



THEME 06:

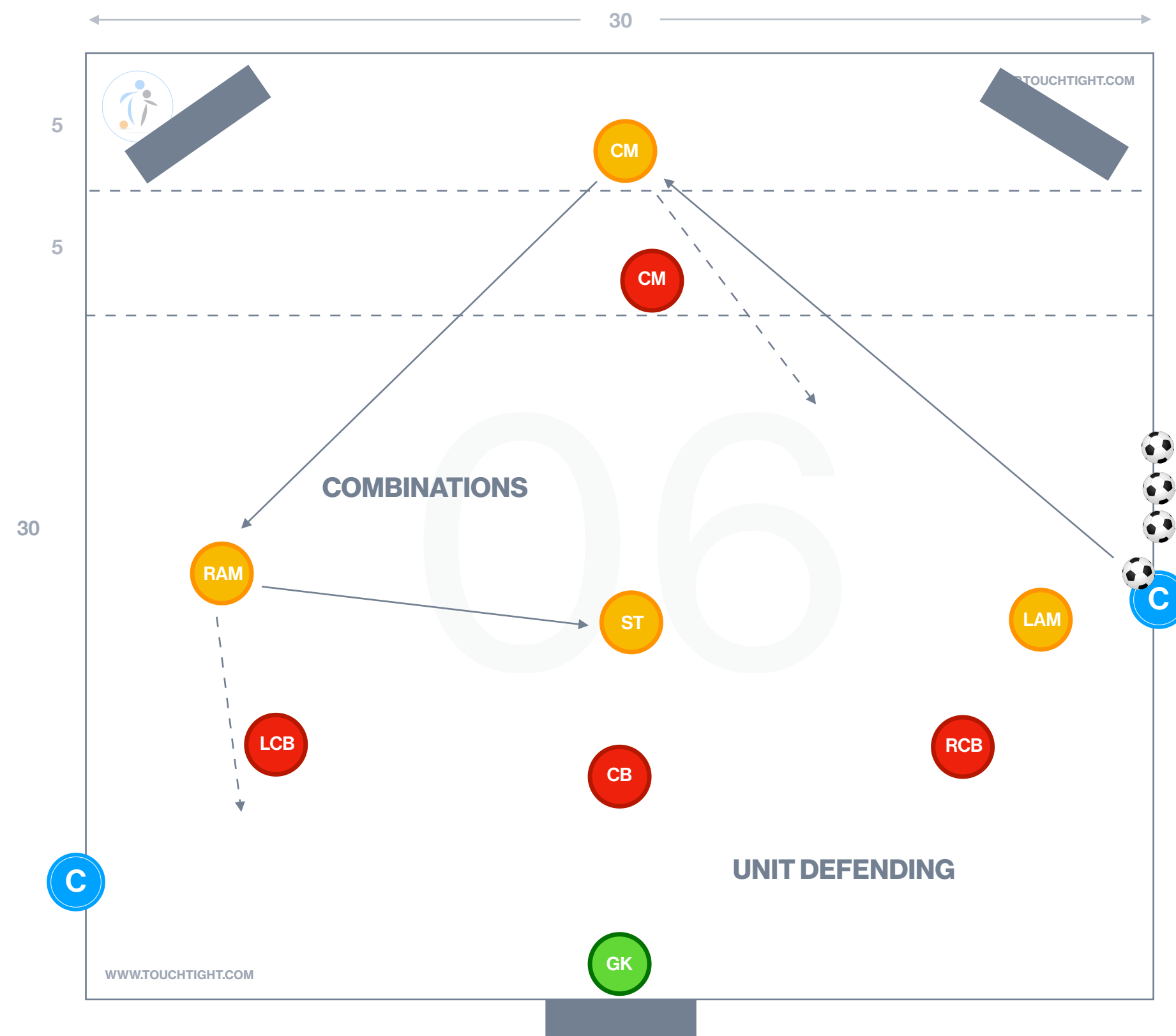
DEFENSIVE COMPACTNESS

PRACTICE 05: DIRECTIONAL OPPOSED

AGE GROUP: 10+

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO DEFEND COMPACT WITH A BACK 3



ORGANISATION:

This practice is opposed and based on a 343 defensive unit. With a 4 v 4 set up, our central midfield player and an opponent play in a 5 yard zone to combine quickly into an attacking 3, against 3 defenders. Work with the back 3 shape during the defending phase, with the CDM limiting options from the opposition midfielder. We can progress this with task and space constraints as can be seen in resources.

KEY COACHING POINTS:

- Distances between defenders
- Getting tight to strikers quickly to limit penetration
- Stay with forward runners
- Be brave to press to create offside situations

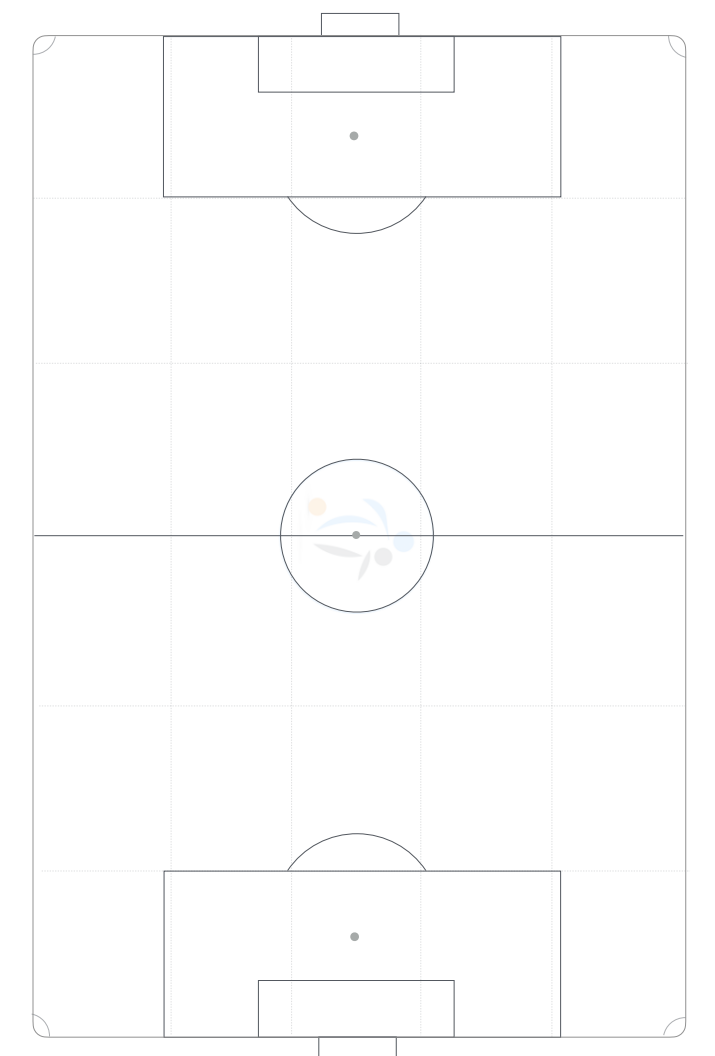
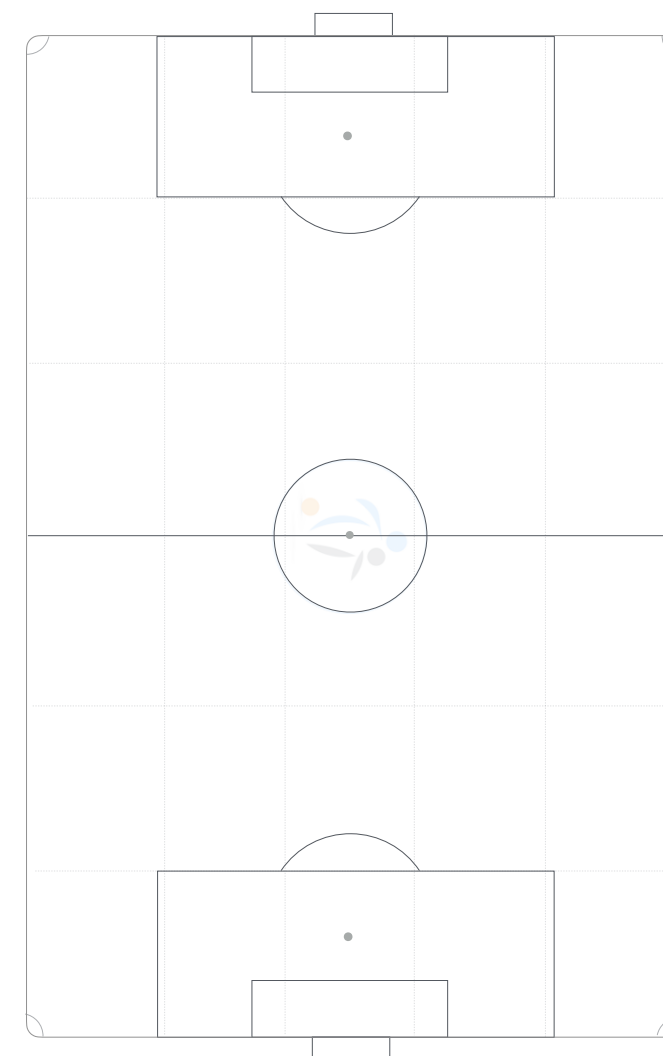
PROGRESSIONS:

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

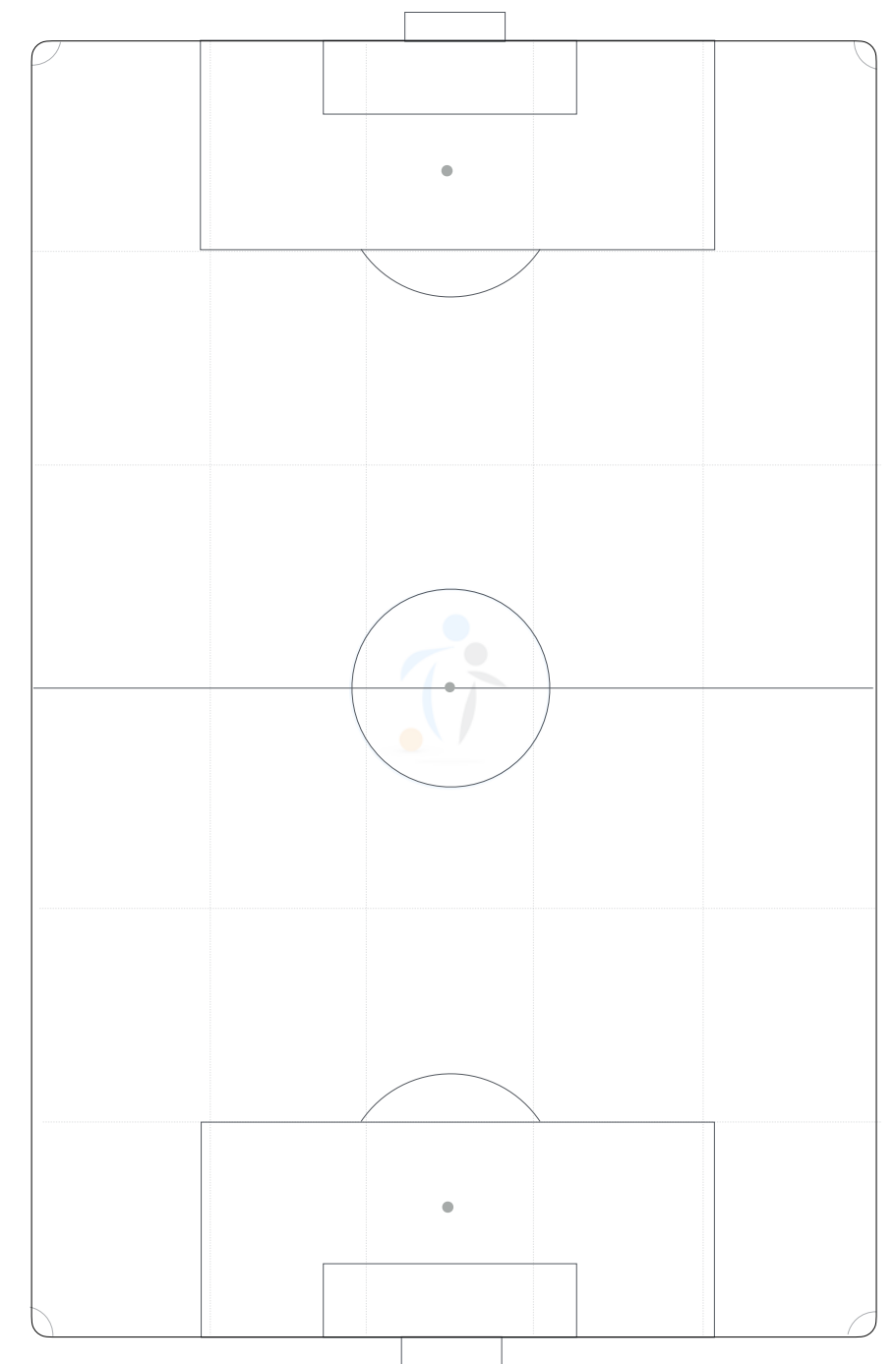
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

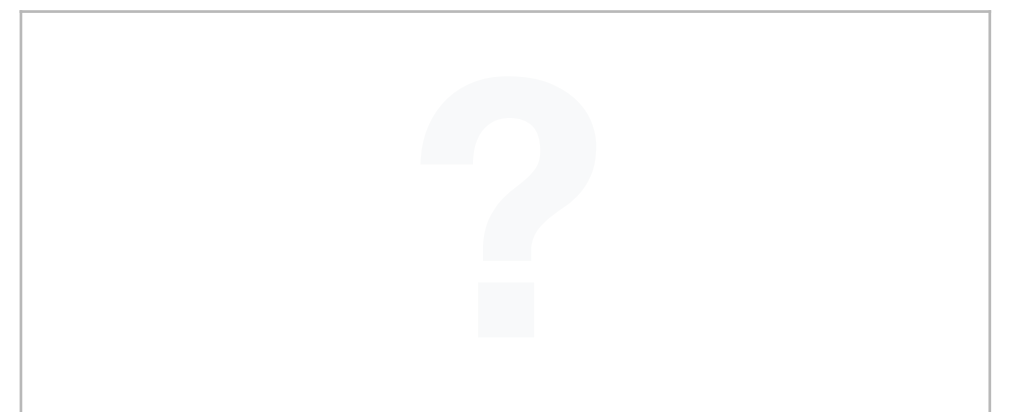
What went well?	What did we learn?

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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