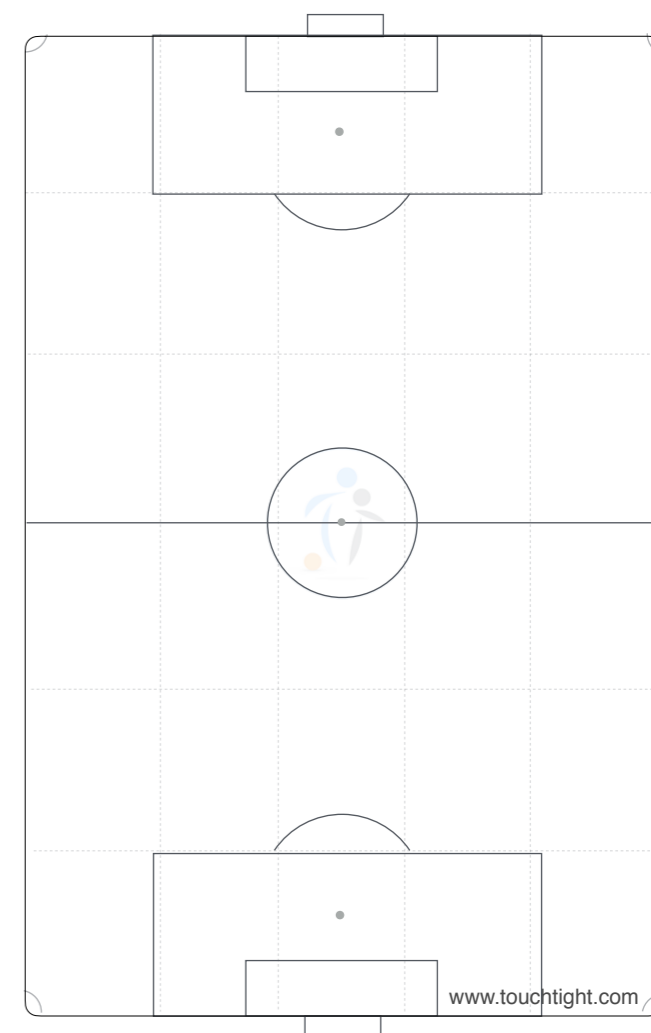
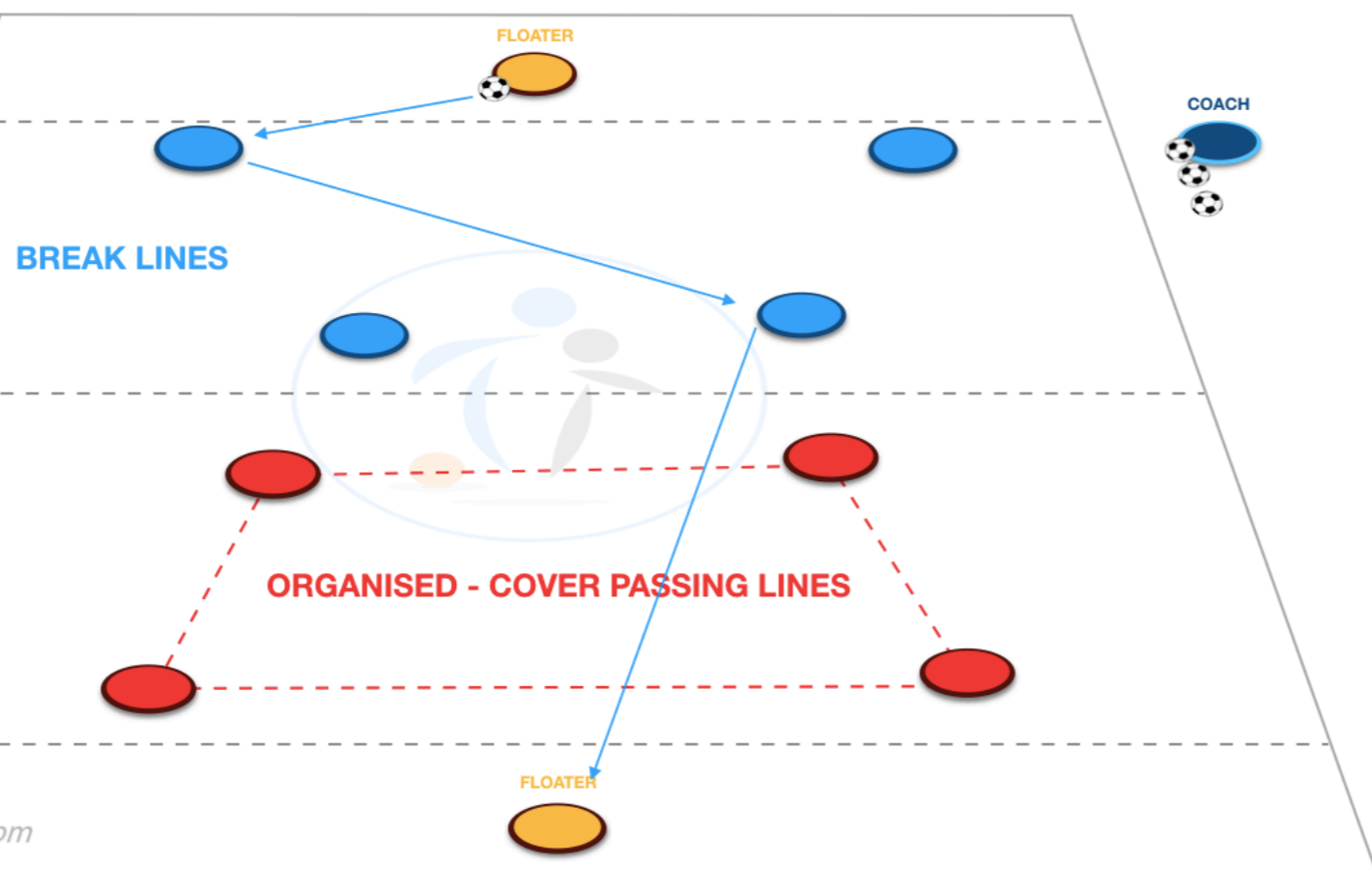




Type: Directional Skill Practice

Area:

Team Objectives:



Set up / Organisation:

- This defending practice develops player's ability to defend as a group against through balls, by covering passing lines & reacting to ball movement. With 4 teams of 3 working in a 25 x 30 (depending on age group), the objective is for 3 of these teams to combine outside of a central 15² yard area, which is protected by one of the teams of 3.
- 3 defenders must prevent through balls being played through the area & gain possession as many times as possible in the allotted time before rotating players.

Key Coaching Points:

- Compactness between 3 defenders, with quick movement to cover passing lines checking shoulders
- Awareness of angle of pressure for individual players, teammates adjust to pressing players regain attempts

Progressions / Constraints:

- 1 Defender can now press to win possession while 2 teammates cover passing lines in central area
- Attacking player can drop into central area, attempting to play off the shoulder of defenders

Questions & Notes:

- Communication between all defenders continued checking of shoulders and continuous adjustments during defending phase.

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

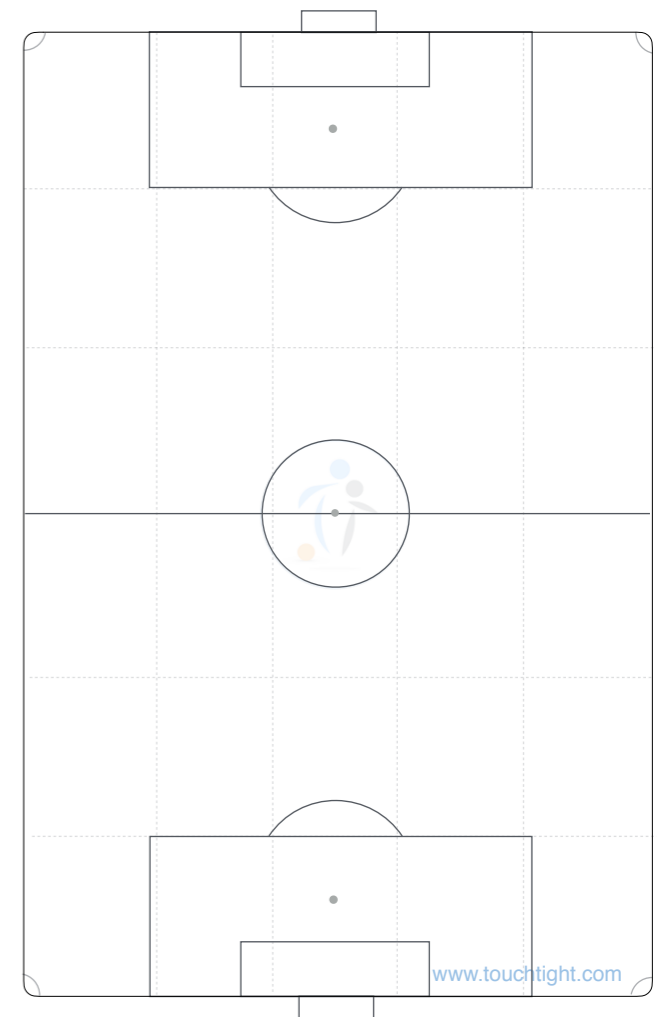
Player Trios initials	Objectives

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?

