
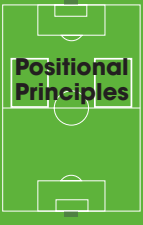
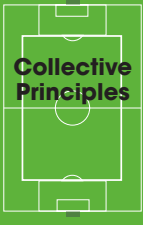
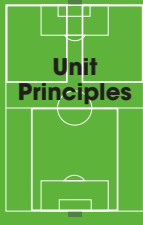
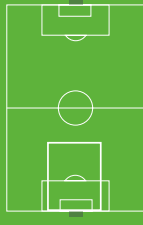



# EXTENSIVE TECHNICAL PRACTICES (LARGE SPACES)



# Extensive Technical Practices within the Training Week (Microcycle)

Duration	45 min	70-75 min	85-95 min	60-70 min	45-60 min	90 min
Daily Theme	Recovery	Intensive	EXTENSIVE	Intensive	Pre-Match Activation	Match
Preparation	Match Day (MD) +2/-5	Match Day (MD) +3/-4	Match Day (MD) +4/-3	Match Day (MD) +5/-2	Match Day (MD) +6/-1	Match Day
						
Game Type Focus	-	SSGs 1v1-4v4 (+GKs) Small Area	LSGs 8v8-10v10 (+GKs) Large Area	MSGs 5v5-7v7 (+GKs) Medium Area	LSGs 8v8-10v10 (+GKs) Small / Med Area	Match Day 11v11
Bout Durations	-	1-3 min	5-10 min	3-5 min	4 min	2 x 45 min
	Mon: Recovery	Tue-Wed: Conditioning		Thu-Fri: Preparation		Perform

\* Training Week based on Professional Microcycle Example - see pages 19-20.



- **Extensive Technical Practices** are used on **MD +4/-3** within the training week, which is 4 days after the previous match day and 3 days before the next one.
- **3 Days Until Match (MD +4/-3):**  
Collective Team Principle Training with Extensive Technical Practices

\* See next page full training session outline.

# Key Coaching Points for Extensive Technical Practices (Large Spaces)

## Larger Surface Areas and Greater Distances

- ▶ Use larger spaces on MD +4/-3 to cover more ground.
- ▶ Simulate match related conditions.
- ▶ Reinforce tactical awareness and spatial positioning.

## Tactical Relevance and Position Specific Details

- ▶ Focus on game-like passes tailored to specific match situations.
- ▶ Align practices with player specific positional roles.
- ▶ Ensure tactical and technical match preparation.

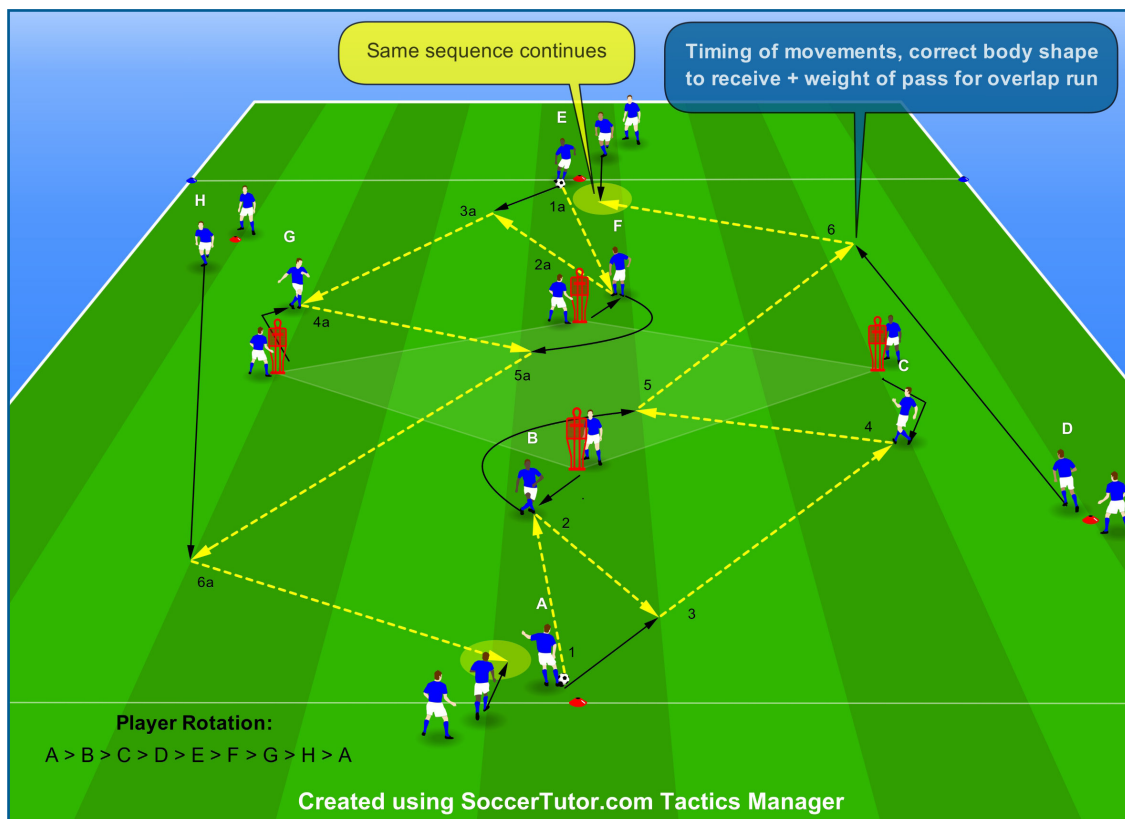
## Repetition of Forceful Actions

- ▶ Incorporate longer, powerful passes to build strength.
- ▶ Develop precision for high intensity match situations.
- ▶ Enhance technical consistency through repetition.

## Increased Physical Demands

- ▶ Use greater distances and higher ball speeds to boost workload.
- ▶ Promote speed endurance and match intensity.
- ▶ Align practices with MD +4/-3 physiological goals.

## 8. Rotational Passing Combinations with Overlap Third Man Runs



**Duration**  
15 min

**Reps**  
3

**Sets**  
3-4 min

**Numbers**  
18-20

**Size (m)**  
30 x 30

**Work Duration**  
9-12 min

**OBJECTIVE:** Technical passing/receiving, quick combination play, and third man runs.

- Two balls start simultaneously from **A** and **E**. **A/E** play a one-two with **B/F**, then pass wide to **C/G**.
- C/G** pass inside to **B/F**, who run around the mannequin to provide support.
- B/F** then play a through pass for the overlapping third man run of **D/H**.
- D/H** finish with a pass to Position A/E.
- Coaching Points:** Effective passing and receiving, with a focus on control and accuracy. Timing of movements to receive and correct body shape to play is key, as well as the weight of pass (**B/F**) for the overlapping player (**D/H**).

## 50 Technical Practices from a High Performance Expert to Maximise the Performance of Your Players



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