



Session Date

Season

Age Group

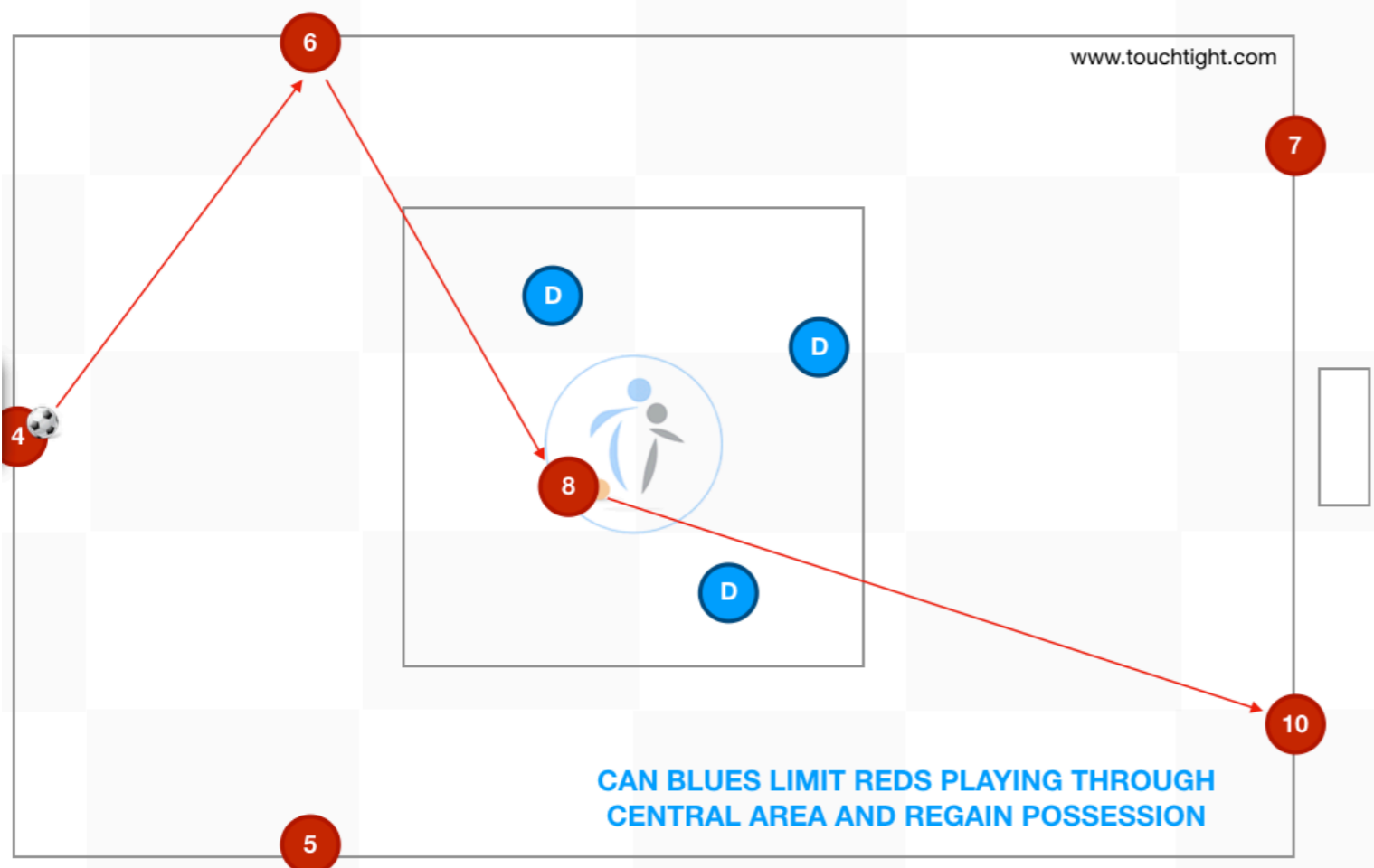
Players

Duration

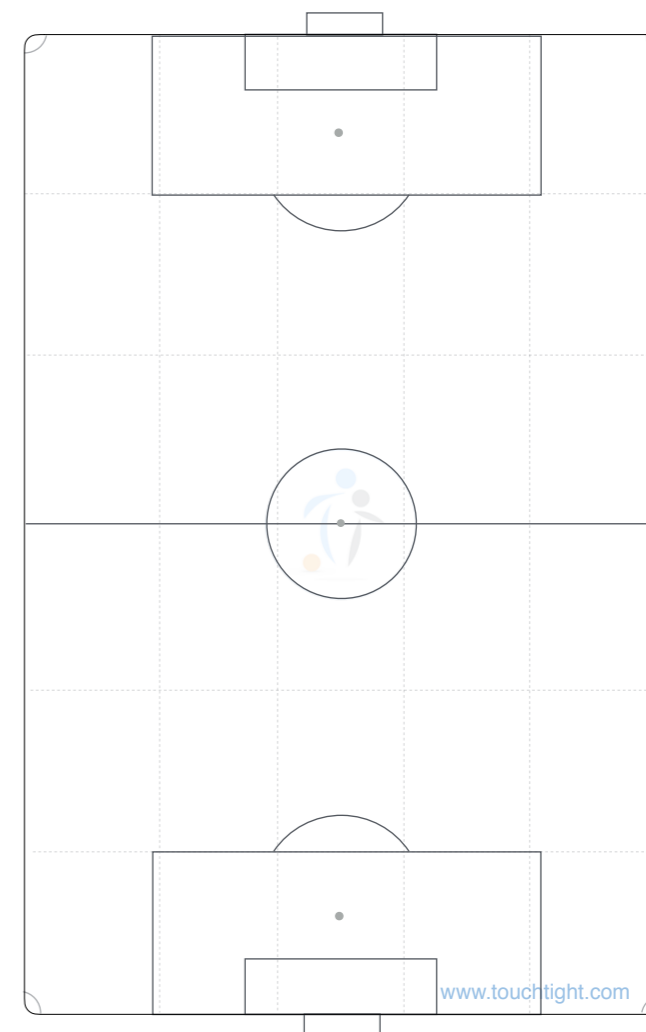
Type: Opposed Skill

Area:

Team Objectives:



CAN BLUES LIMIT REDS PLAYING THROUGH CENTRAL AREA AND REGAIN POSSESSION



Set up / Organisation:

This opposed defending practice is part 3 of theme 13 Defending Outnumbered, working 3 defenders against 6 possession players. In this 25 by 25 Yard area, there is a 10 by 10 area where defenders will begin, the objective is for the passing team to combine with a single teammate in the central area to play through; defenders must stop this.

Progressions / Constraints:

- Allow attackers to play through to the opposite half without going through the central square
- Reduce the challenge, by conditioning the possession team to 2 touch,

Key Coaching Points:

- (Tact) Decisions to press
- (Tech) Body shape and position in defending 1 v 1.
- (Psych) Support teammates by covering effectively.

Questions & Notes:

- How are you regaining possession effectively?
- How and when do you decide to press as a group?
- How do progressions influence your defending and how do you adapt as a defensive group

Work / Rest Ratio:

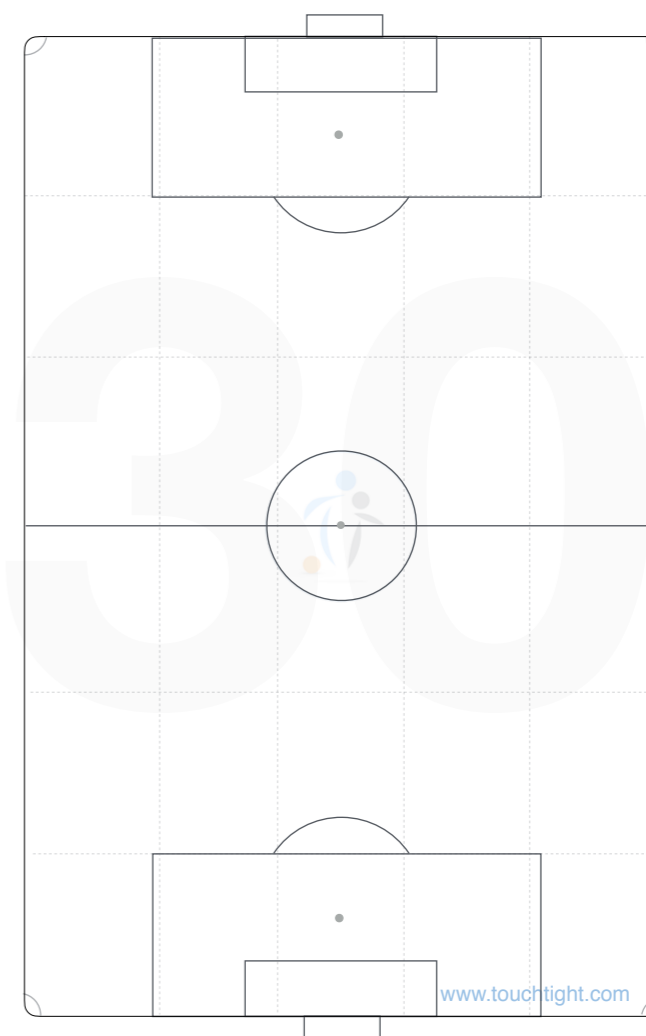
○ mins ○ sets



Type: Skill / Function

Area: 50 x 40 Yards

Team Objectives: Understand when and how to press and delay when outnumbered



Set up / Organisation:

This practice is played in a 50 x 40 Yard area with 3 central defenders and 2 central midfielders looking to play direct into mini goals (replicating 3 attacking players). 3 players (7,8 and 11) will recognise when and how to press to win possession and attack goal, whilst 2 deeper players protect 3 mini goals behind the press. When they intercept they can counter quickly in a 5 v 5.

Progressions / Constraints:

- Allow one attacking player to break into attacking zone to finish in mini goals, means defenders need to also be aware of forward runs
- Remove one mini goal so targets are more central, providing less coverage for defenders balancing challenge.
- One defender can press higher to regain in a 5 v 4.

Key Coaching Points:

- **Tactical** | Recognising passing lines to cover between units
- **Psych** | Be brave in pressing phase, working off triggers i.e. slow pass
- **Physical** | Use physicality wisely, recognising when to press together for longer periods

Questions & Notes:

- How are attacking team building out in the initial build phase?
- How does this impact on your defending (Press / Delay)
- Think about differences in defending decisions with each progression?

Work / Rest Ratio:

○ mins ○ sets



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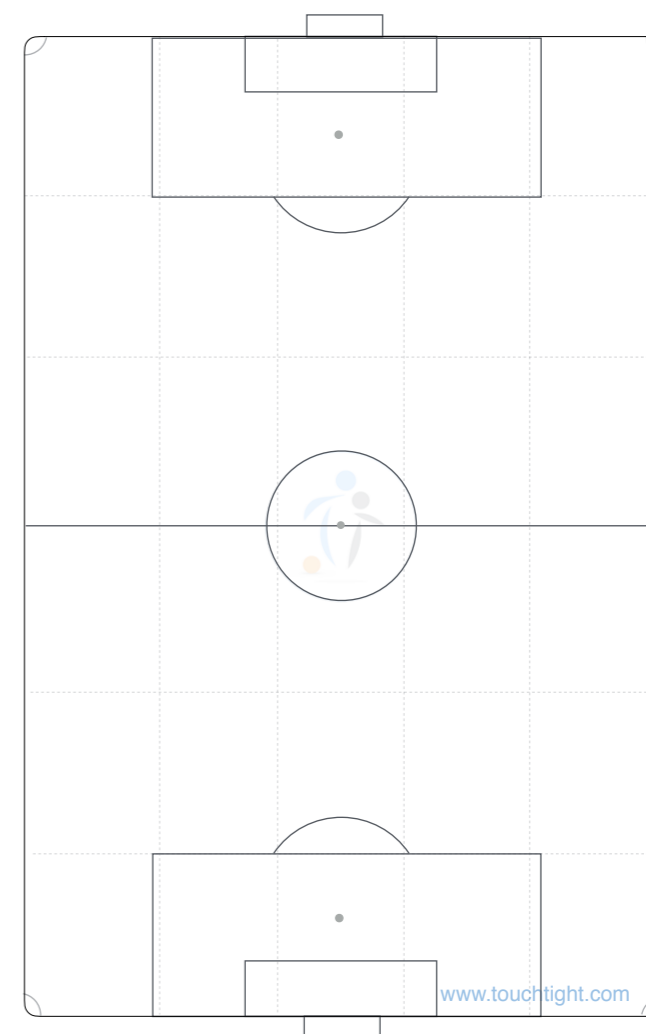
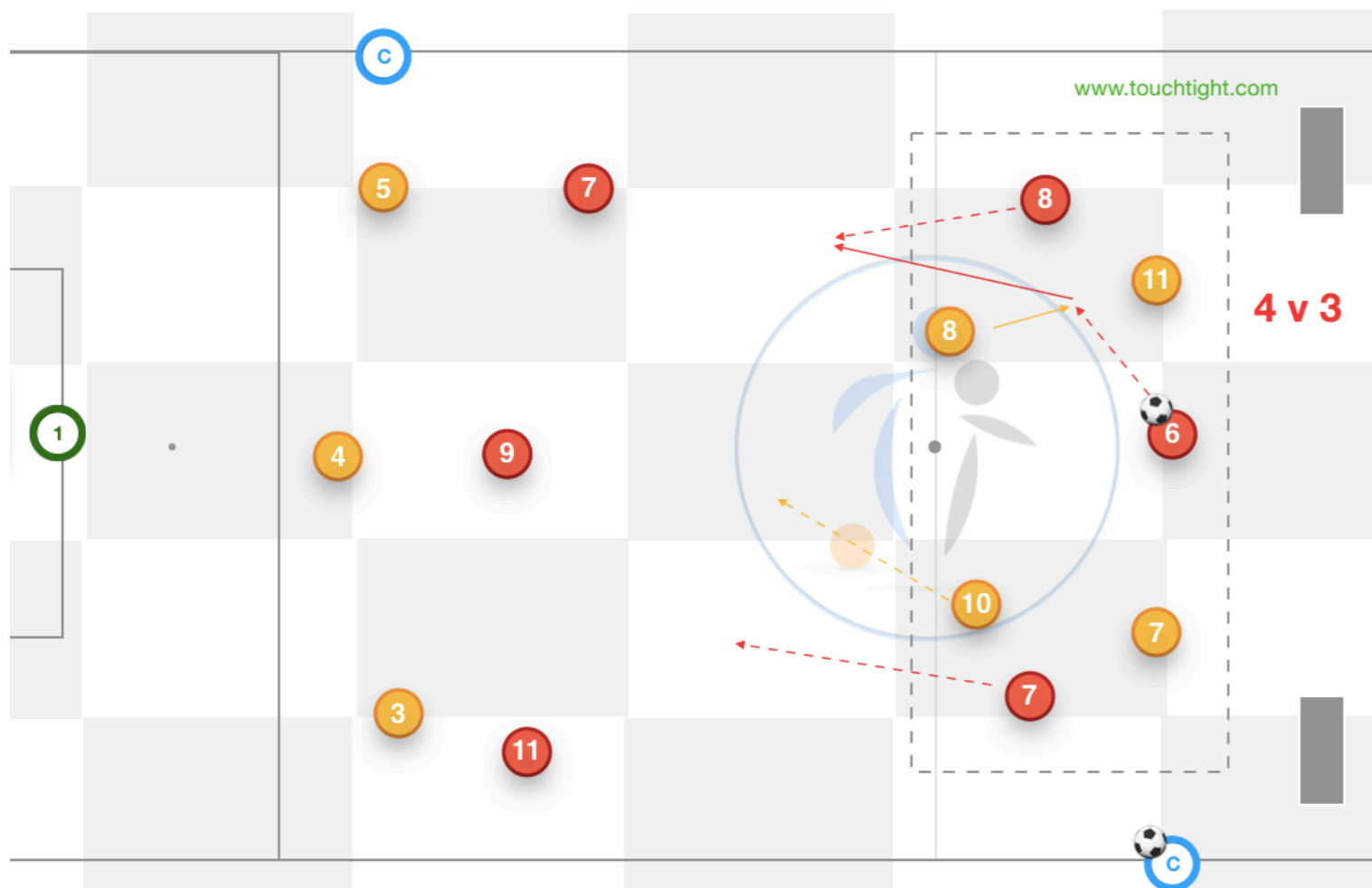
Players

Duration

Type: Skill Practice

Area:

Team Objectives:



Set up / Organisation:

- This football practice is played in a single half of the pitch and the width of the 18 Yard box. Based on a 343, we have Gold players defending in a 3 v 3, ready for a possible counter. 4 players look to keep the ball against 3 players who counter attack on winning possession.

Progressions / Constraints:

- Progress to allow attackers to score if they break the defensive line.
- Challenge further by moving a red player forward, allowing 4 attackers to score in a 4 v 2 in 10 seconds.
- Otherwise possession is transferred for a 4 v 3 counter for the opposition, with one player recovering.

Key Coaching Points:

- (Tactical points) Effective decisions to press or delay
- (Technical points) Body shape and position in unit defending.
- (Social points) Support teammates when they press, with effective covering positions to protect.

Questions & Notes:

- How are you regaining possession by pressing effectively?
- How and when do you decide to press as a group?
- How do progressions influence your defending and how do you adapt as a defensive group?

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

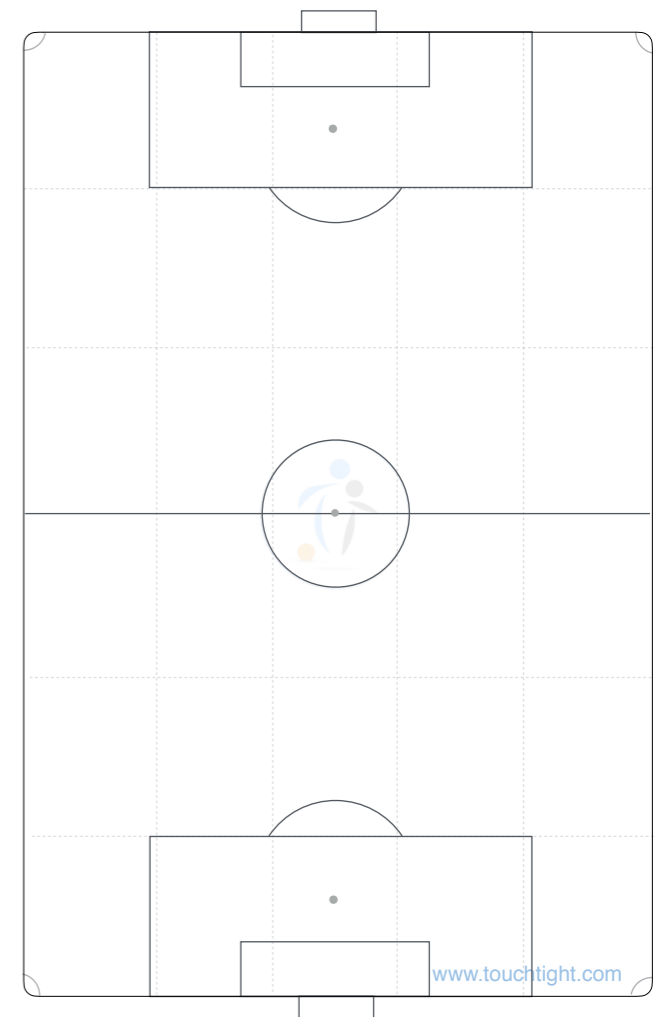
Player Trios initials	Objectives

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?

