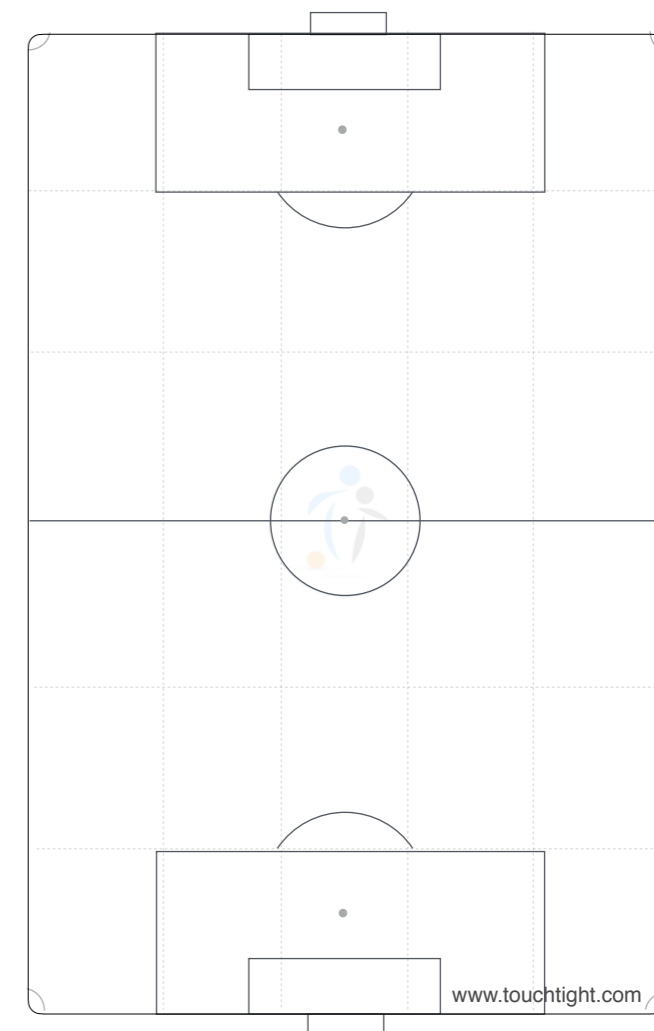
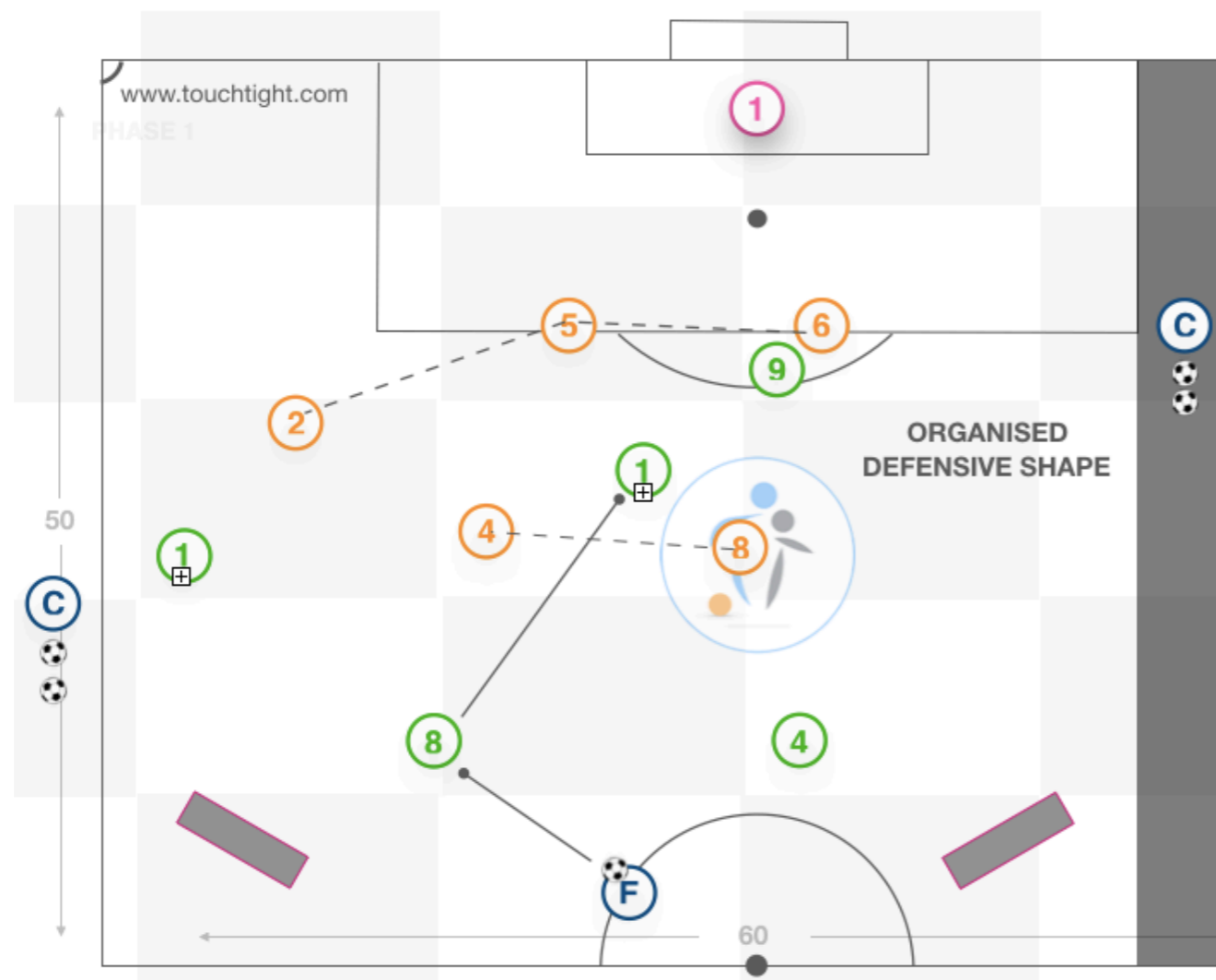




Type: Functional Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This Defending Function is played in a 40 (L) x 50 (W) area with an end goal to defend. GK and 5 Oranges are coached to defend in a 32 against Greens coached to attack in a 221 (possible 4231).
- Team must attempt to link with 1 of 2 attacking floaters at the opposite end to score in central mini goal after regaining possession, whilst opposition will attack as normal with an overload to provide the challenge for defenders. This can be seen as a bridge between mini small sided games and 11 v 11 practices.

Key Coaching Points:

- Focus on observing the defensive phase to identify level of challenge experienced. With attacking overload in place, you must focus on these question areas and use your own knowledge of the game to impact on your players.

Progressions / Constraints:

- Can you even numbers, if necessary, by conditioning team to leave a player in deep area? Condition players to have to switch play etc.

Questions & Notes:

- Are numbers appropriate? Do Orange concede space far too easily, resulting in dropping off too much? If so, incorporate an offside line to play higher.
- Can formation be altered to limit wider players getting on the ball? This may mean players need to slide across quicker. Harder to employ, but effective.

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

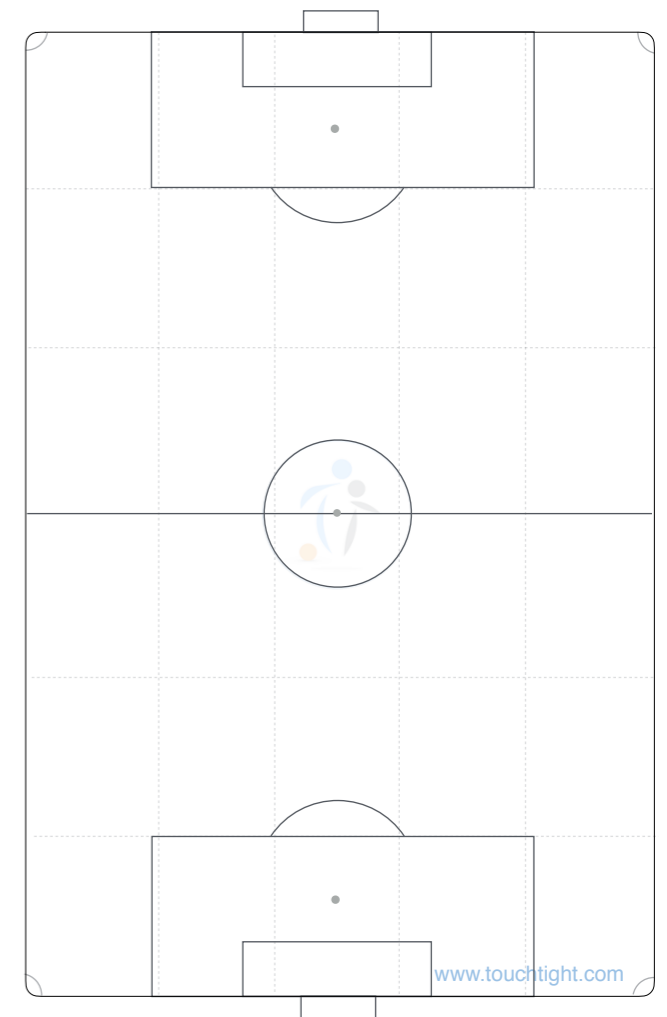
Player Trios initials	Objectives

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?

