



THEME 03:

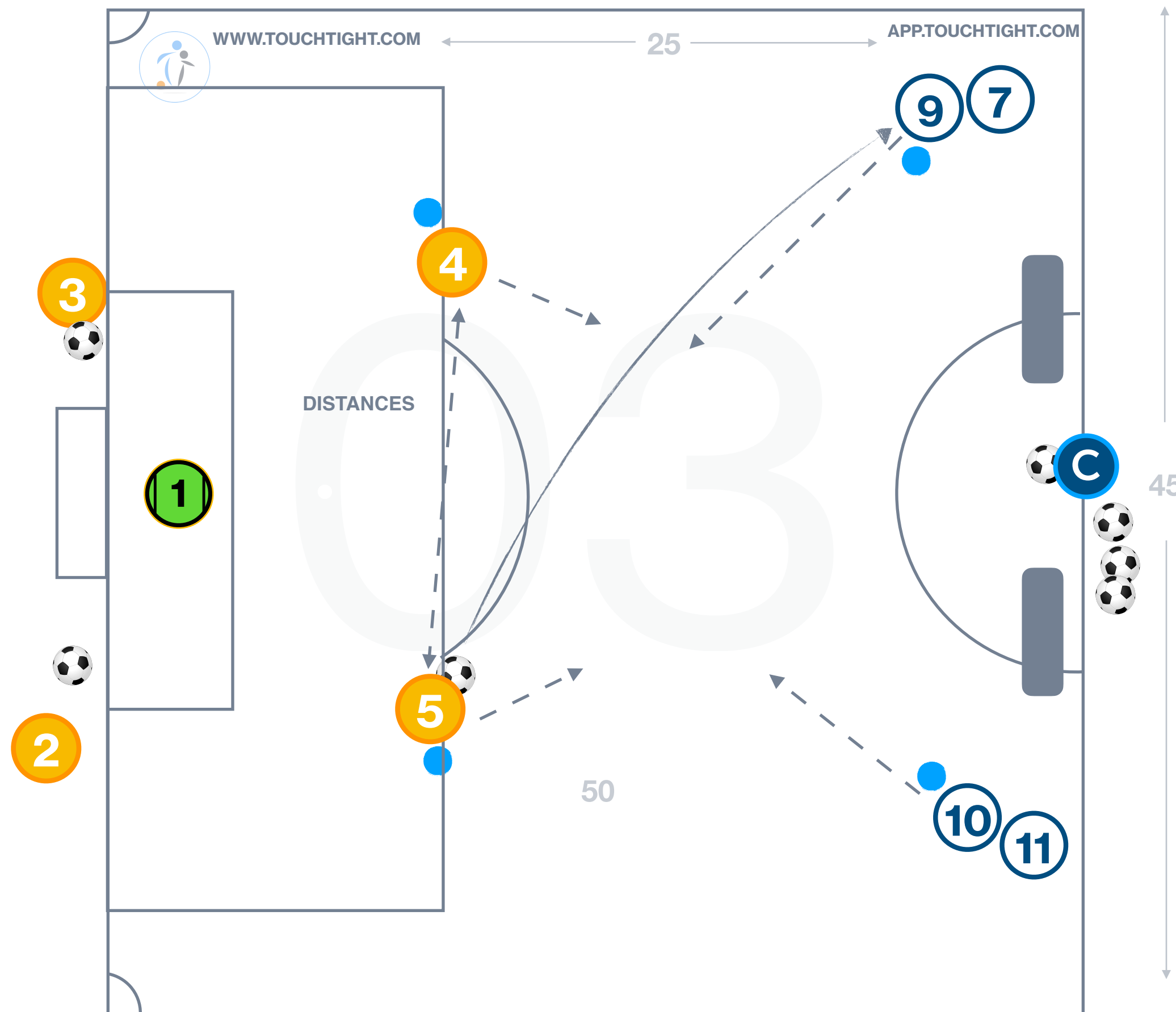
DEFEND IN THE DEFENDING THIRD

PRACTICE 05: OPPOSED SKILL

AGE GROUP: 10 TO ADULT

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO DEFEND CENTRALLY IN PAIRS



ORGANISATION:

Practice 3 of Theme 3 Defend in the Defending third, is a Skill Practice that focuses on developing player's ability to defend deep in opposed situations. In a 30 by 30 yard area, we have a Goalkeeper protecting goal with 2 defenders pitched against 2 attackers. The objective is for attackers to break down the defensive line, with the opposition's target to regain possession and score in one of two mini goals. Manage player's work to rest ratio through rotation and coach to player discussion.

KEY COACHING POINTS:

Our first progression allows an additional attacker to join, creating a 3 v 2 overload. This will encourage defenders to regain possession quickly, possibly leaving more space for attacking players to exploit. We balance this challenge by allowing an additional defender to join if they hold for 10 seconds creating a 3 v 3.

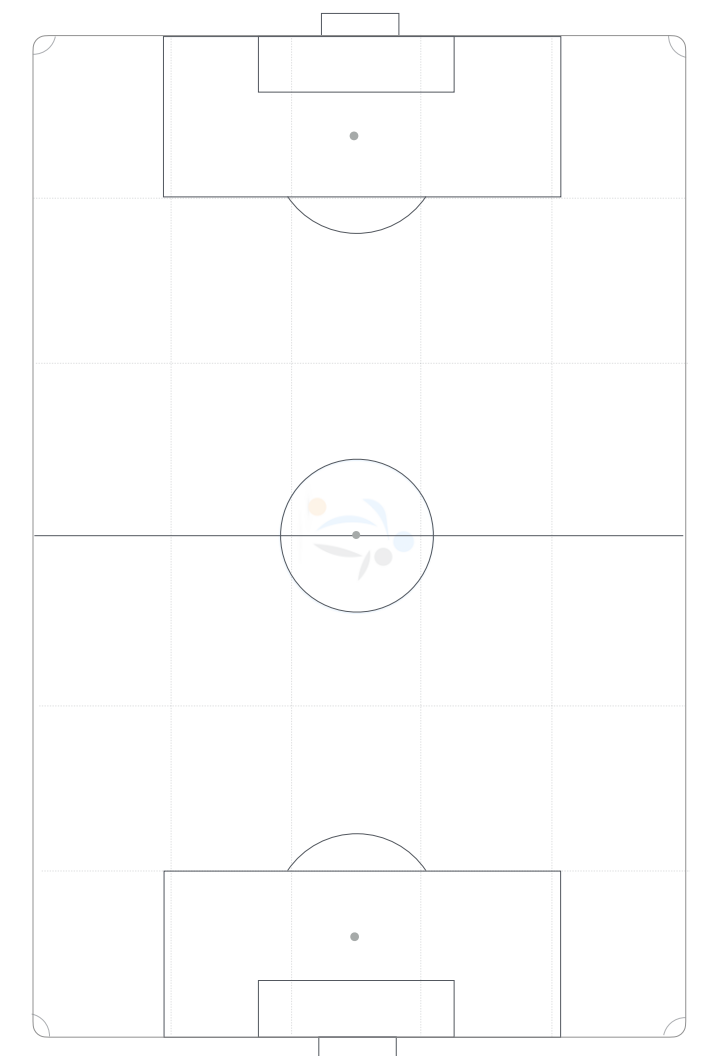
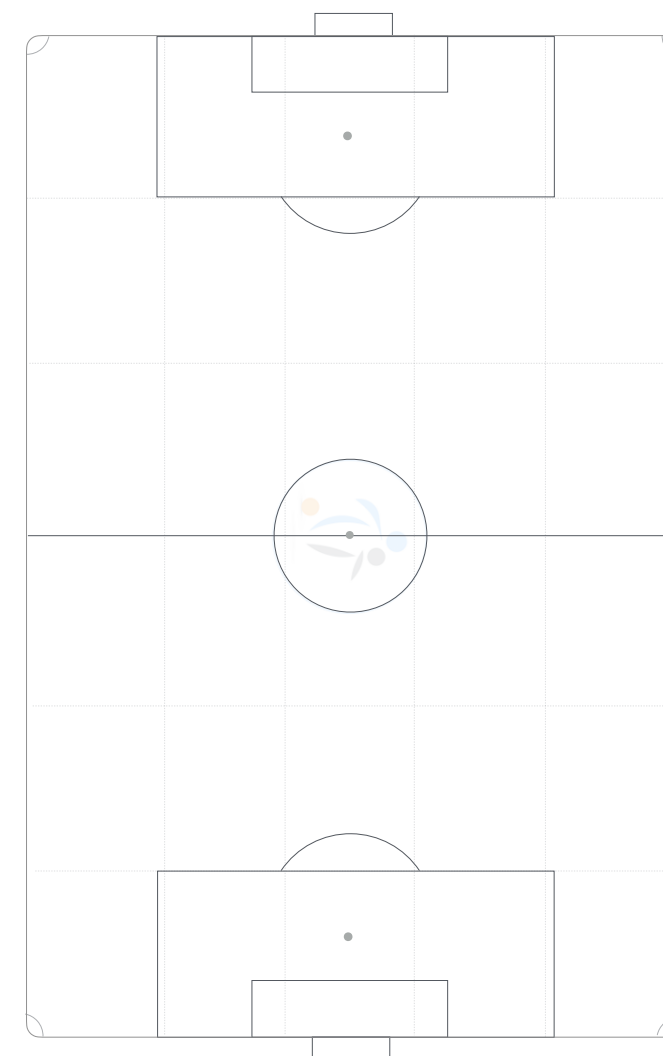
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



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

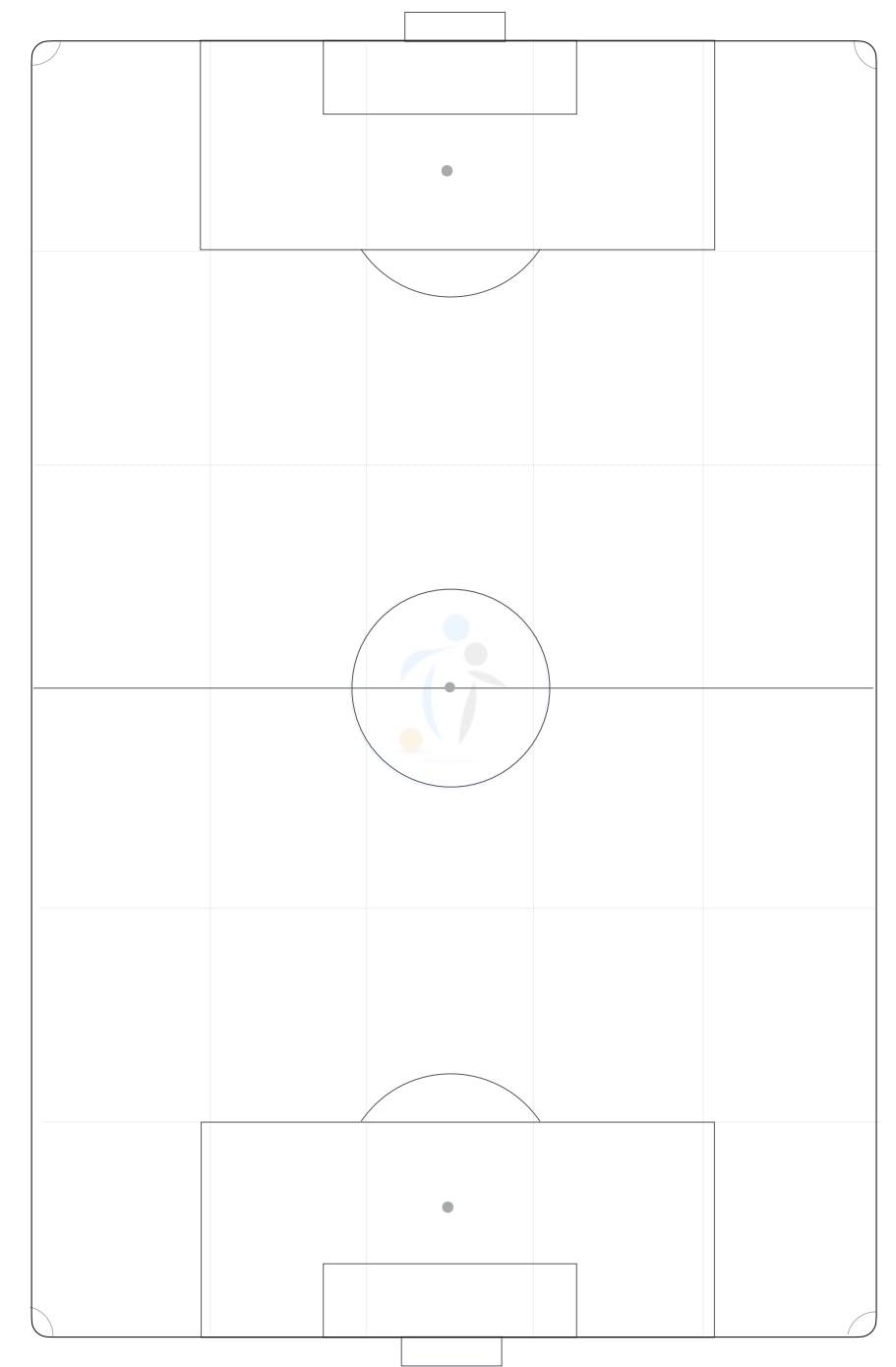
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

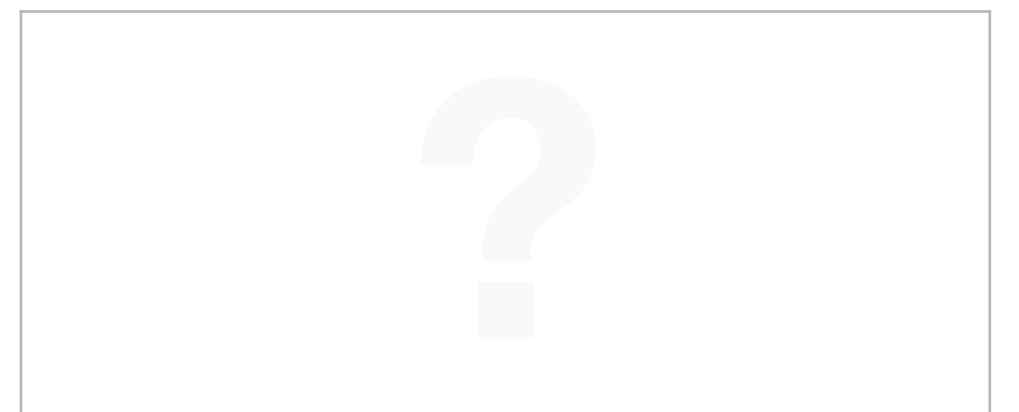
What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation

