



THEME 03:

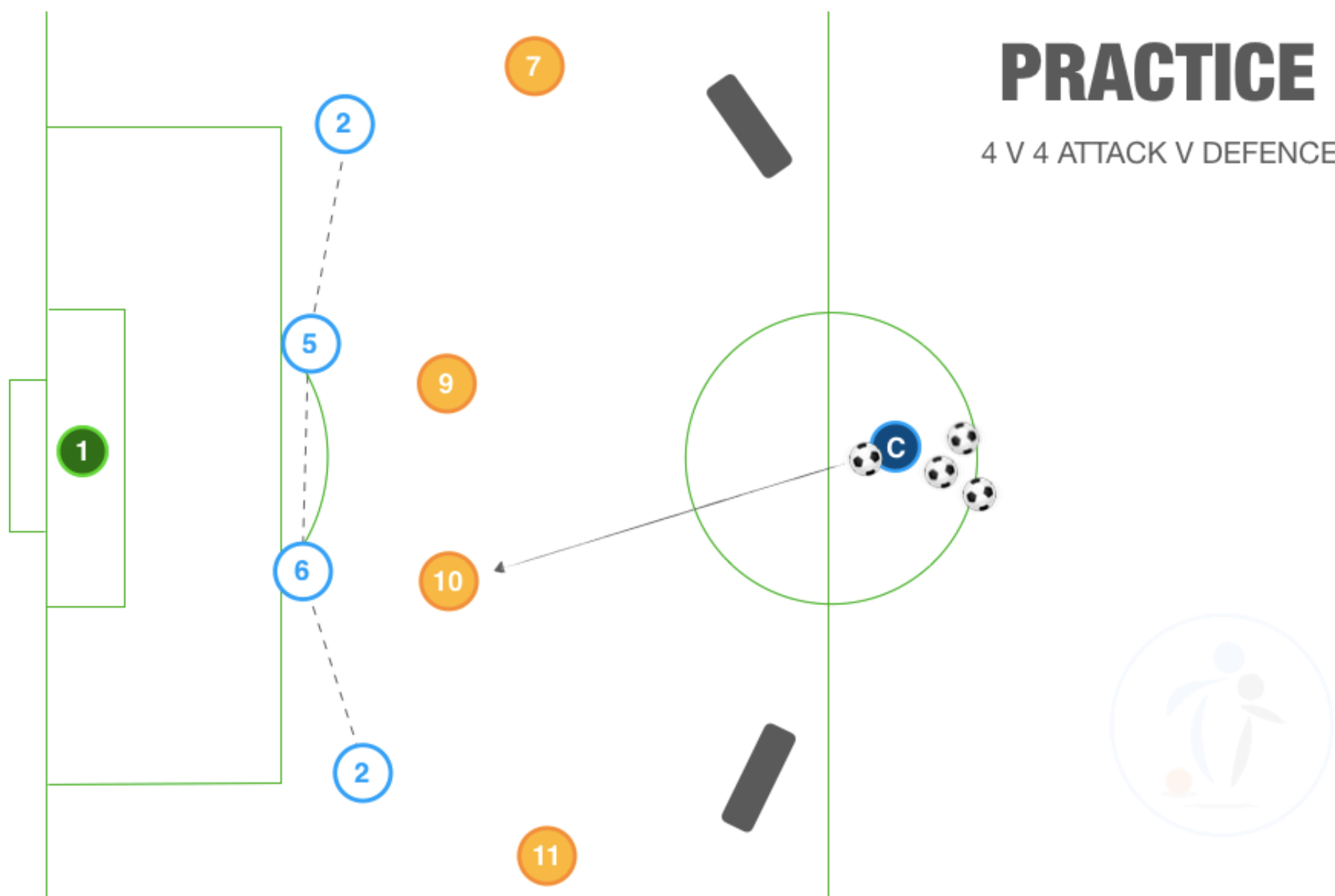
DEFEND IN DEFENDING THIRD

PRACTICE 1: 4 V 4 ATTACK V DEFENCE

AGE GROUP: 10+

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO DEFEND THE EDGE OF THE BOX



ORGANISATION:

In this half pitch practice, we focus on our attacking 4 players against a back 4. Our coach will play a ball into one of the front players, with their challenge to create effective angles to move defenders around. The back 4 must remain compact and look to regain possession to finish in one of two mini goals as shown. Implement opportunities for defenders to recover during counter attacks, this may be after they have regained possession and look to score in mini goals. Create opportunities to defend the goal with high balls and crosses around the 6 yard box, encouraging goalkeeper and defenders to protect goal.

KEY COACHING POINTS:

Force Direction into overload areas
Strategy around when to trigger press for the pressing unit



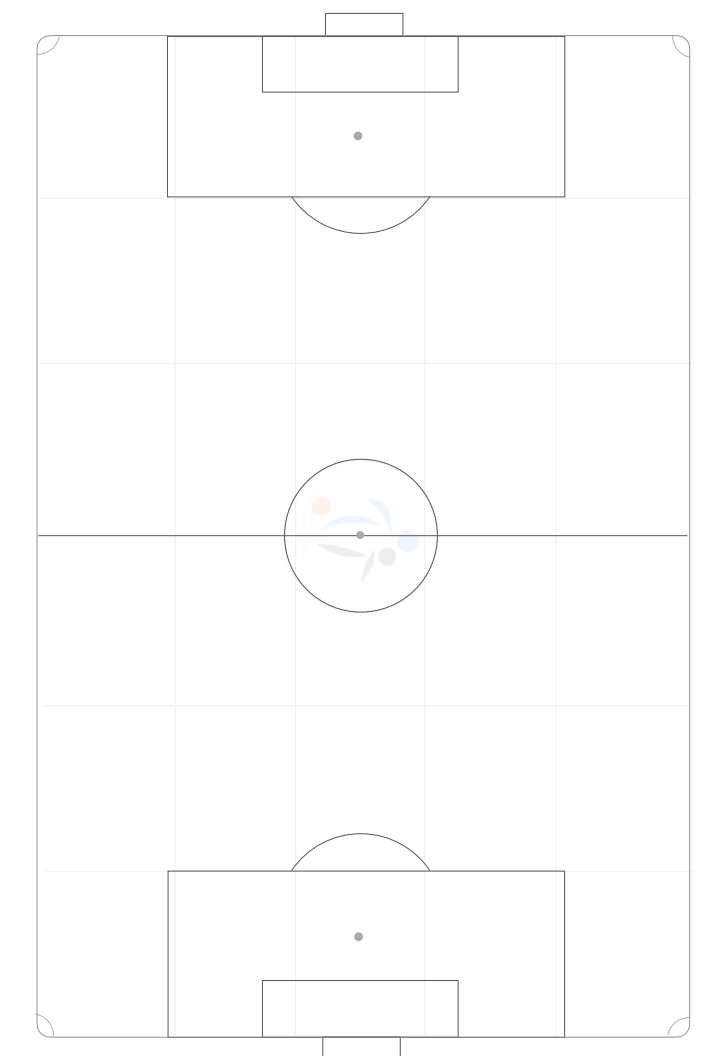
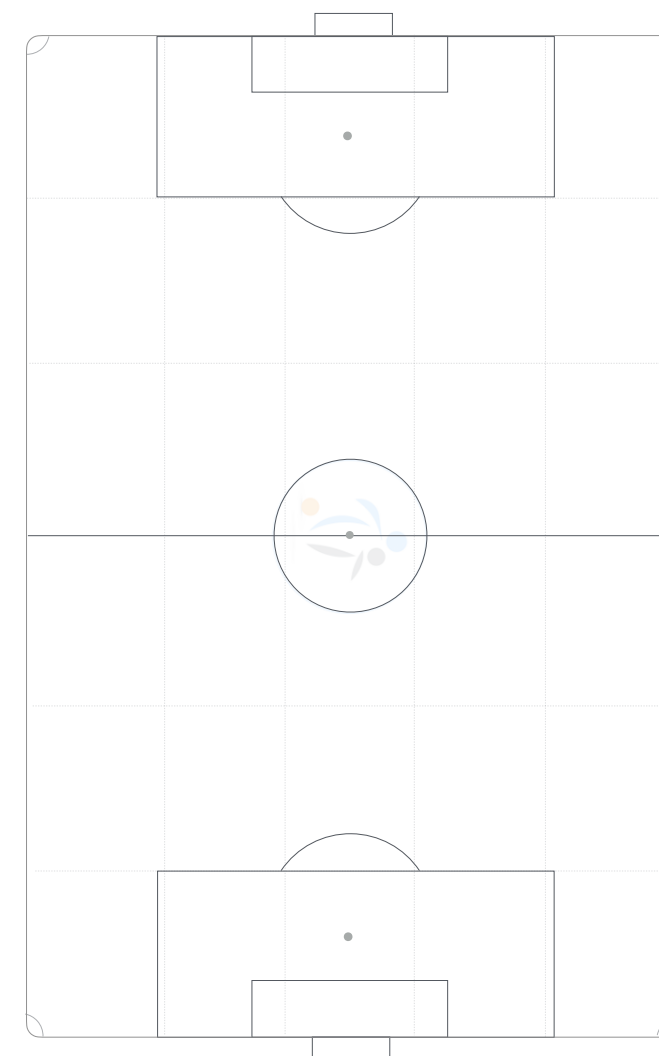
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



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

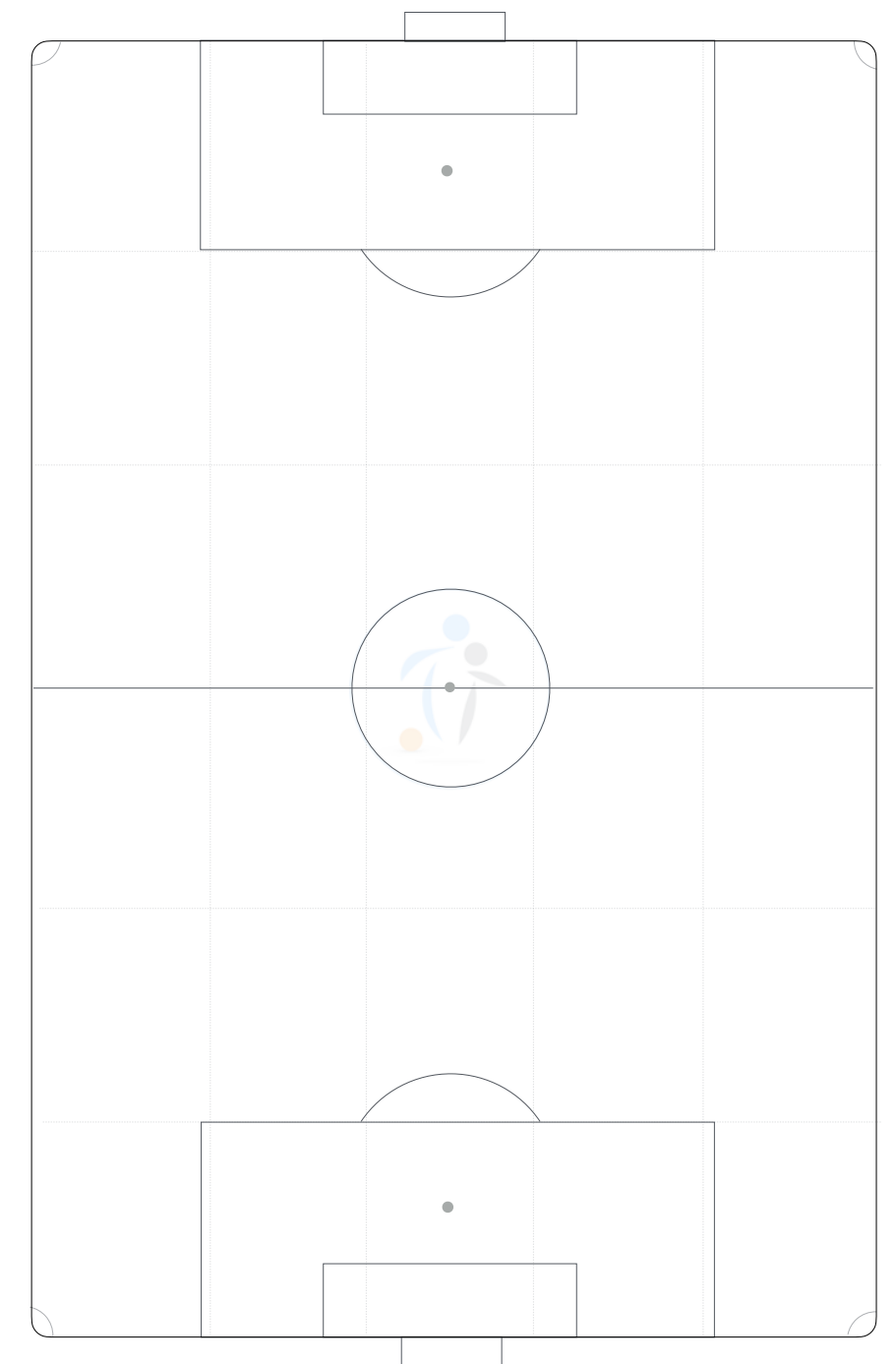
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

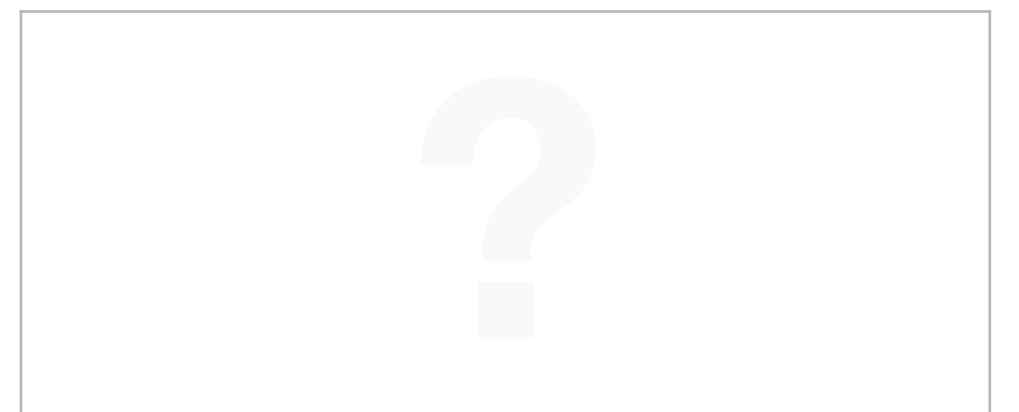
What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation



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