



Session Date

Season

Age Group

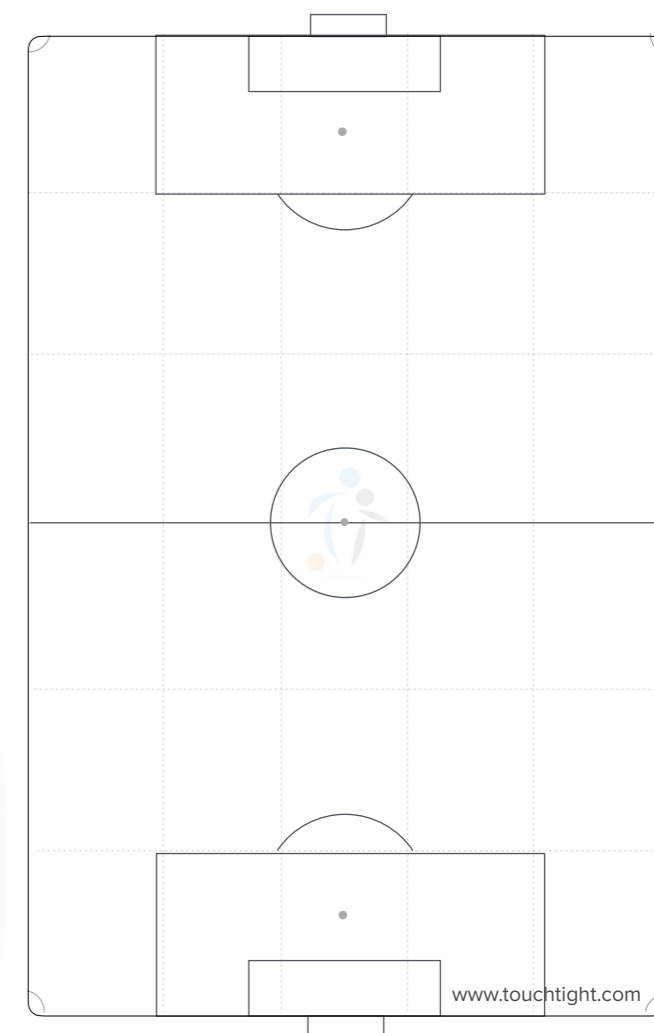
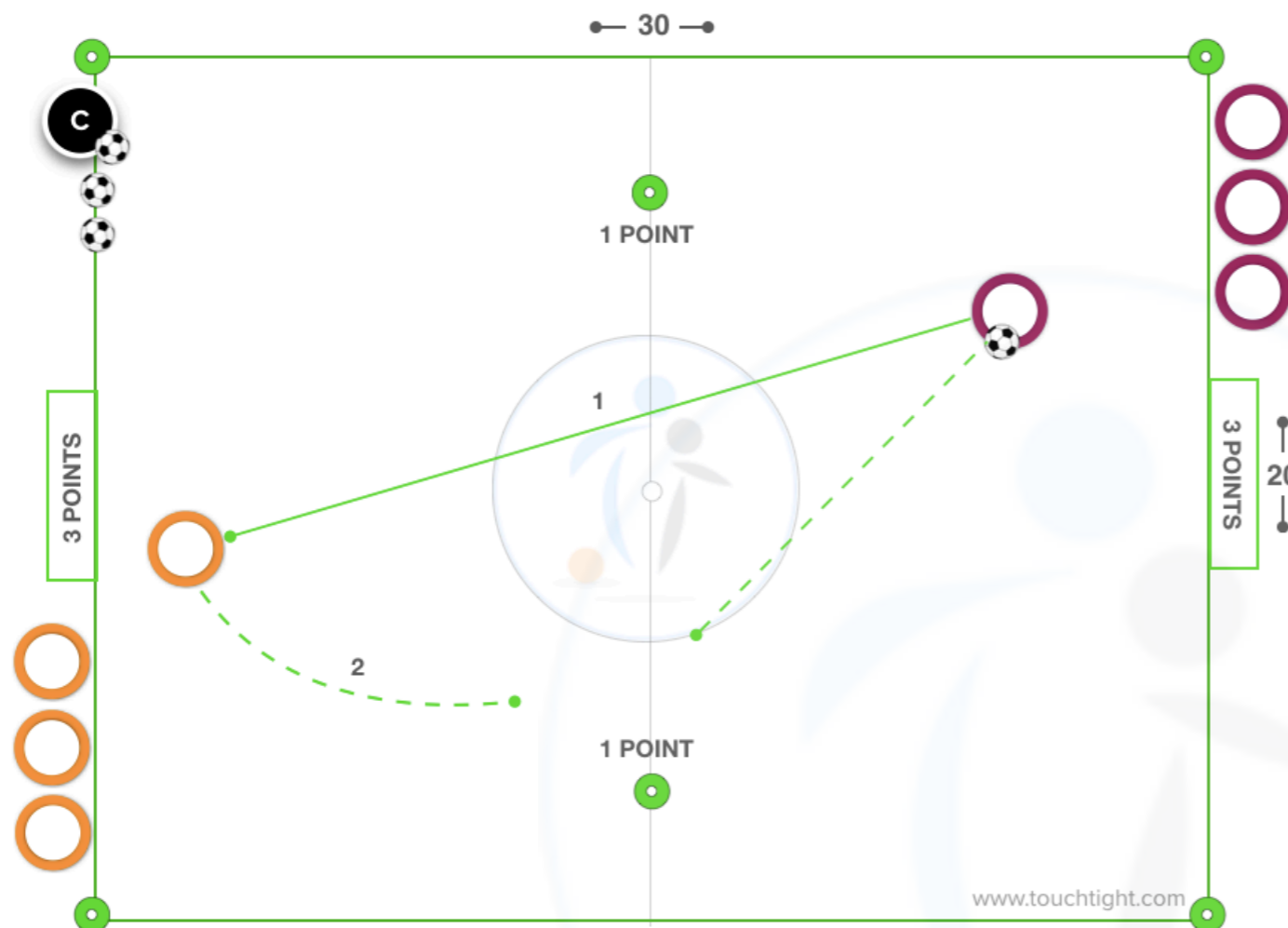
Players

Duration

Type: Opposed Practice

Area:

Team Objectives:



**Set Up & Organisation:**

- In this Attack v Defence practice, we focus on defensive pressure and player's ability to defend the goal. Defender starts with the ball and plays an initial pass into striker and can press as soon as attacking player takes their first touch. Objective is for attacking player to take on defender to finish for 3 points, or run to one of 2 cones either side of pitch area for 1 point. If defender wins possession, then they attack and finish opposite end.

**Progressions & Constraints:**

- 1 | Defend the goal for a minimum of 10 seconds or must regain within 5 seconds, depending on success.
- 2 | If play continues for 10+ seconds, introduce an extra attacker and defender to create 2 v 2.

**Key Coaching Points:**

- 1 | Defensive pressure with a focus on individual technique (speed, slow down, body shape, bent knees, jockeying etc.)
- 2 | Recognise attackers weak side and force them onto that side, without over compensating. How can you achieve this?

**Questions & Notes:**

- How does this influence your defensive decision making when aware of additional 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

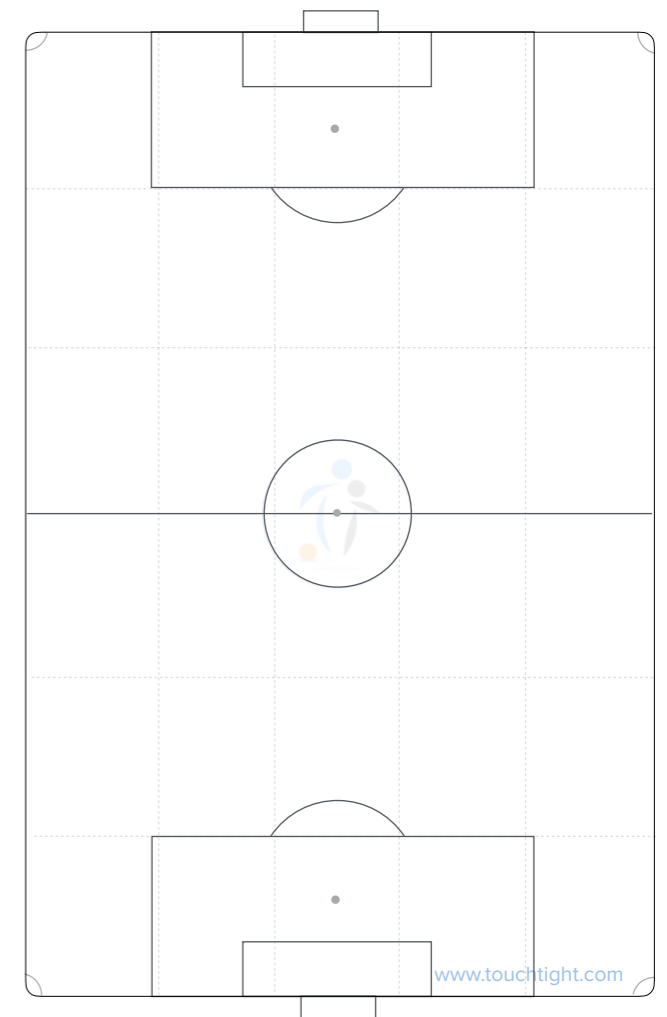
Player Trios initials	Objectives

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?



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