



Session Date

Season

Age Group

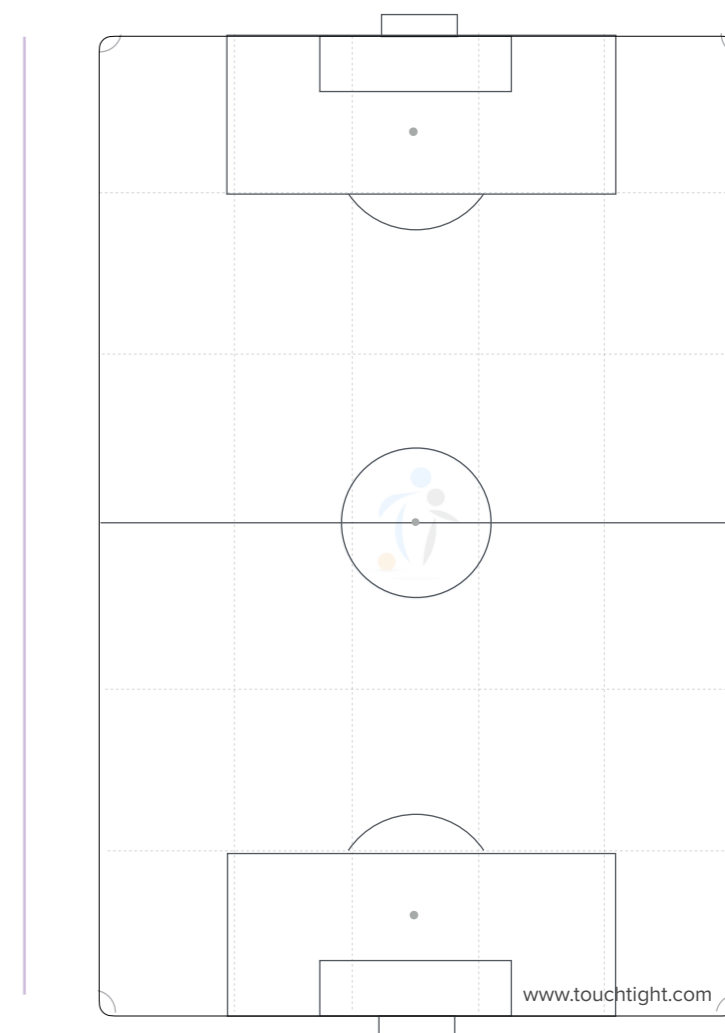
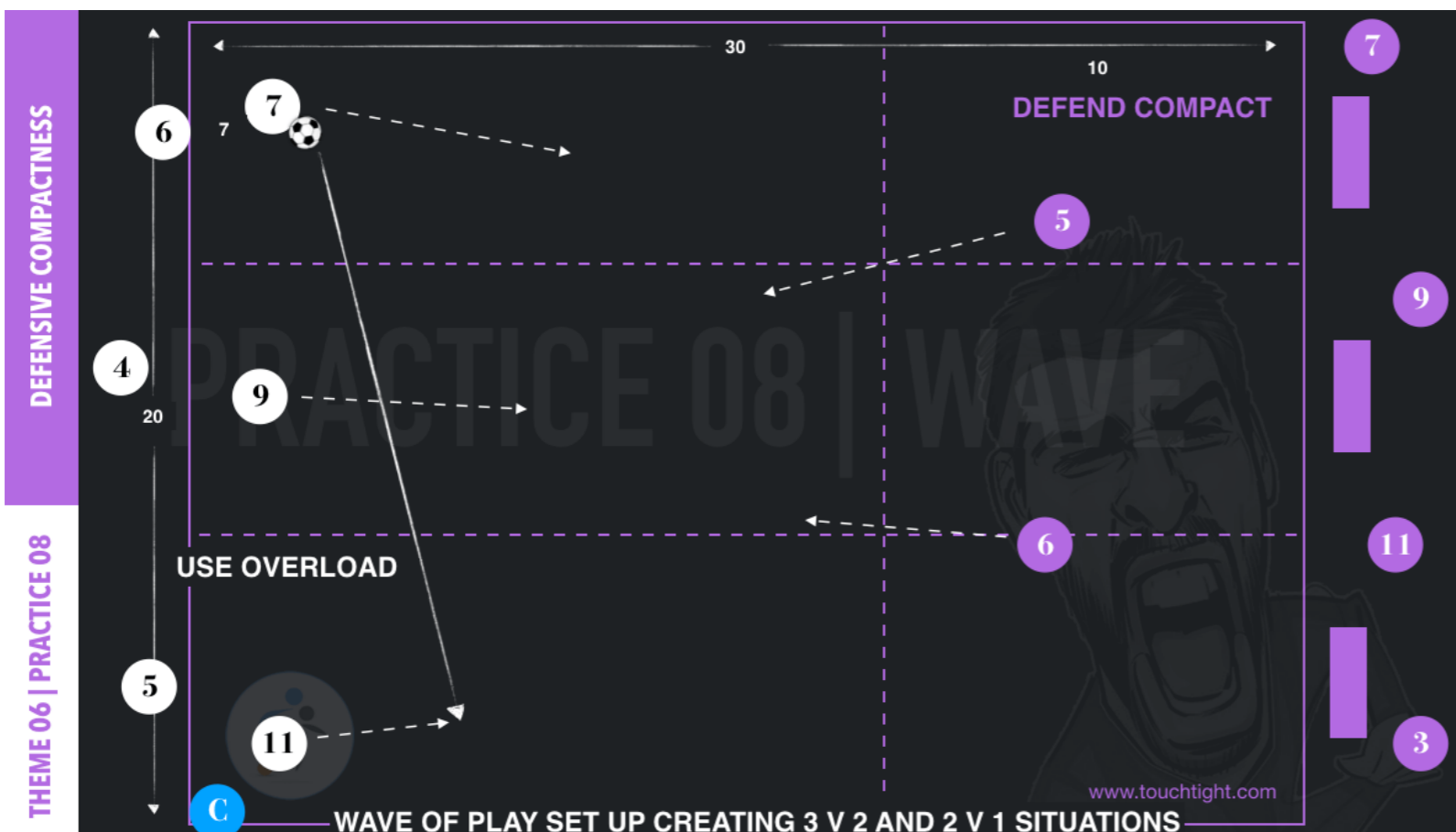
Players

Duration

Type: Wave Practice

Area:

Team Objectives:



**Set Up & Organisation:**

- This Wave Practice is number 8 in our Pique based Coaching theme defensive compactness and is based on a front 3 in a 343 attacking 2 defenders. In a 30 by 20 yard area, our 3 attackers must break into the 10 yard attacking zone to finish in one of the 3 mini goals.
- If the 2 defenders win possession they must counter in a 2 v 1 against a single defender to score centrally at the opposite end. If they score in a 2 v 1, they continue working in this numerical overload with the next pairing and single defender.
- On winning possession, the defender must score in one of the mini goals on the counter. If they score, whites then restart with the original 3 v 2.

**Progressions / Constraints**

- Introduce a delay zone, where defenders must delay attackers from entering for 6 seconds. If achieved an additional defender can support the defending team creating a 3 v 3 situation.
- Encourage high pressure with a 20 yard pressing zone, where defenders get rewarded with 2 goals if they win the ball and score.

**Key Individual Coaching Points:**

- Angle of pressure for the primary defender
- Covering distances for secondary players

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

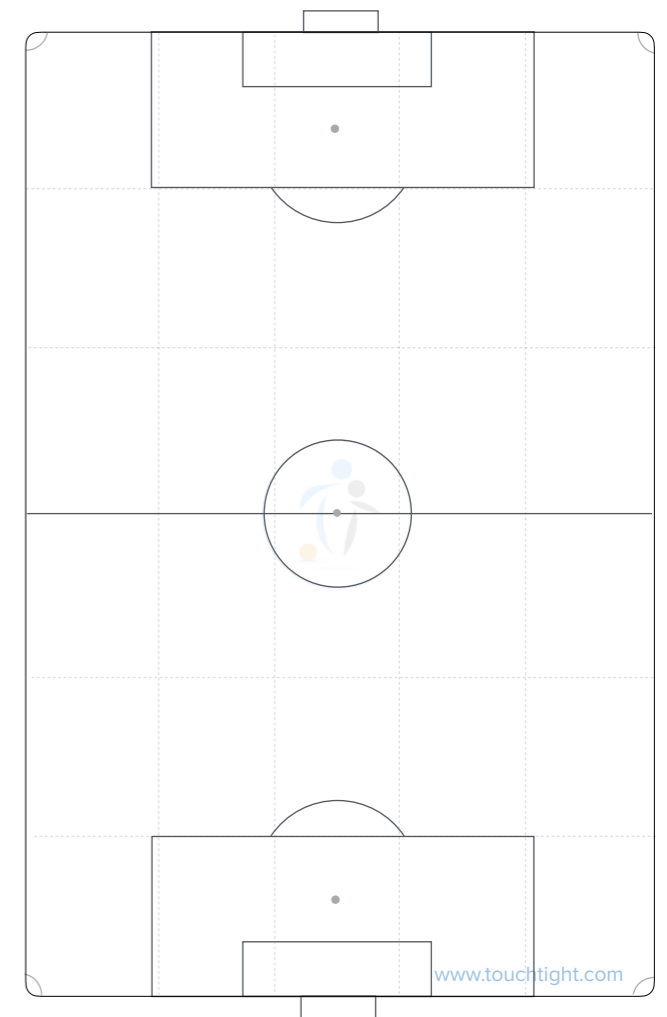
Player Trios initials	Objectives

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?



