



Session Date

Season

Age Group

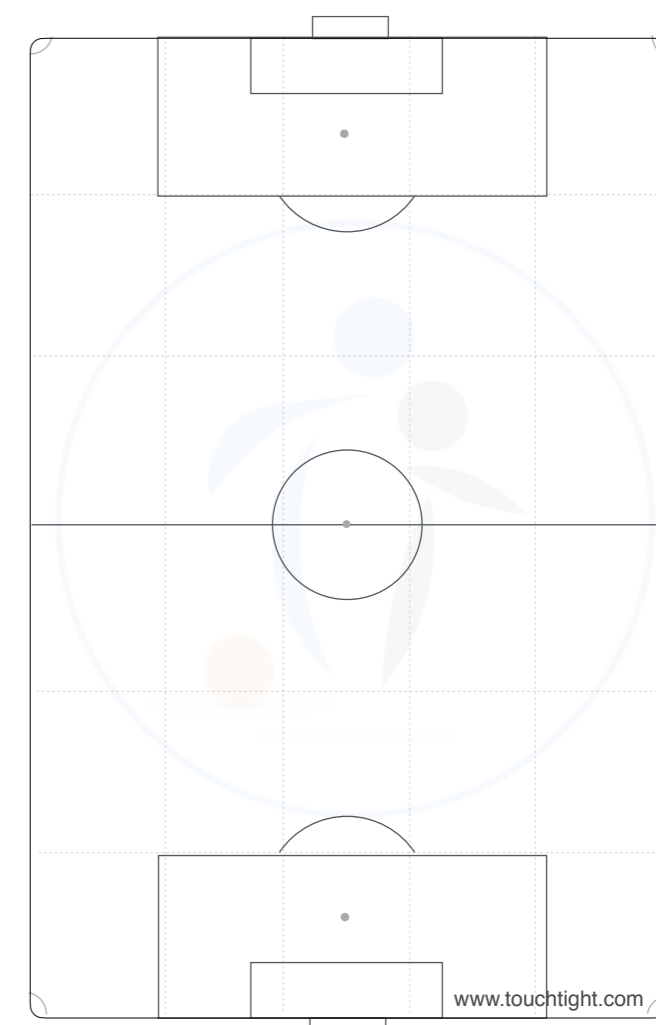
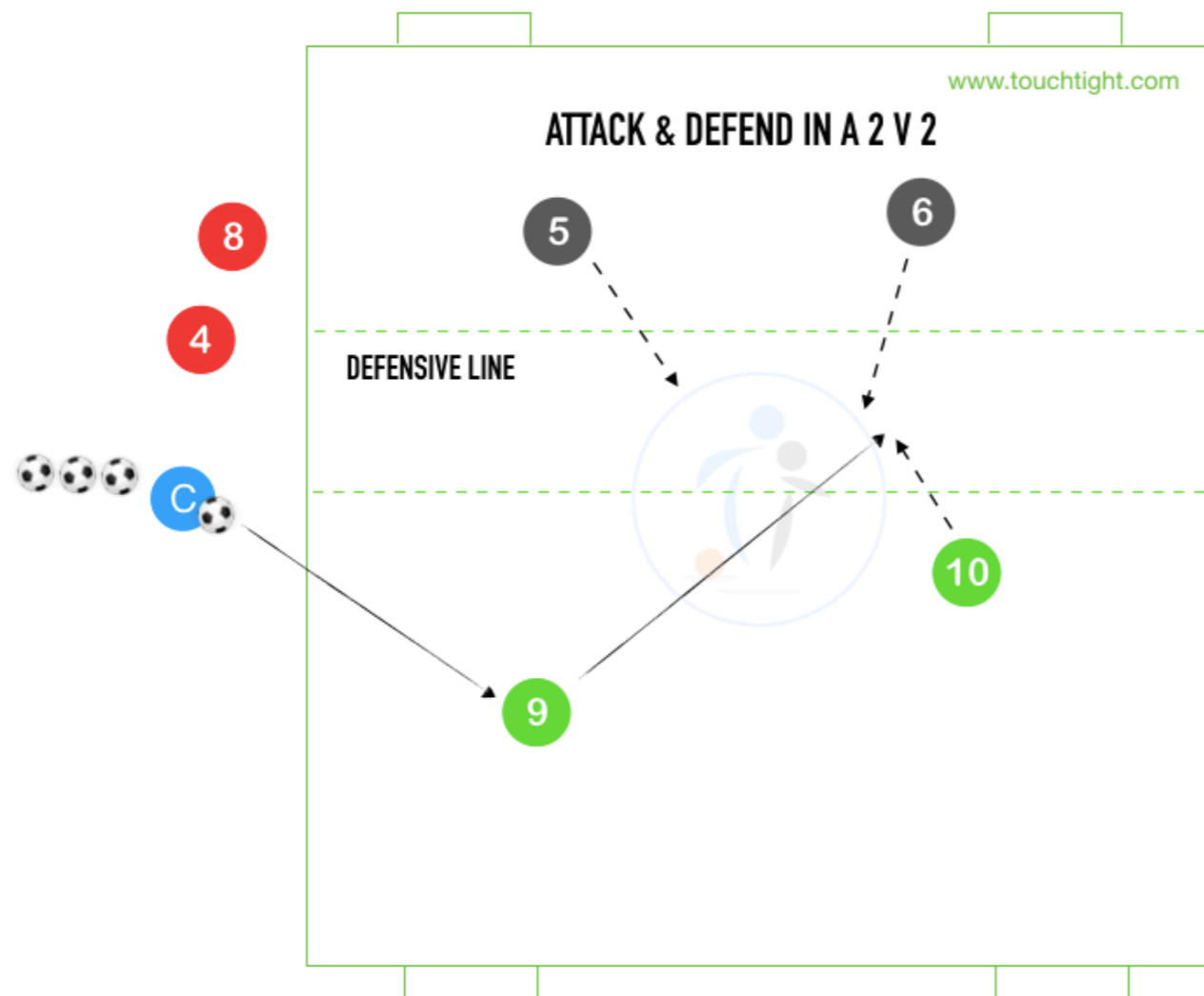
Players

Duration

Type: 2 v 2 Opposed Skill

Area:

Team Objectives:



Set Up & Organisation:

- Practice 1 of Theme 59 paired defending is a fast paced 2 v 2 Small Sided Game in a 20 by 15 yard area with 4 goals, positioned 2 at each end. The ball is passed into an attacking pair who must break into the attacking half to finish whilst the defending pair are limited to defend in their own half.
- On winning possession, defenders can score in one of two mini goals. Depending on the number of players, we can rotate a single pair or rotate both teams.

Progressions & Constraints:

- Progress the practice by allowing a single defender to press in the building half, forcing their teammate to provide effective cover based on pressing angles.

Key Coaching Points:

- Technical: Defending in 1 v 1s, tackling and jockeying technique
- Tactical: Decisions to press or cover teammates and timing of these decisions
- Physical: Agility, quick feet to press or turn to recover quickly

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

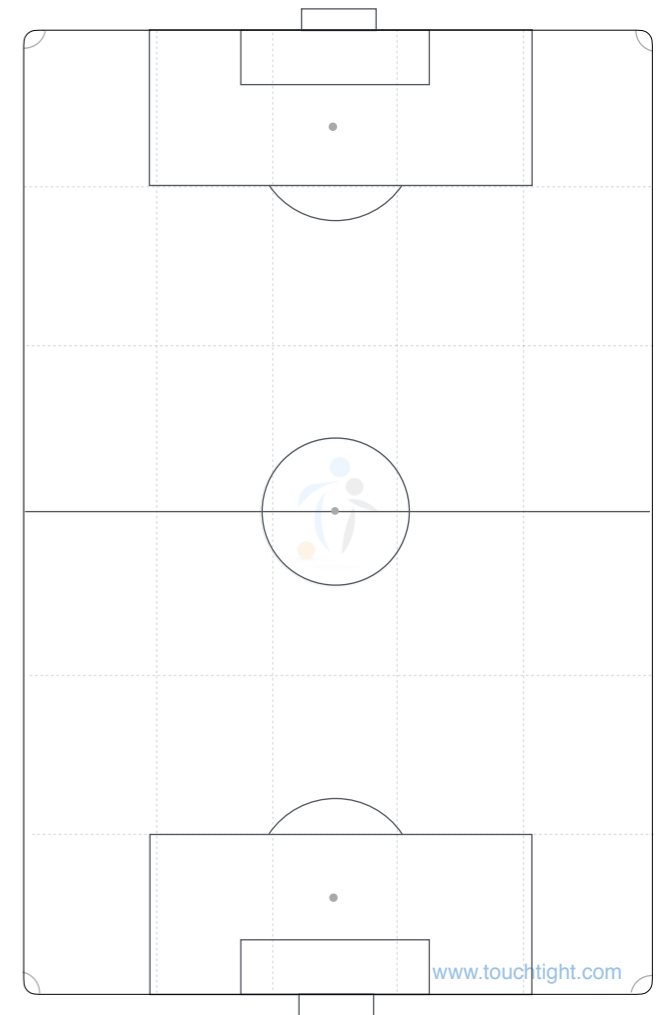
Player Trios initials	Objectives

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

