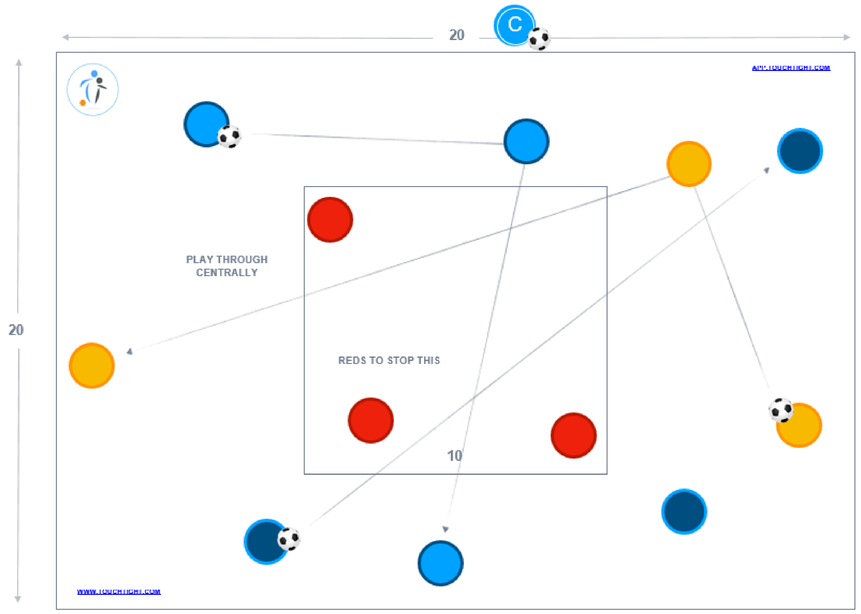
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
This compact defending practice is number one in the series and is focused on 3 players defending as a unit to limit penetration through central areas. With 3 teams of 3 moving the ball in a 30 by 30 yard area, the objective is to play a successful through pass to a teammate through a 10 by 10 yard area, protected by the defensive 3. The defending focus is on limiting distances between individuals and screening passing lines.	Communication between 3 players Compactness to limit penetration Check shoulders for awareness of all teams movement Decision making to press, how and when
Progressions	**Player Questions**

Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

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EVALUATION

Player(s)	Objective	Tech / Tact / Soc / Phy / Psych	Evaluation

Coach (Self)

Session Organisation

Players (Motivation / Engagement / Learning)

Action Points

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