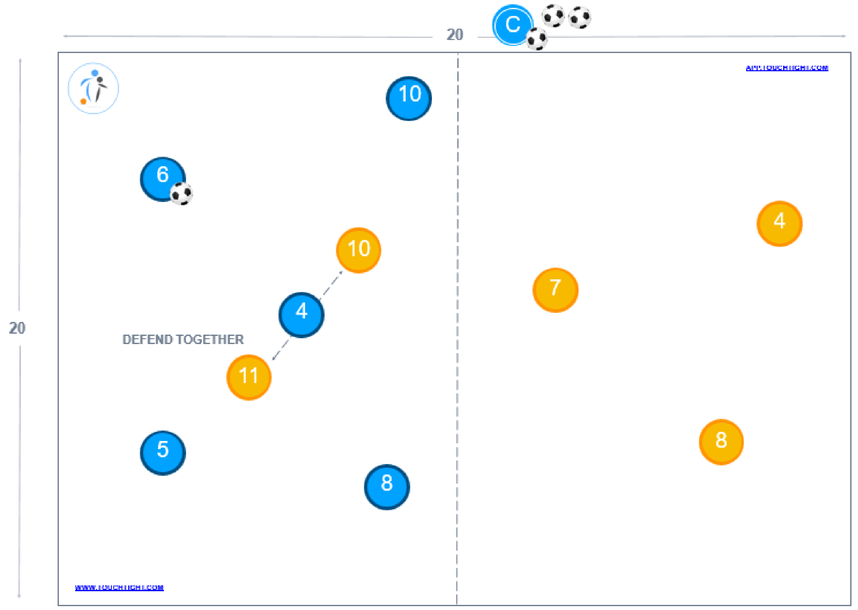
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
Practice 2 of theme six defensive compactness is played in a 30 by 15-yard area, beginning with a 5 v 2 overload Rondo in one half of the practice area. The aim of the two defenders here is to regain possession and switch play to 3 awaiting teammates, becoming the passing team. 2 attackers then become defenders, switching grids to press as a pair to regain possession for their team.	Focus on the following key points: Manage possession to create space Challenge defenders to remain compact (distances and angles to be constantly checked) Decide to force inside or outside as a pair Triggers to press, identify these (slow pass, bad touch, poor pass)
Progressions	**Player Questions**

Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

EVALUATION

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

Coach (Self)

Session Organisation

Players (Motivation / Engagement / Learning)

Action Points

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