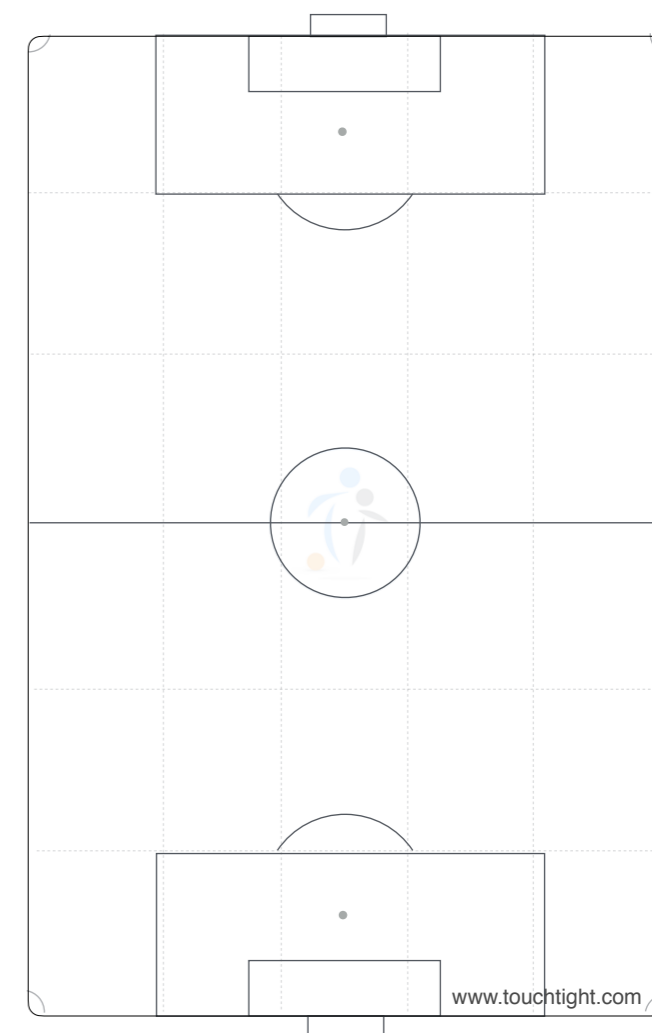
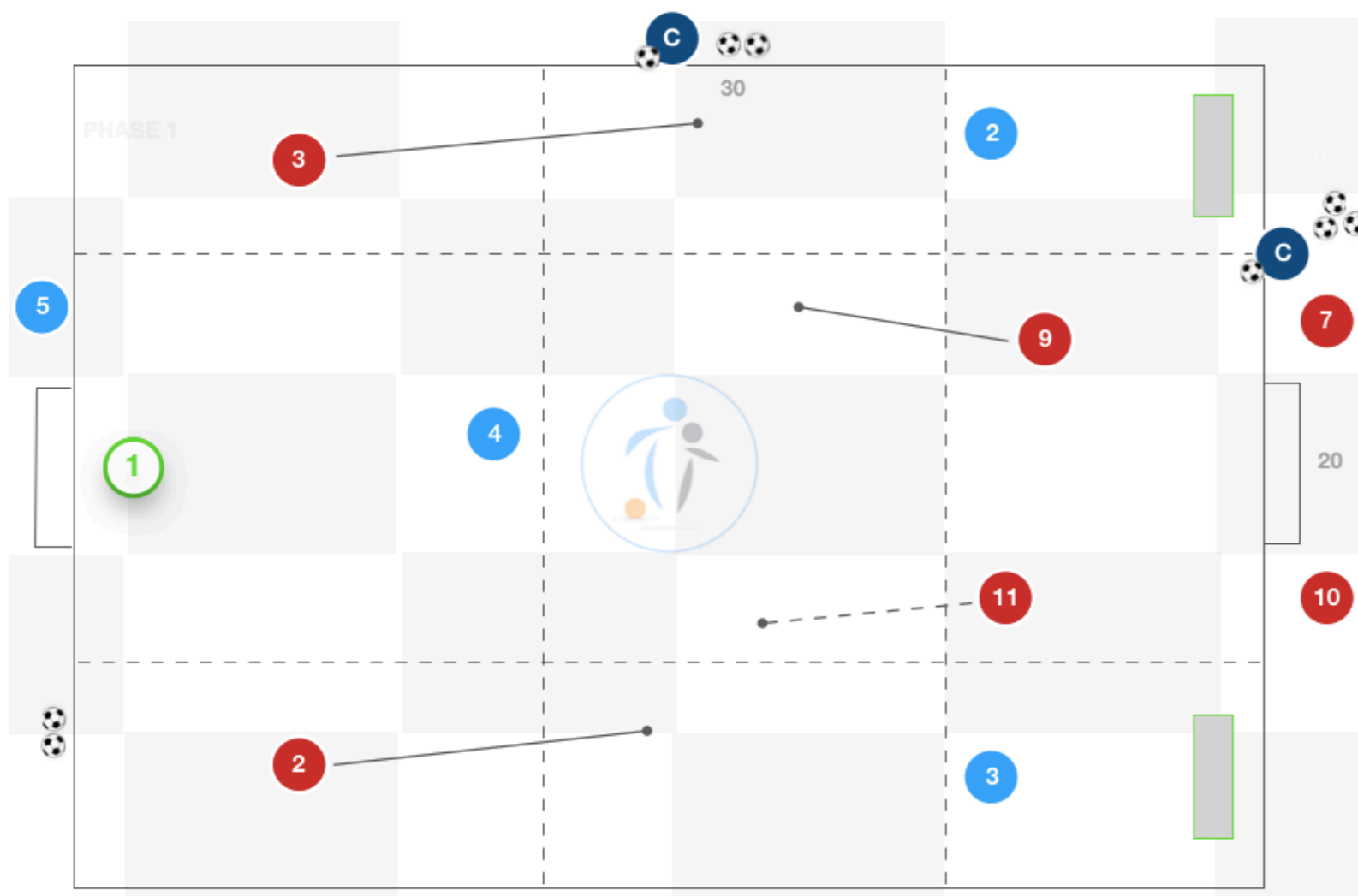




Type: Opposed Skill Practice

Area:

Team Objectives: Encourage players to be brave in their decisions to press or delay and understand the difference against different opponents through rotations.



Set up / Organisation:

- This defending practice focuses on defending in central areas and is broken down into 3 parts. The central zones contains players in a 2 v 1 defending situation, with 2 channels either side for 1 v 1s to be developed.
- Once attackers work in central area, they move out to attack wide channels to ensure all players are challenged in balance and overloaded. Rotate defenders as the practice progresses, if defenders win possession, they can run the ball over the end line.

Key Coaching Points:

- Defending technique and how to limit space behind, with balance, quick feet and agility to change direction
- Focus on how to use feints effectively to force attackers into making attacking move

Progressions / Constraints:

- Defenders must win possession within 5 seconds of attackers touch
- Introduce additional player as a striker, setting up as a 4 v 2, with recovering defender

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

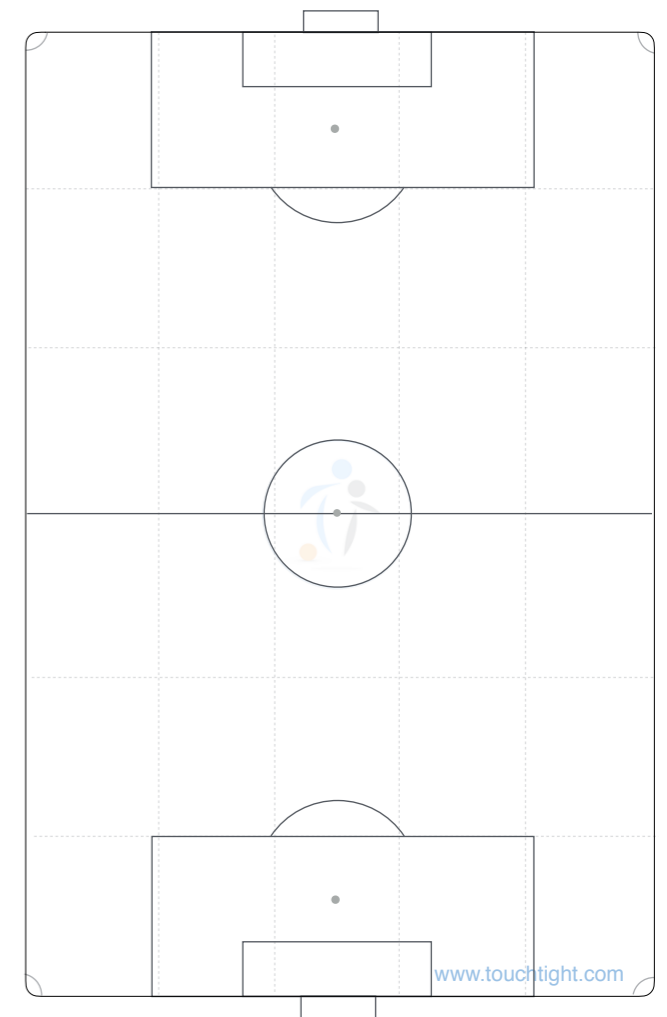
Player Trios initials	Objectives

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?

