off quickly, before then next call; change players when all balls used.

## Individual Player Focus

Reactions - Finishing Technique - Movement - Decision Making (Pass or shot)

# 14



## Key Points Focus

1. Reaction to gain possession and can you shoot quickly? or need to combine?
2. Movement to link to get in behind defenders, (Go & Show movement)
3. 1 v 1 opportunities, how can you beat players? (Fients, Pace etc.)

## Team Objectives

Intelligent movement to create space for each other - Be clinical in and around goal

**"Large space for players to create opportunities,  
but must recognise space to exploit."  
#gethalfayard**



# QUICK FIRE SHOOTING



## P1: FEEDER COMBO

Players can now bounce off outside players 1 touch, could encourage runs in behind



## P3: FEEDER ROTATION

2 v 2 re-established, yet outside players must rotate when receiving; defenders will drop off naturally



## P2: FLOATER OVERLOAD 3 v 2

Feeder can now become a floater to create 3 v 2 opportunities  
If possession transfers, floater replaced

## TouchTight Tips

Ideal for pre-Season, as practice is played at a tempo and will test the fitness of all players. May need to encourage outside players to be quick and resourced with 2 balls.

SPACE: Large space for players to create opportunities, but must recognise space to exploit

TIME: Players set 6 seconds to get shot off, encouraging head up to take early chances

EQUIP: 2 balls for each player is paramount to get the best out of players, maintain flow

PLAYER: Progressions allow for various involvement of feeders and floaters, consider other

uses for players e.g. either side of goal to bounce off to score

# 14

**"Large space for players to create opportunities, but must recognise space to exploit."**  
#gethalfayard



# 3 V 3 OPPOSED TRANSFER

## Practice Set Up

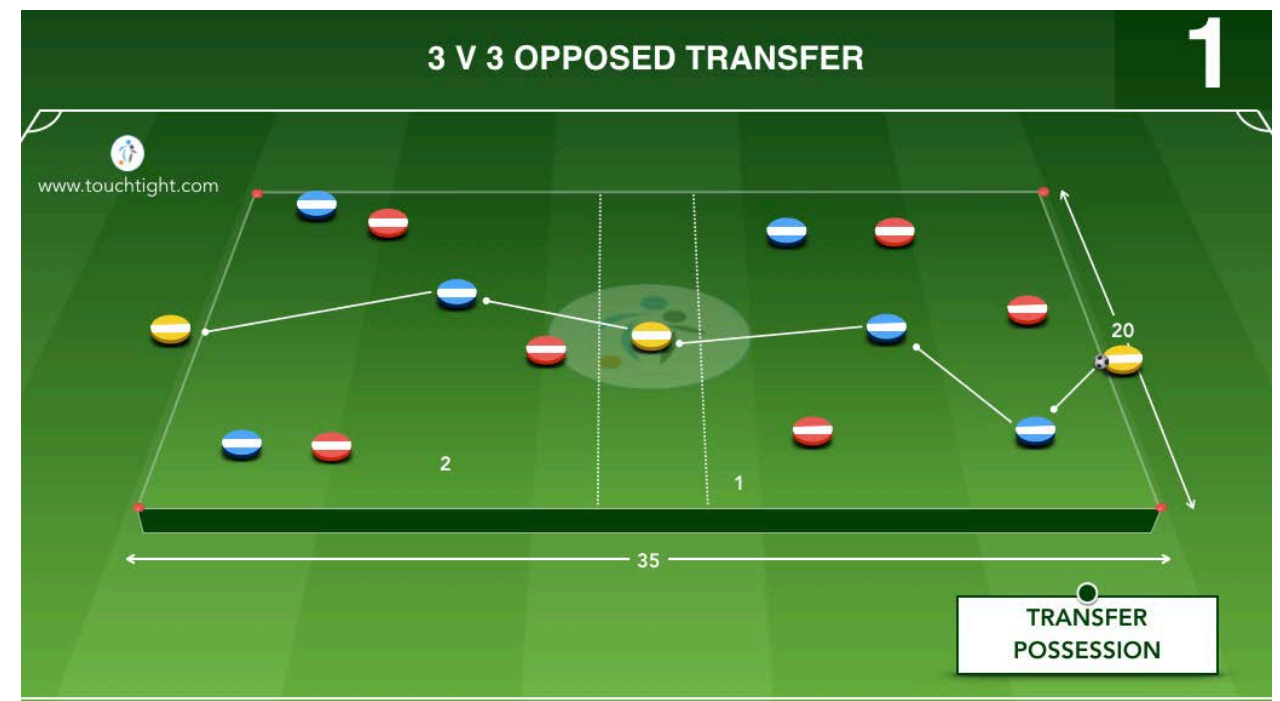
Area set up as 45 long x 30 wide then split into 2 areas 20 x 30, each with a 3 v 3 con-tested and a central area as a 5 yard x 30 yard area for floater to receive.

Practice also has a floater either end, resulting in to competed 3 v 3s and 3 floaters spread out. Players must keep possession and play through each of the areas

## Individual Player Focus

Spacial Awareness - Passing Quality - Half Turn- Intelligent Decision Making

# 15



## Key Points Focus

1. Ensure practice flows as transitions will occur, focus on reaction speed for tempo
2. Body shape to receive to play forward, particularly central floater
3. Playing on different lines to receive or create space for others, check shoulders

## Team Objectives

Use space intelligently to receive to play forward - Provide effective support quickly

**"Encourage defenders to press to increase tempo, especially during Pre-Season."**  
#makeitdifficult



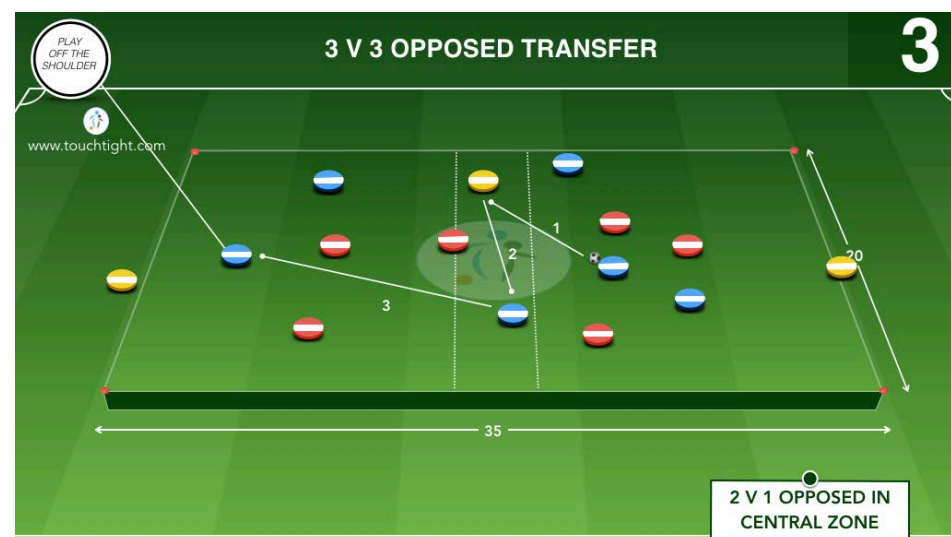


# 3 V 3 OPPOSED TRANSFER



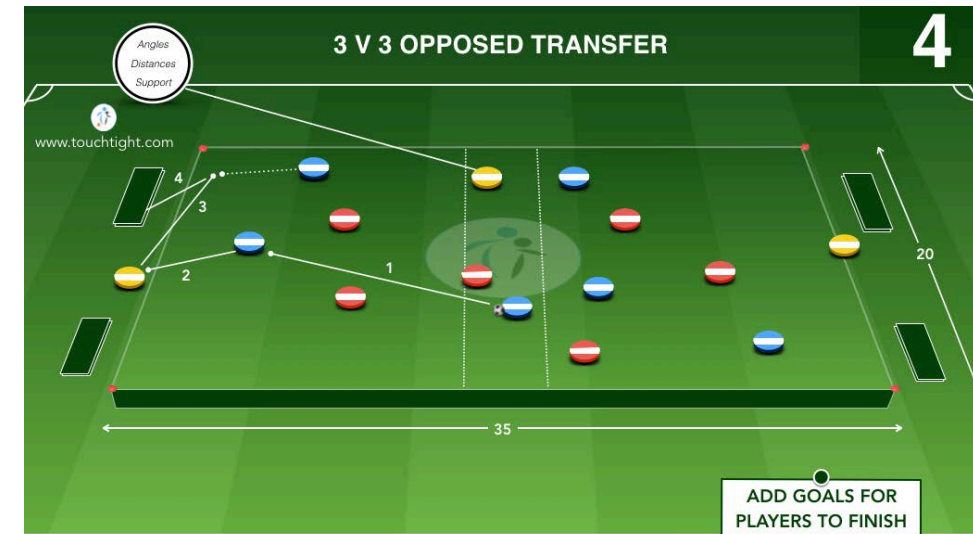
## P1: SET TO PLAY THROUGH

Central floater must now set for possession player to play through to teammate; quick effective support play



## P2: COMBINE CENTRALLY

Support can now be provided in central area, but it now defended 2 v 1; identify opportunities to link



## P3: SCORE ON COMBINATION

Once play progressed through each floater, team can now finish; encouraging forward runs to finish

## TouchTight Tips

With a focus on combining in central areas to move through the thirds, defenders will tend to drop off and protect this area, encourage defenders to press to increase tempo, especially during pre-Season.

**SPACE:** Players to play on different lines, long / short, wide and narrow, observe movement patterns to identify players who do not see this

**TIME:** Provide opportunities for players to work this practice out and to recognise when they are able to play forward with time and space

**EQUIP:** Addition of goals, provides a clearer player focus and encourages quick play, could possibly eliminate end floaters and play end to end

**PLAYER:** We can always develop this practice as long as we have at least 11 players (2 x 2v2s, + 3 floaters) be creative with the numbers you have

# 15

**"Encourage defenders to press to increase tempo, especially during Pre-Season."**  
#makeitdifficult





# **PRACTICES** **WITHOUT THE BALL**

Traditional fitness activities that have been used to develop both aerobic and anaerobic capacities for the game

# PROGRESSIVE SPRINTS

## Practice Set Up

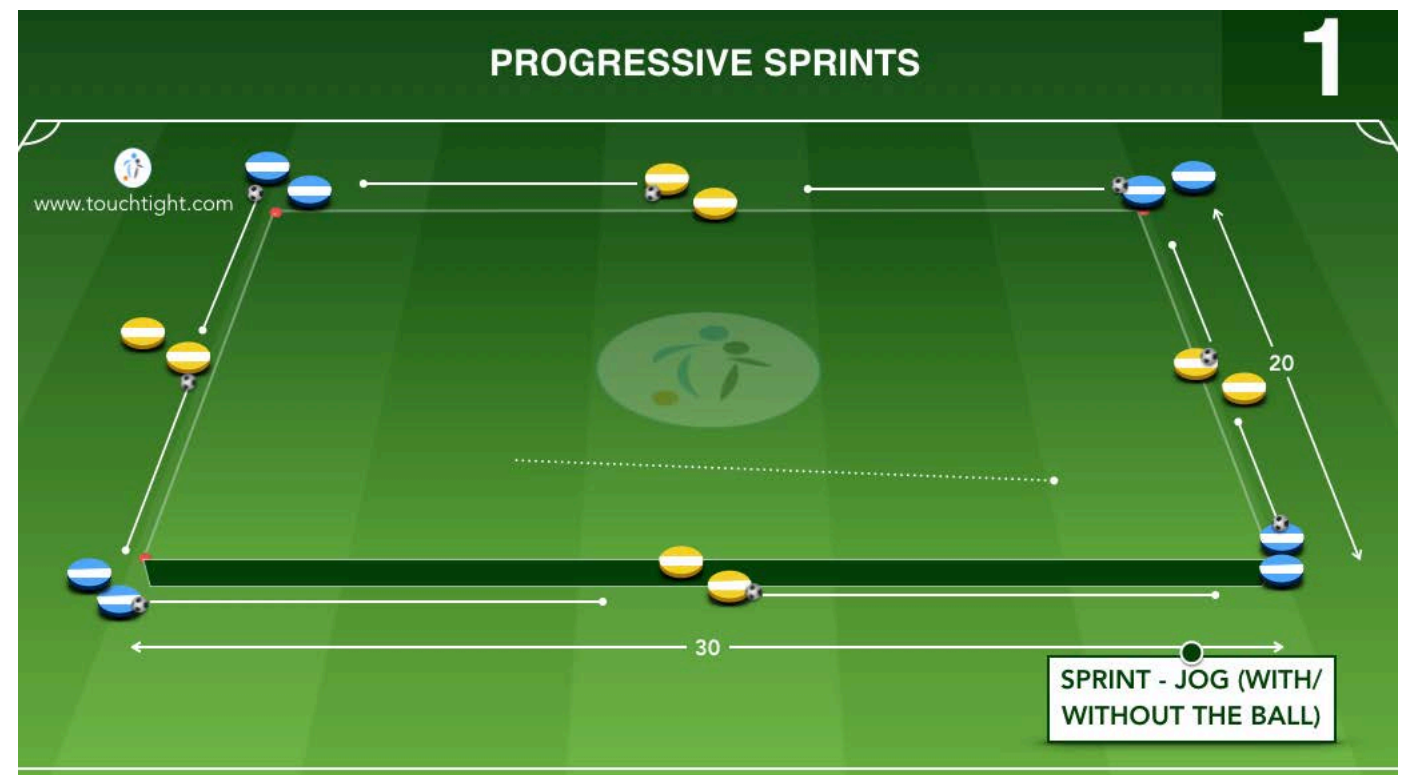
Running area set up as 50 x 40 in this example, but depending on age group could work with half or full pitch if available.

Position 8 stations around the outside of the pitch, each with 2 players. Group must start by sprinting 1 section and jogging 7, followed by sprinting 2 and jogging 6 and so on until they sprint the full circuit.

## Individual Player Focus

Speed - Endurance - No Pacing - Maintain Speed - Recovery

# 16



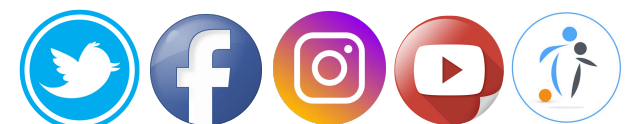
## Key Points Focus

1. Focus on players as a group to ensure all are putting in maximal effort
2. Identify pairings where there is a large difference in pace - future change
3. Decide if players must reverse run, based on outcomes and player age

## Group Objectives

Motivate themselves and others throughout - Maximal combined effort to progress

**"Developing speed endurance is key and this activity will enhance this fitness element"**  
#recovery



# ENDURANCE CIRCUIT

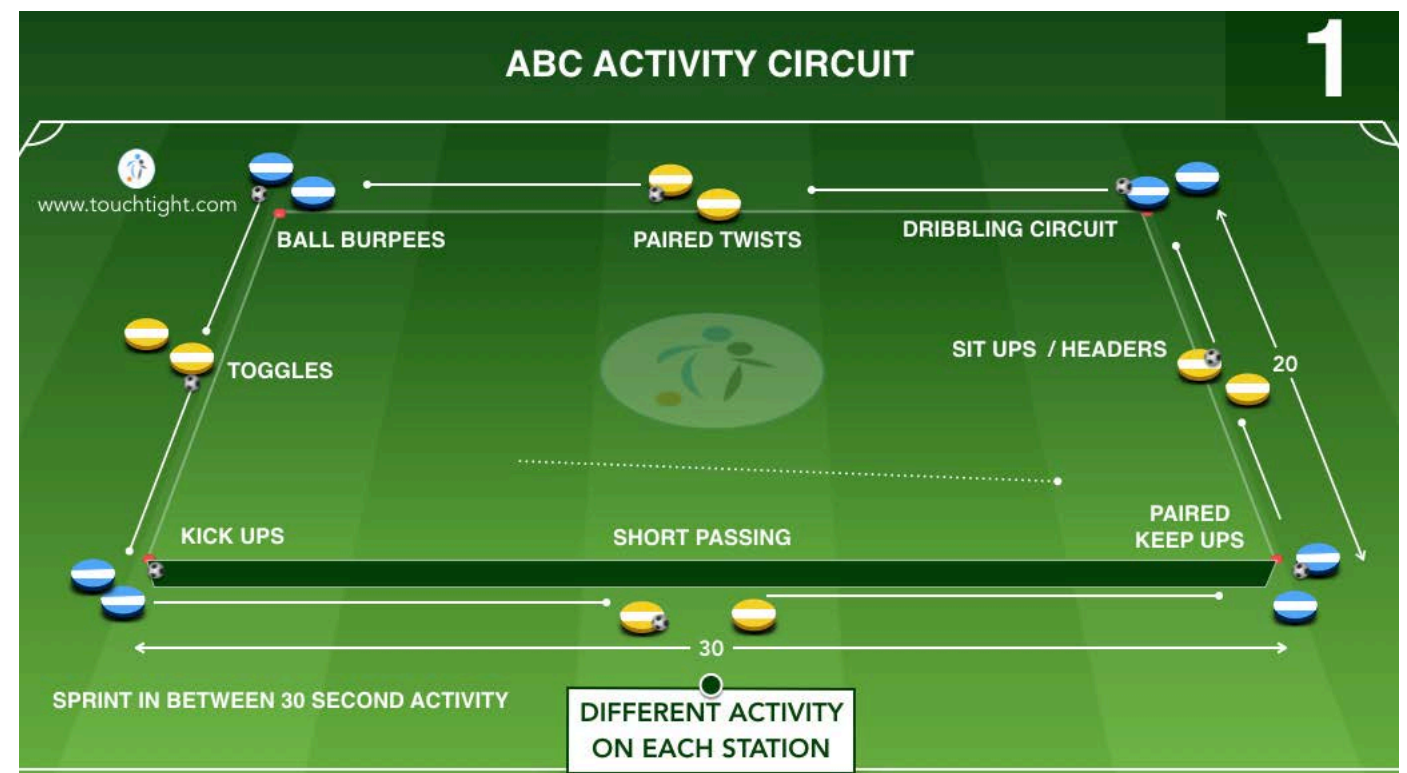
## Practice Set Up

Running area set up as 50 x 40 in this example, but depending on age group could work with half or full pitch if available.

Position 8 stations around the outside of the pitch, each with 2 players and 1 or 2 balls and a different activity on each base. Coach will time 30 seconds on each station before players progress with sprint to next area.

## Individual Player Focus

Speed - Endurance - Concentration - Teamwork - Quality On The Ball



## Key Points Focus

1. Ensure all players know each activity and quality is observed from the start
2. Observe sprint speed, identifying individuals who require motivation
3. Use challenges of highest scores between each station to encourage effort

## Group Objectives

Motivate themselves and others throughout - Compete with themselves and others

# 17

**"Bringing the ball into endurance circuits, provides focus and a need to be concentrated on the ball"**

#testing



# DISTANCE BUILD UP

## Practice Set Up

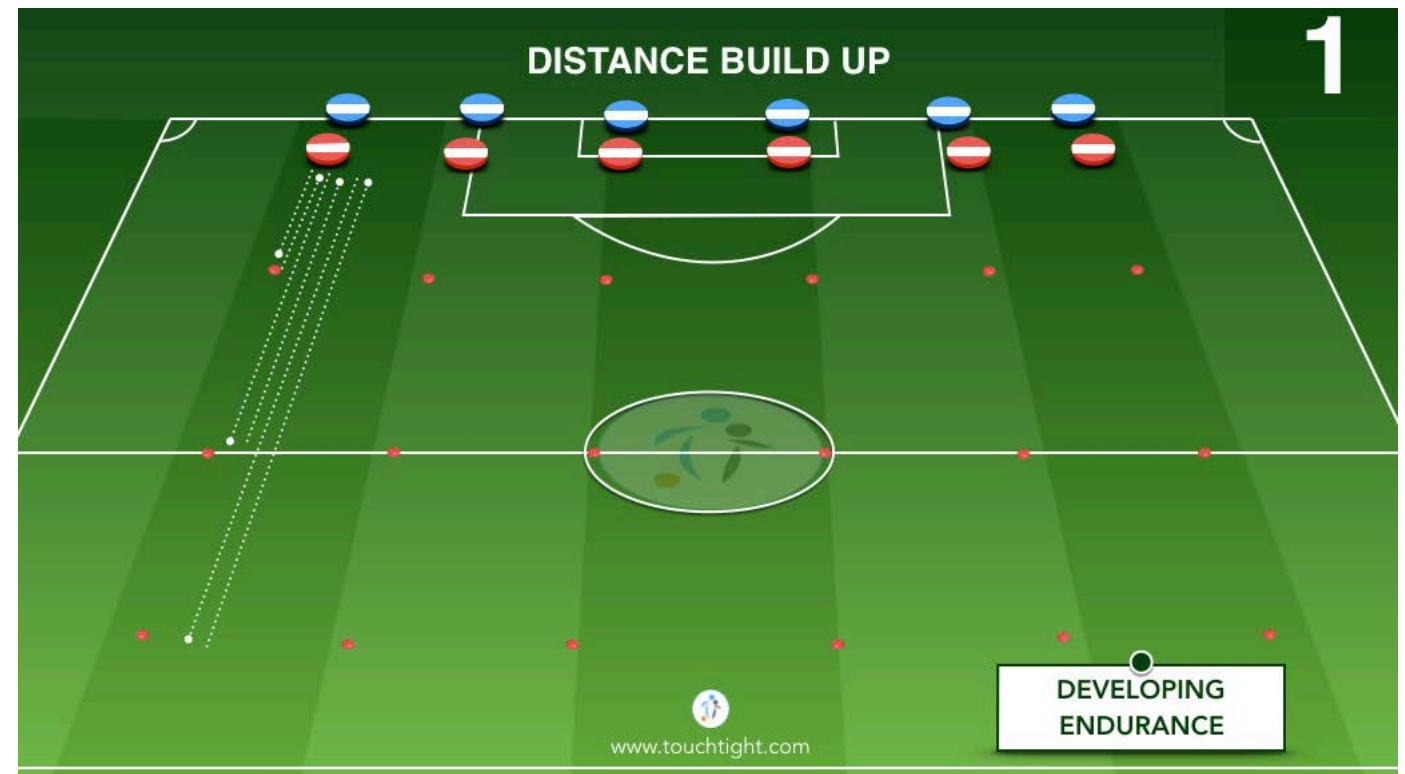
Full Pitch running exercise, with half of the group starting on goal line on one side of the pitch with other group starting at the opposite end.

Both groups must sprint to increasingly longer distance and back to the goal line (6 yard, 8 yard, halfway line, opposite 18 yard, opposite 6 yard)

## Individual Player Focus

Speed - Quick Turns - Endurance-

# 18



## Key Points Focus

1. Observe players are reaching the point each turn, completing the full distance
2. Recognise which players have paced themselves and which tire quickly
3. Time groups, with 2 coaches if possible and compare and prepare for next run

## Group Objectives

Motivate themselves and others throughout - Compete with themselves and others

**"Developing Speed Endurance is key and this activity will enhance this fitness element"**  
#allout?



# HORSESHOE

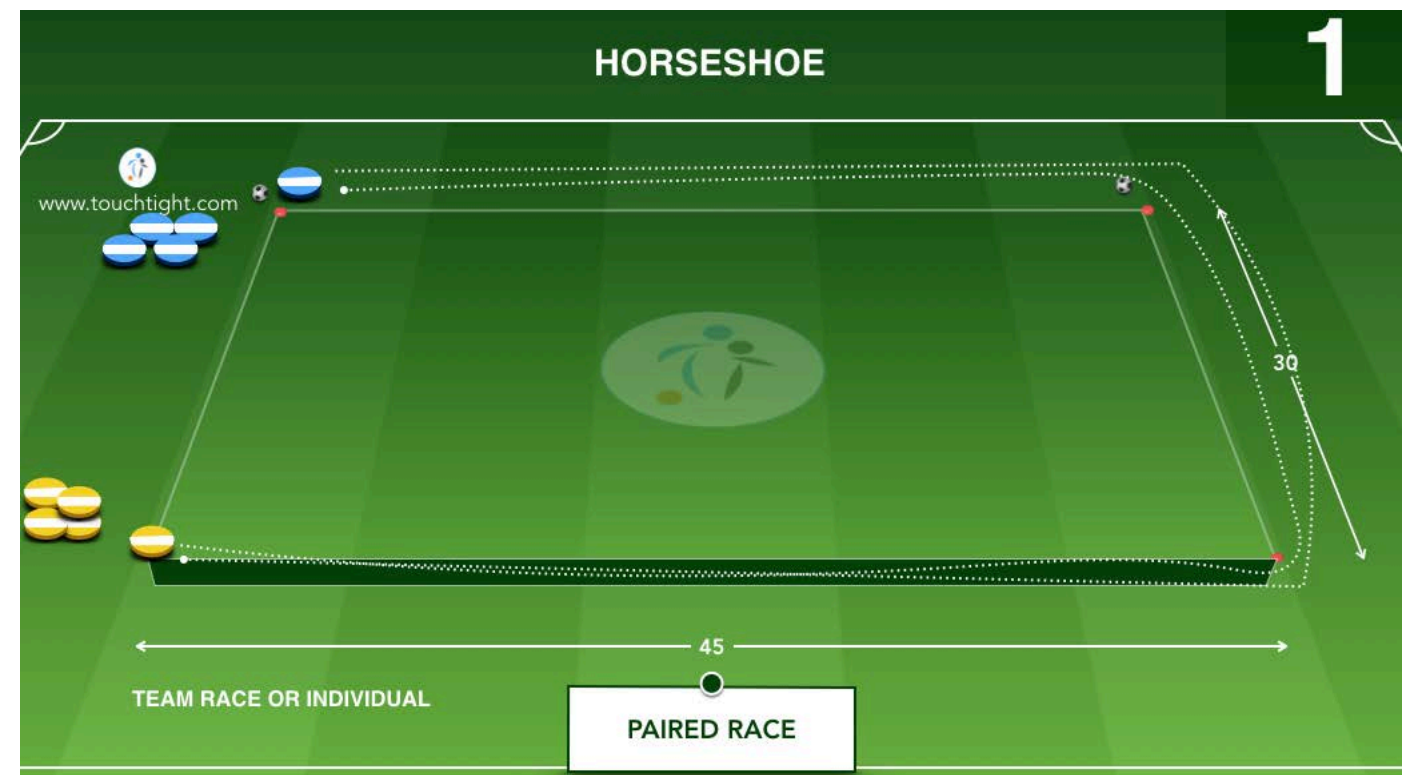
## Practice Set Up

Use pitch setup as running area, with players split into 4 groups of 4/5 positioned in each corner of the pitch.

1 player from each of the groups must race against player at opposite width around goal area as shown, working in both directions.

## Individual Player Focus

Speed - Recovery - Pace Maintenance



## Key Points Focus

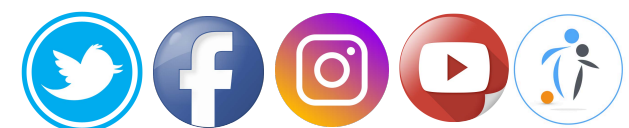
1. Number similar paced players in different groups to test each other each run
2. Timed efforts to ensure players are working to their maximal effort not pacing
3. Be flexible on recover time depending on age, fitness and numbers

## Group Objectives

Motivate themselves and others throughout - Compete with themselves and others

# 19

**"There is a motive behind this sort of pre-season activity.. just race!"**  
#raceday





# 30 YARD RECOVERY

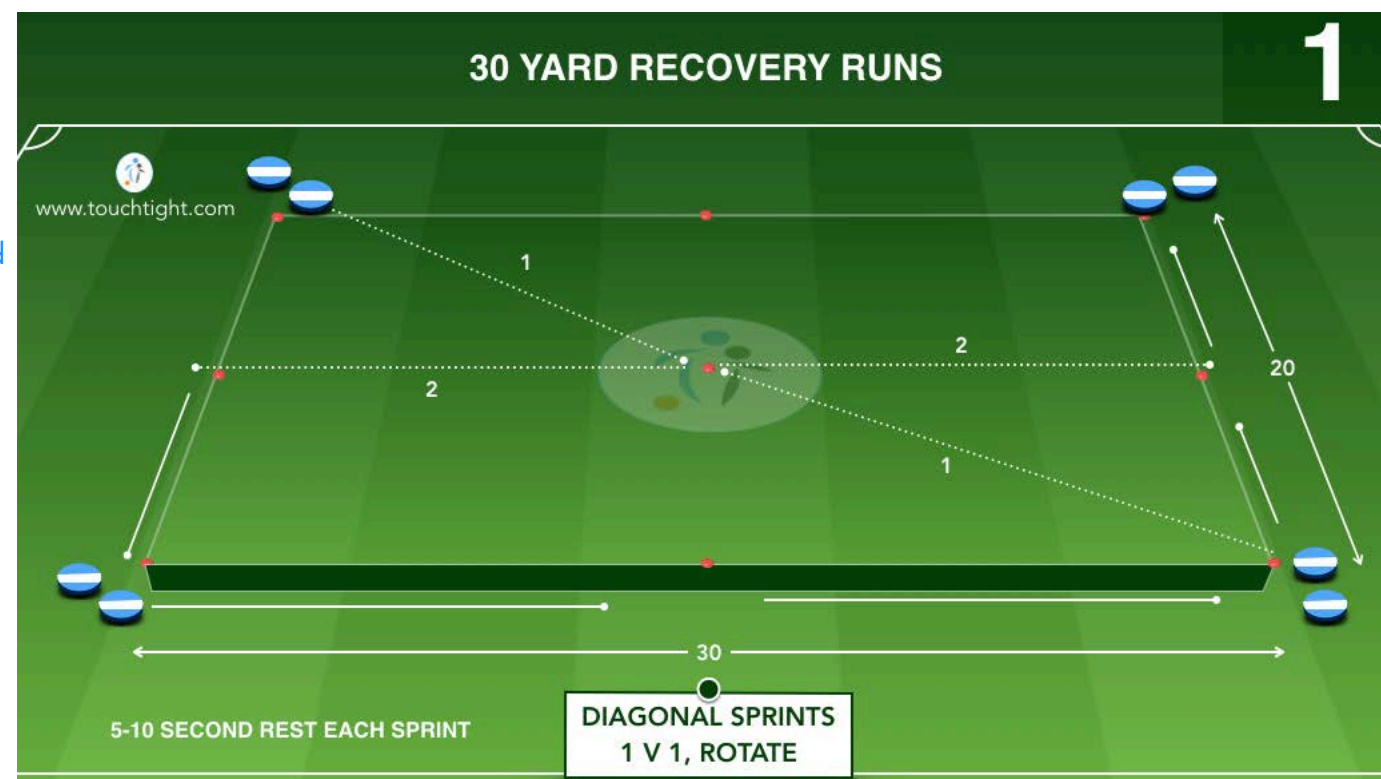
## Practice Set Up

30 x 30 Yard area, with central cone and 2 players positioned on each of 8 stations around this area.

1 Player from each group must sprint the full circuit, before diagonal sprint into the middle and back out to the next cone for 2nd runners to go. Players must work until they get back to their initial position. (8 sprints).

## Individual Player Focus

Speed - Endurance - Turning - Maintain Speed - Recovery



## Key Points Focus

1. Pair closely matched players in terms of fitness and observe effort levels
2. Timed efforts, so players should gradually slow, if not, need to identify pacers
3. Speed into the central cone to turn out, observe technique of individuals

## Group Objectives

Maintain pace as a group through encouragement - Chase teammates times

# 20

**"Combining sprints with short twists and turns also develops agility when fatigued"**  
#replicatethegame



# DIAGONAL DASH

## Practice Set Up

Area 40 Yards in length and variable width depending on numbers. Cones positioned 10 yards apart with players following a diagonal sequence.

Players must sprint around each cone in a diagonal pattern as shown, with next person repeating process. Once all players have gone, must return sprint the opposite way

## Individual Player Focus

Speed - Quick Feet Around Turns - Acceleration

# 21



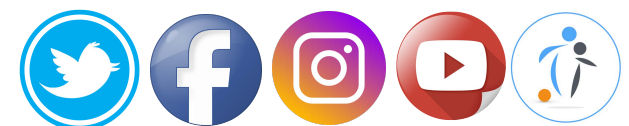
## Key Points Focus

1. Shorten or lengthen distance depending on desired outcomes of the group
2. Time each player set on each run to gauge differences; change if necessary
3. Technique around cones to accelerate away

## Team Objectives

Each group to work together compete - Measure timings for each set to beat

**"Short diagonal sprints get players prepared for closing down in games, this is vital preparation"**  
#diagz



# We are here..



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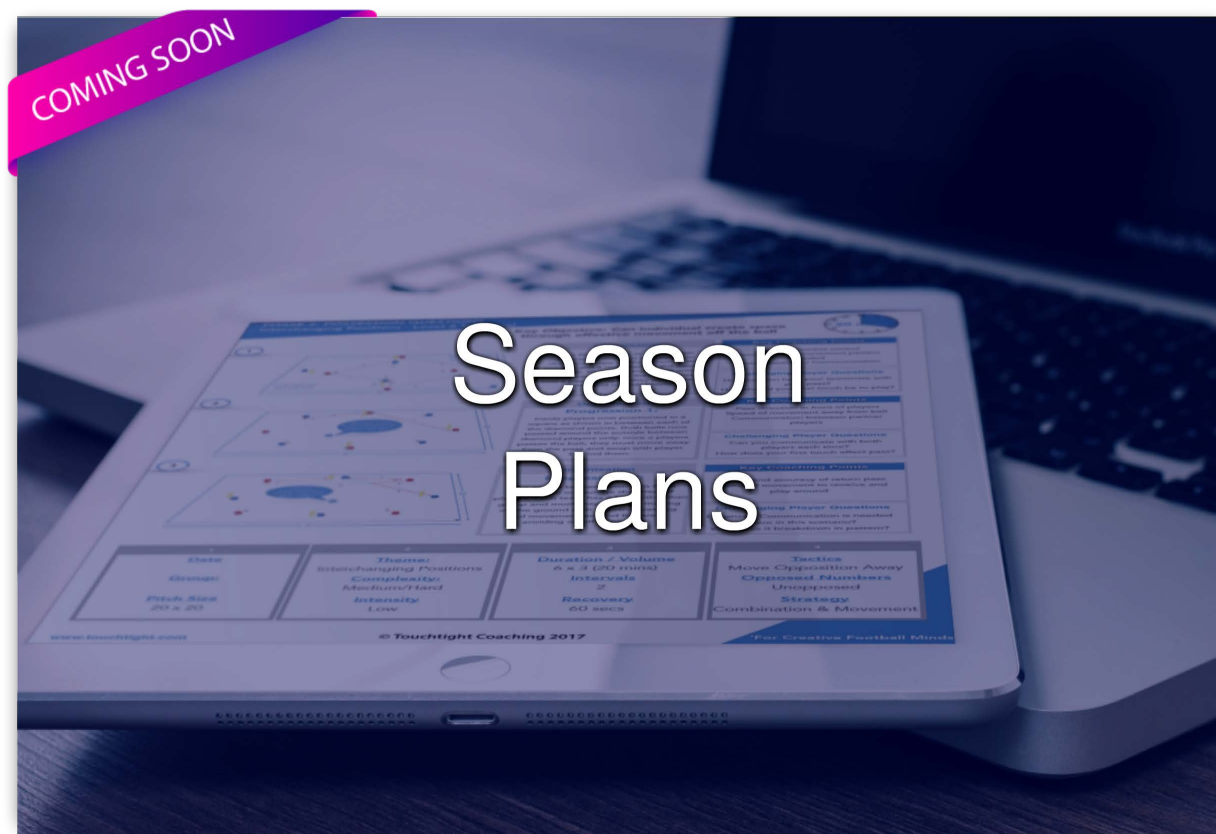
[www.touchtight.com](http://www.touchtight.com)



[coaching@touchtight.com](mailto:coaching@touchtight.com)



# WHAT WE ARE BUILDING





# MAIN PAGES

PRACTICES

SESSIONS

MATCH ANALYSIS

ANIMATIONS

FORMATION STUDY

BLOGS

TACTICAL SOLUTIONS

SESSION PLANNER

**CLICK TO BECOME A PREMIUM MEMBER**

**INTERESTED IN BECOMING AN AFFILIATE?**  
CONTACT US AT [COACHING@TOUCHTIGHT.COM](mailto:COACHING@TOUCHTIGHT.COM)



# CONCLUSION

In this, our first ebook publication we have learnt a lot about production and the requirements to plan, create and publish what we consider useful information that you can use to help develop your practices. There is no doubt we will be developing more material at your request and so through our social media communications, we will identify what areas coaches feel they require support and prioritize developing in these areas.

Some of the footballing elements we are anticipating our focus to be on are as follows:

- Complete sessions plans for specific age groups, skill and type
- Coaching material for all Youth courses (1,2,3 and advanced)
- Coaching material for all adult courses (1,2,3,4 and beyond)
- Tactical Solutions for defensive, attacking and transition situations
- Match Analysis of the biggest games in club and country competition
- Complete formation by formation analysis and comparison
- A 'How To' of the Elite 5 club teams in World football

and much much more.....

Watch this space, as we feel this knowledge should be accessible for all coaches who aspire to be their very best in a sport they love so as to 'unlock the beautiful game'.

Yours truly,

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