



Session Date

Season

Age Group

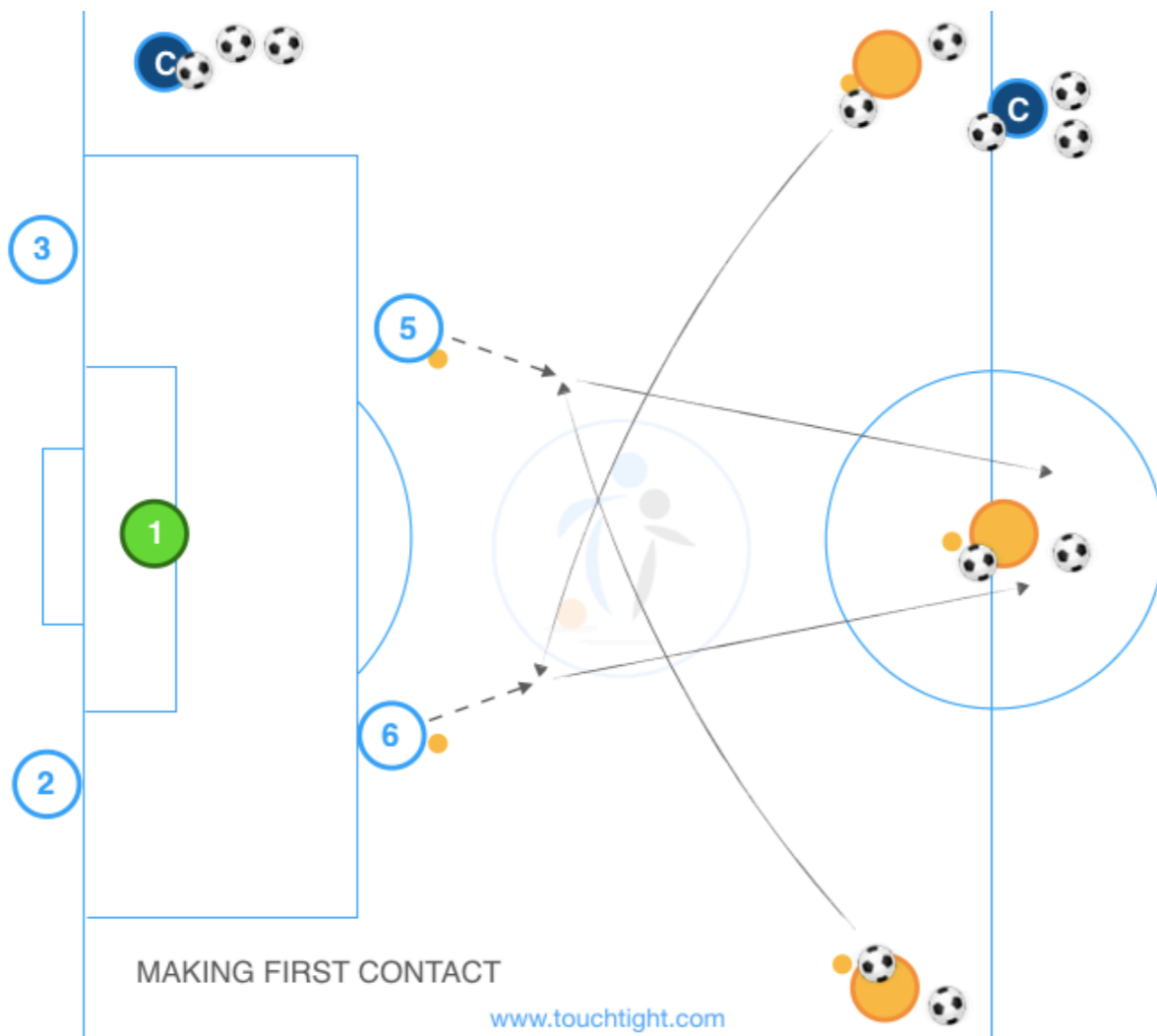
Players

Duration

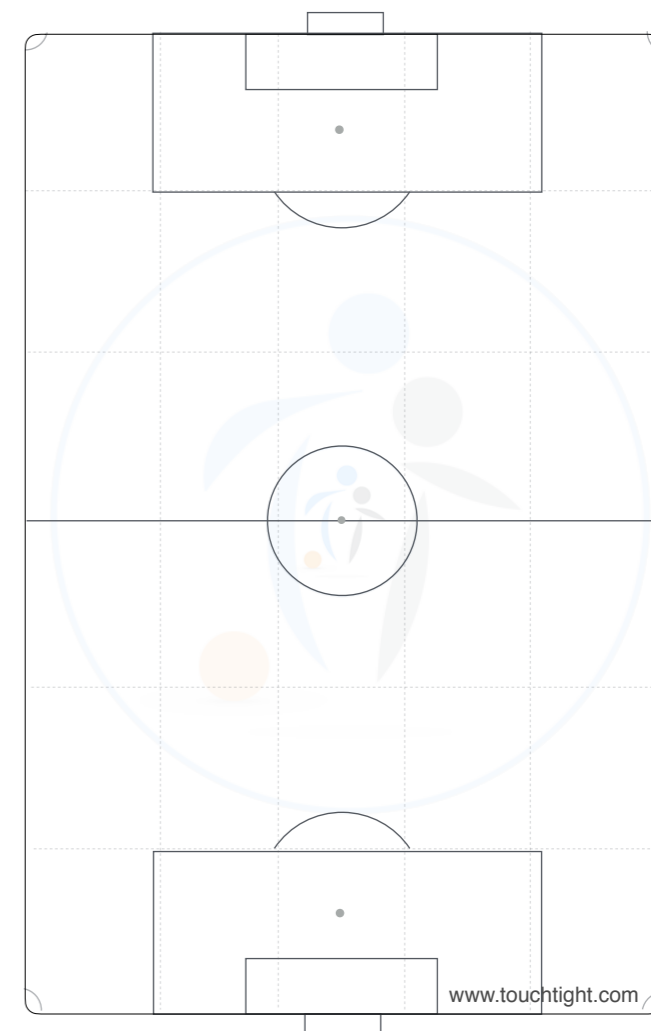
Type: Technical Practice

Area:

Team Objectives:



PRACTICE TECHNICAL



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Set Up & Organisation:

- This defending session is a technical practice that works paired defenders in developing their individual and paired defending technique. With 1 goal protected by a Goalkeeper and 2 Defenders, position 3 other players on each of the cones as shown with a supply of 3/4 balls.
- Each player must take it in turns to deliver a lofted pass or cross into the box for players to clear. Work through all balls and rotate defensive players to repeat practice.

Key Coaching Points:

- **Paired Defending** | Focus on distance of clearance and covering positions of teammate and GK.
- **Press & Defend** | After each clearance, players must squeeze and drop ready for next delivery.

Consider..

- This can be fantastic for developing players understanding between each other. Encourage different keywords for players to use between them i.e. 'clear', 'squeeze', 'out' and 'drop'. Between the 3 players they will develop a great relationship that will allow them to defend spaces much more effectively on game day.

Work / Rest Ratio: mins sets



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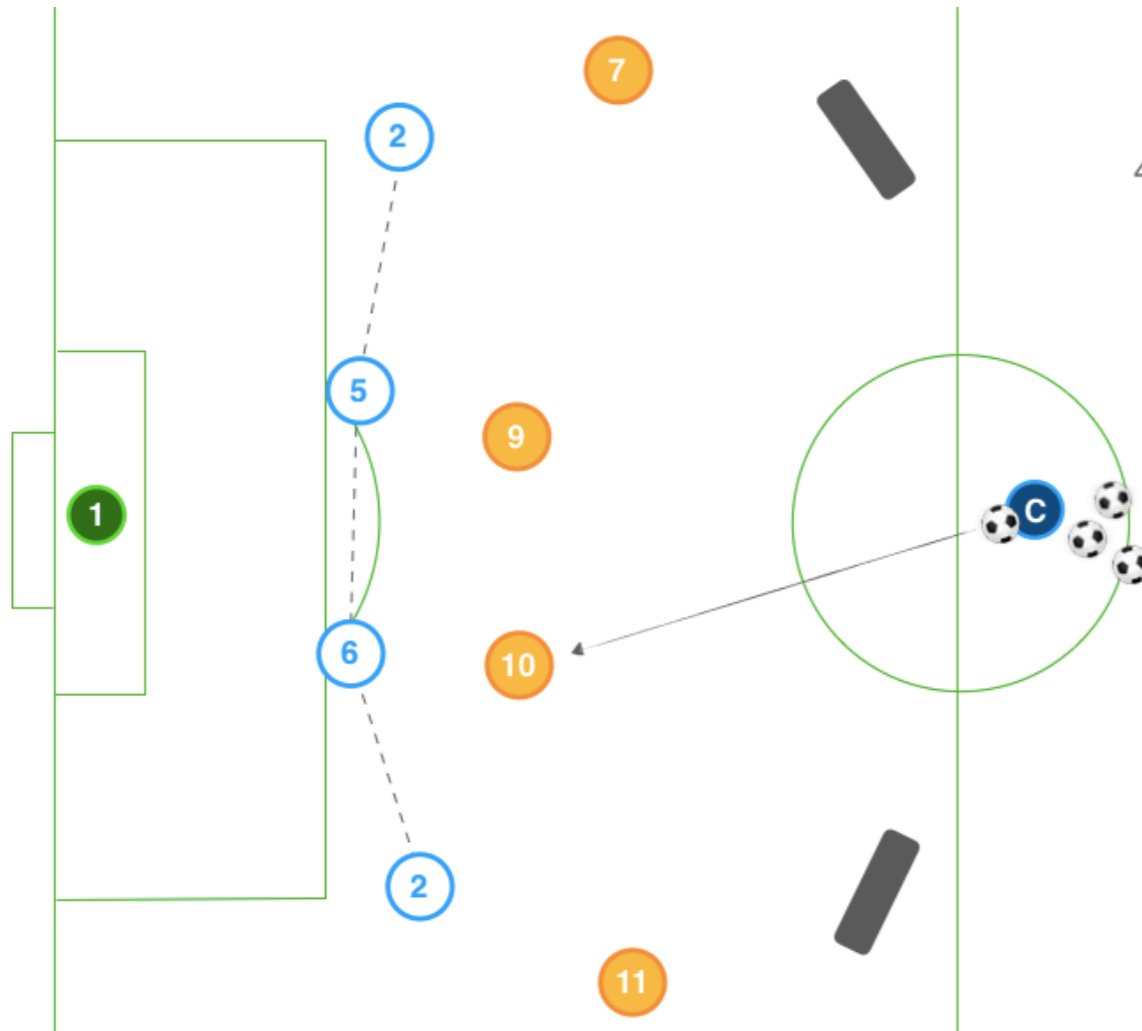
Players

Duration

Type: 4 v 4 Opposed Practice

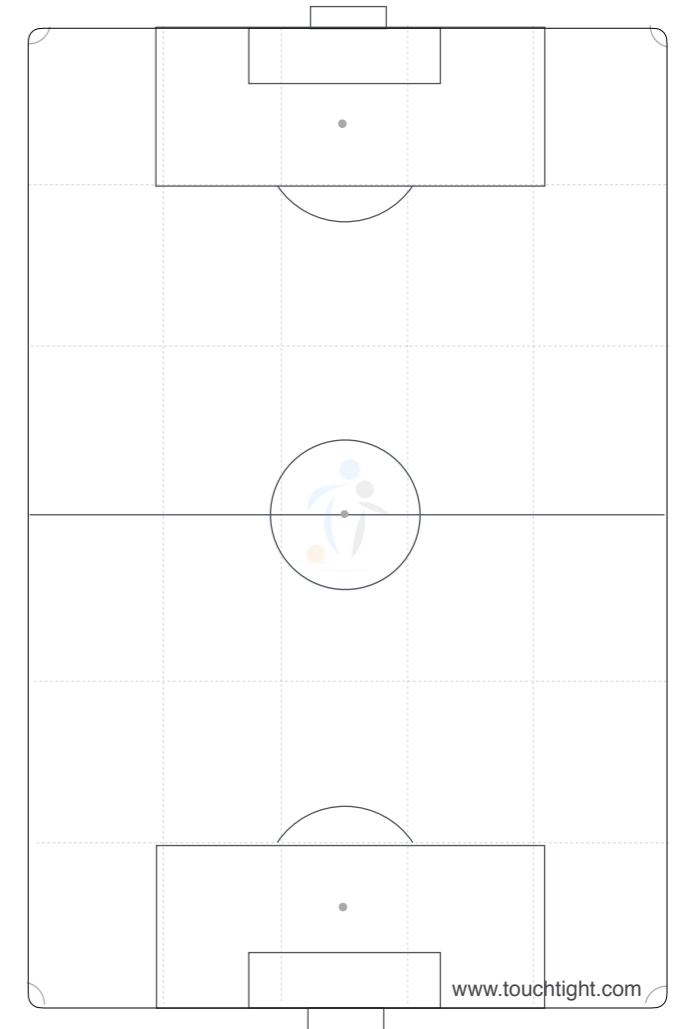
Area:

Team Objectives:



PRACTICE

4 V 4 ATTACK V DEFENCE



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Set Up & Organisation:

- In this half pitch practice, we focus on our attacking 4 players against a back 4. Our coach will play a ball into one of the front players, with their challenge to create effective angles to move defenders around. The back 4 must remain compact and look to regain possession to finish in one of two mini goals as shown.

Progressions & Constraints:

- Implement opportunities for defenders to recover during counter attacks, this may be after they have regained possession and look to score in mini goals.
- Create opportunities to defend the goal with high balls and crosses around the 6 yard box, encouraging goalkeeper and defenders to protect goal

Key Coaching Points:

- **Tactical** | Compactness to protect space behind defensive line and recognition of when to squeeze or drop as a back line.
- **Technical** | Defending in 1 v 1s and Defensive clearances (headers / tackles)
- **Social** | Collective defending, limiting spaces in between and communication to perform group actions (press/drop/shuffle)

Questions & Notes:

- When do you press and when do you delay?
- What is causing the defensive line problems and how can you use the offside line to influence attacking options?

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

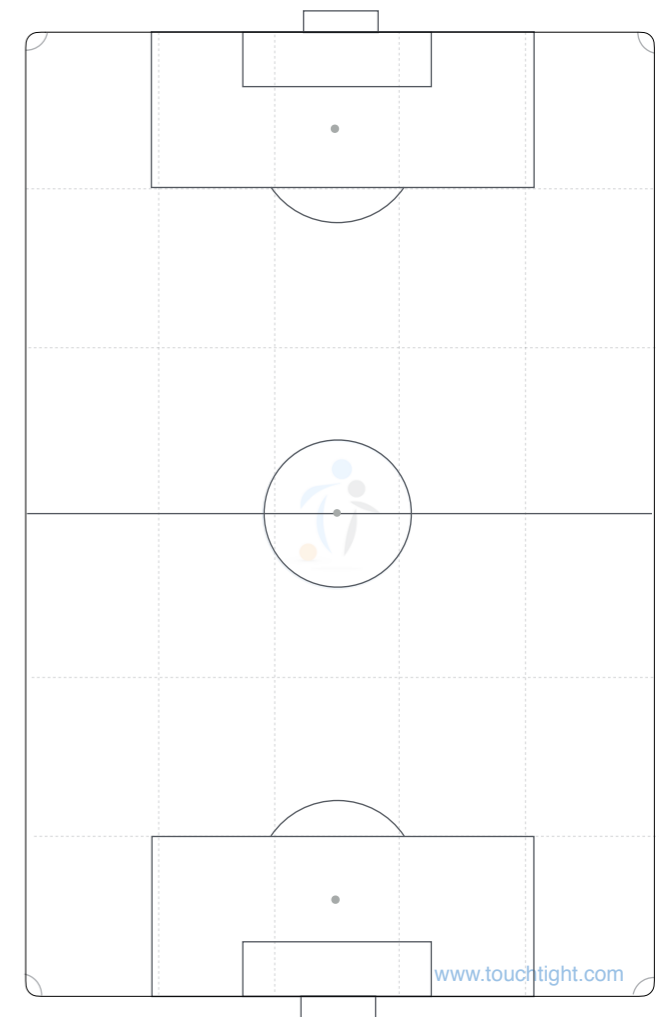
Player Trios initials	Objectives

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?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation

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