Theme: Defensive Compactness

06
P1

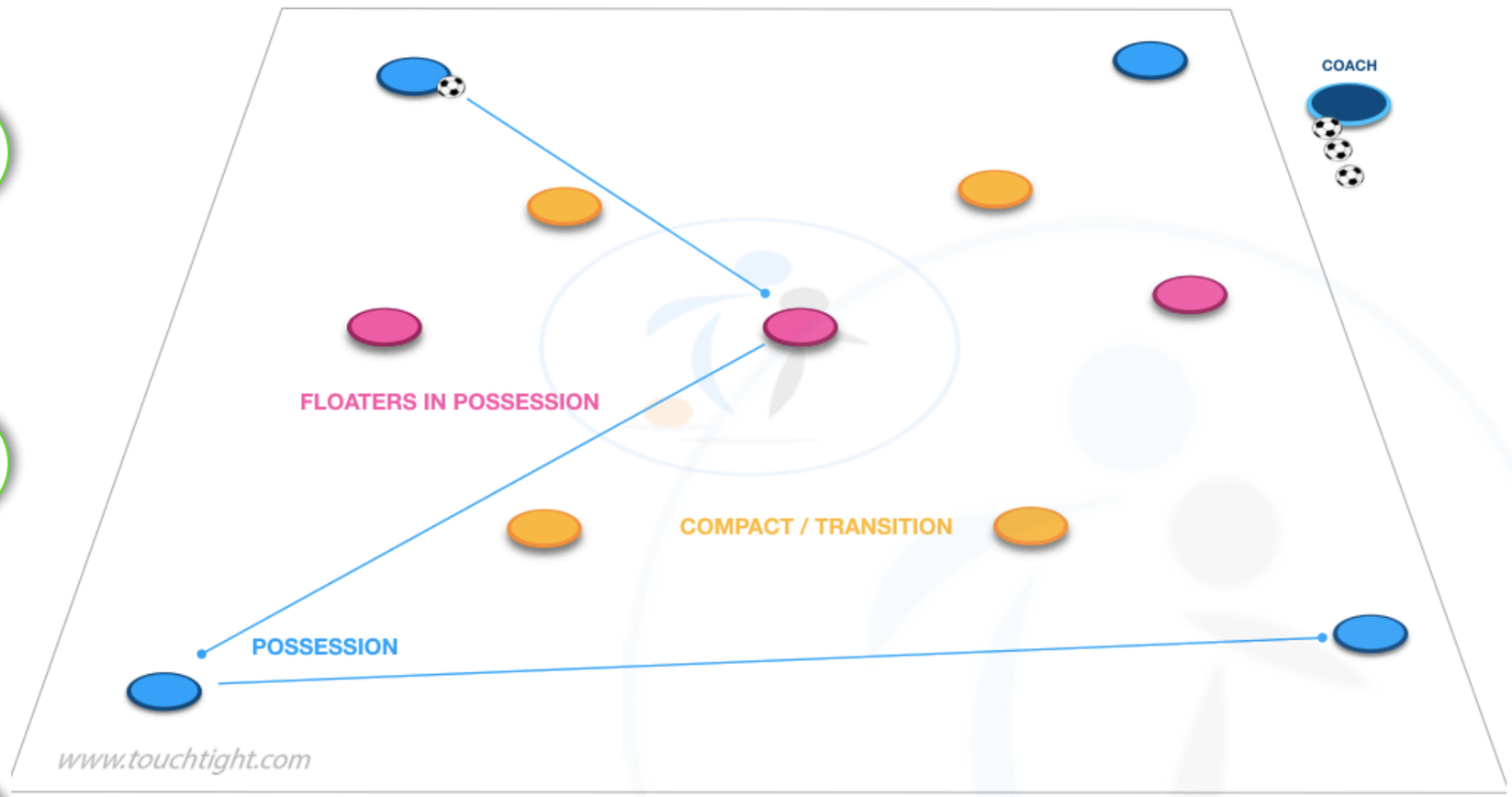
Team:

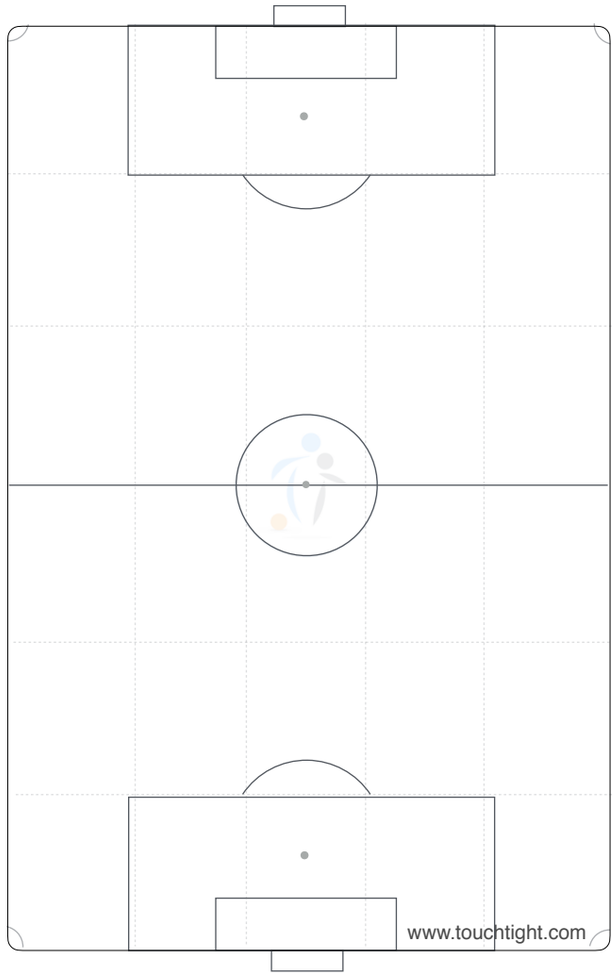
Coach:

Type: Opposed Skill Practice

Area:

Team Objectives:





Session Date

Season

Age Group

Players

Duration

Set Up & Organisation:

- 20^2 yard for younger age groups, increasing in size with age increase no bigger than 30^2. 4 players to keep possession on outside of square with 2 Floaters either end & 1-2 placed centrally, with 4 Yellows central trying to regain possession.
- When possession regained Yellows move to outside, Blues become central defending players.
- Players love this possession practice, yet must be disciplined to ensure practice runs smoothly. Once possession lost, there is no immediate regain, players must get to the inside and regain team must move to outside before possession contested.

Progressions & Constraints:

- Once defenders have gained possession, then now become outside players and switch play.
- 1 player can step inside off the line, encouraging outside floater to find angles.
- Central Floater can rotate with outside floater to encourage fluid movement.

Key Coaching Points:

- **SPACE** | Ensure practice area is appropriate for age group, may need to add 5 yard outside zone for younger players
- **TIME** | Players have 2 seconds in transition to get inside and outside, change groups every 2-3 minutes, go through groups twice.
- **EQUIPMENT** | Need to have a supply of balls with transition regular. 2/3 sets of bibs (4) and flat discs to ensure minimum disruption to session. Ability to finish chances.
- **PLAYER** | May want to designate Floater players as those identified as needing to improve in possession. Be creative with numbers 5 v 5 + 2 Floaters?

Work / Rest Ratio: mins sets

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Theme: Defensive Compactness

06
P6

Team:

Coach:

Session Date

Season

Age Group

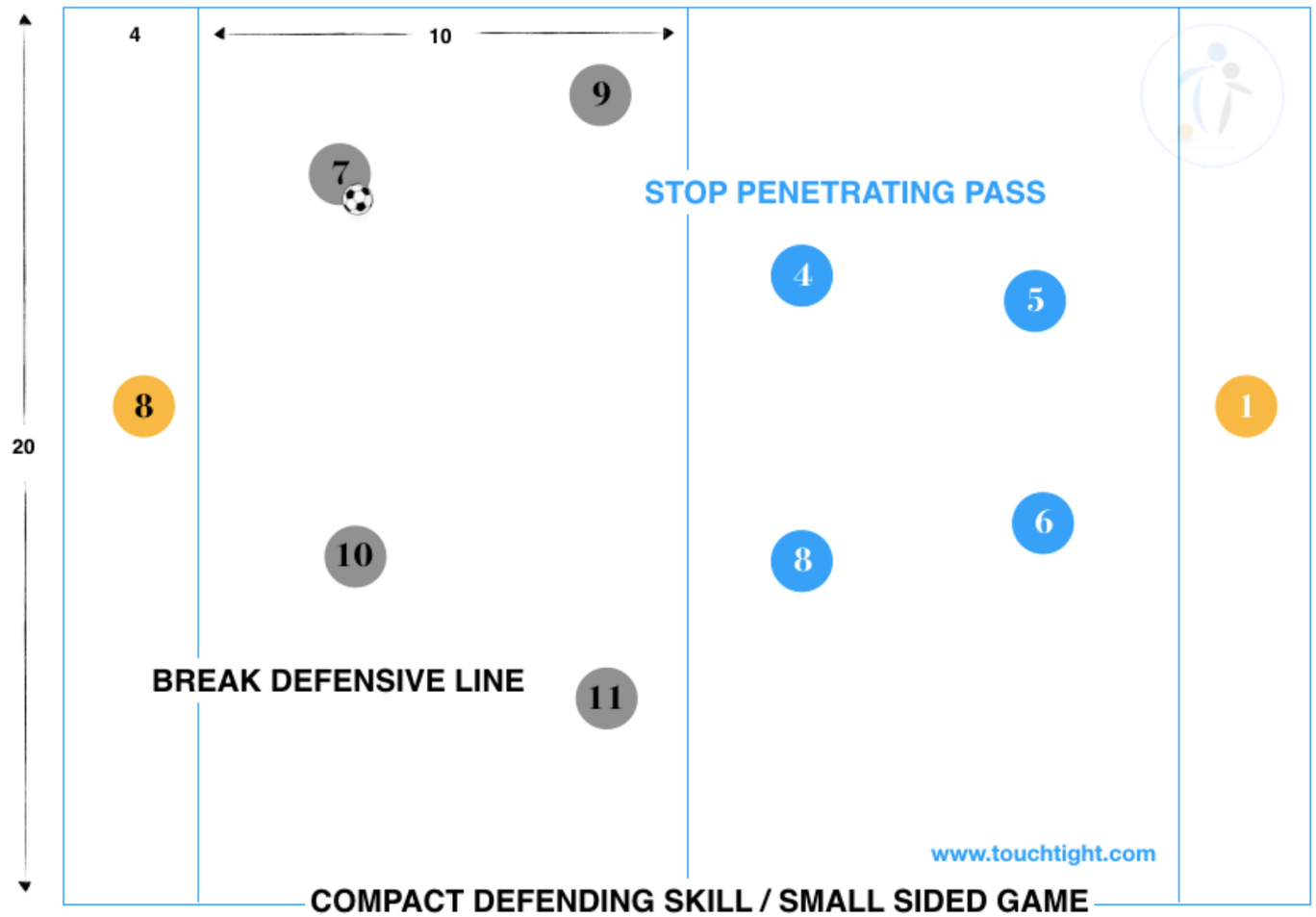
Players

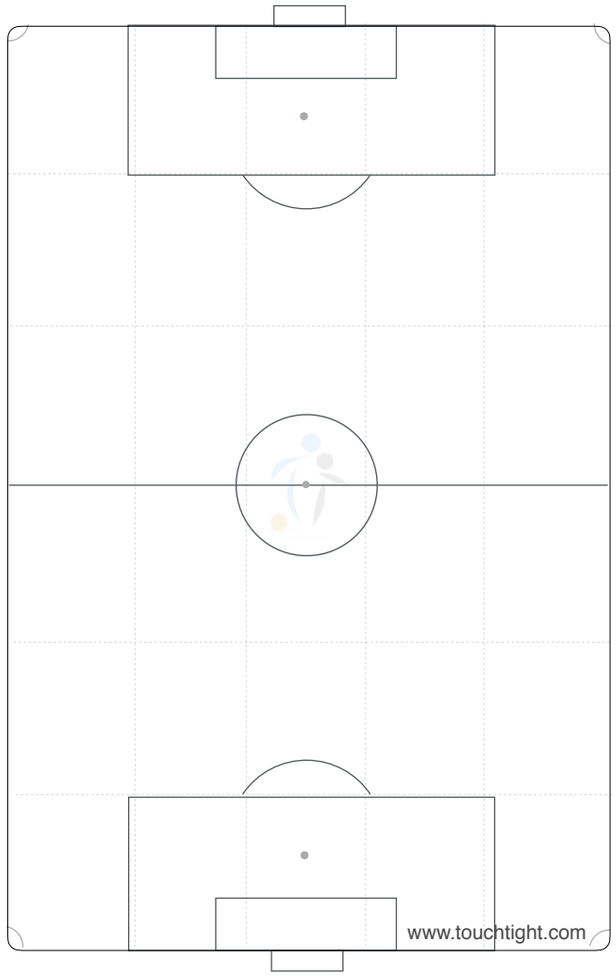
Duration

Type: Small Sided Game

Area:

Team Objectives:





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Set Up & Organisation:

- Practice 6 of our Pique driven Defending Theme Defensive Compactness is an opposed 4 v 4, with a focus on protecting passing lines through playing compact in a box shape. Whites must attempt to break the defensive block playing on 2 touch, whilst a target player looks to receive possession behind defending players.
- If Blues intercept they must quickly look to counter by playing the target player at the opposite end to score. The target player must then play back into Whites to begin the attack 1-0 down.

Progressions & Constraints:

- Increase the challenge by adding 10 by 5 yard zones for players to be limited to in their defending. Players must be aware of gaps in between units for through balls.
- Possession player to become an extra target, giving them 2 options to play into, reducing defenders to 3 players leaving more space for them to cover.

Key Individual Coaching Points:

- Timing, speed and angles of applied pressure.
- Covering distances and positions to limit penetrative passes behind the press.
- Pattern of play and focuses on individual and team positioning in the defensive phase.

Questions & Notes:

- Where do the opposition look to penetrate and how are you combating this?
- What is the difference when an additional player added off the shoulder? How does this impact on your collective defending?
- What are your key terms in the defending phase and how and when do you use these?

Work / Rest Ratio: mins sets

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Session Date: **Team:** **Coach:**

Session Objective/s:

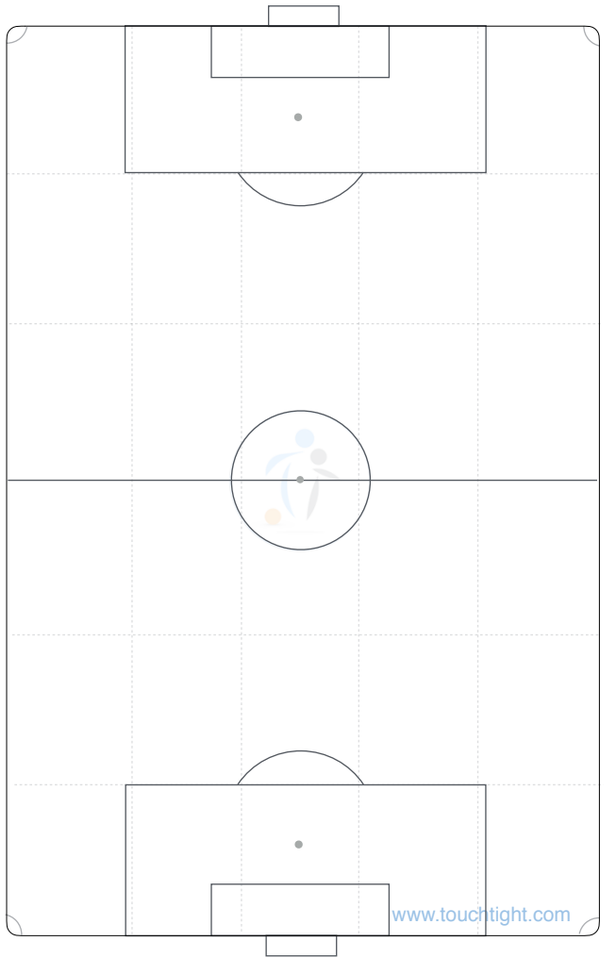
Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

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

Big Game Question

How will we apply this session to a game situation?

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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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