



THEME 06:

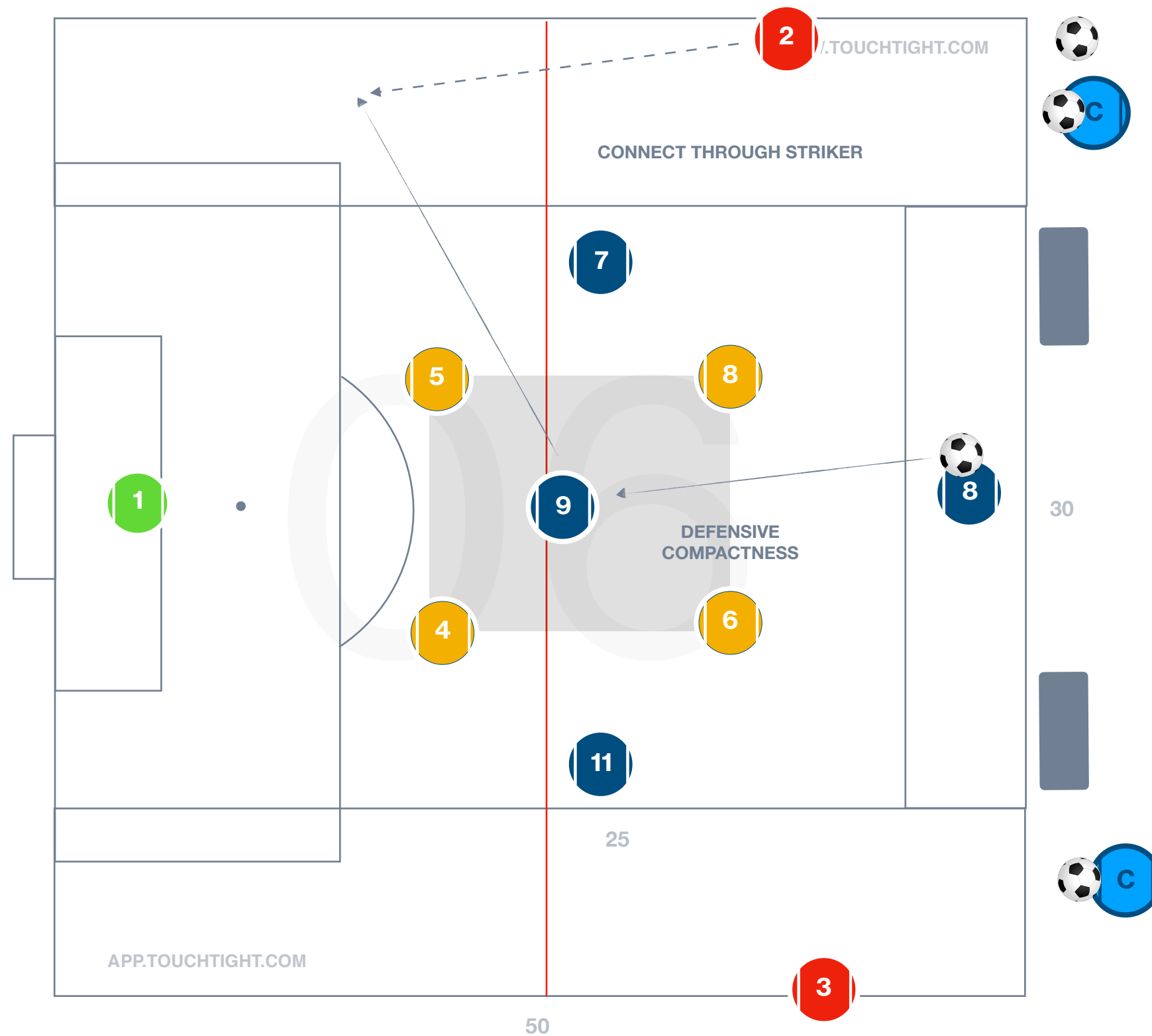
DEFENSIVE COMPACTNESS

PRACTICE 07: PATTERN INTO OPPOSED

AGE GROUP: 14+

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO DEFEND COMPACT AS A BOX



ORGANISATION:

Practice 7 of Theme 6 'Defensive Compactness' is a 6 v 4 outfield practice, which specifically works on our centre backs and 2 central midfielders ability to remain compact and limit penetration into the striker. With a central midfielder beginning play, the attacking team must attempt to play through the striker to release attacking players to cross and finish. The objective is for our centre backs and midfielders to limit this space and regain possession when possible to finish in one of two mini goals.

KEY COACHING POINTS:

- Distances between defence and midfield
- Lateral distances and communication to limit
- Recognition of when to press as a defensive unit
- With progressions increasing challenge, players ability to react to different situations is crucial.



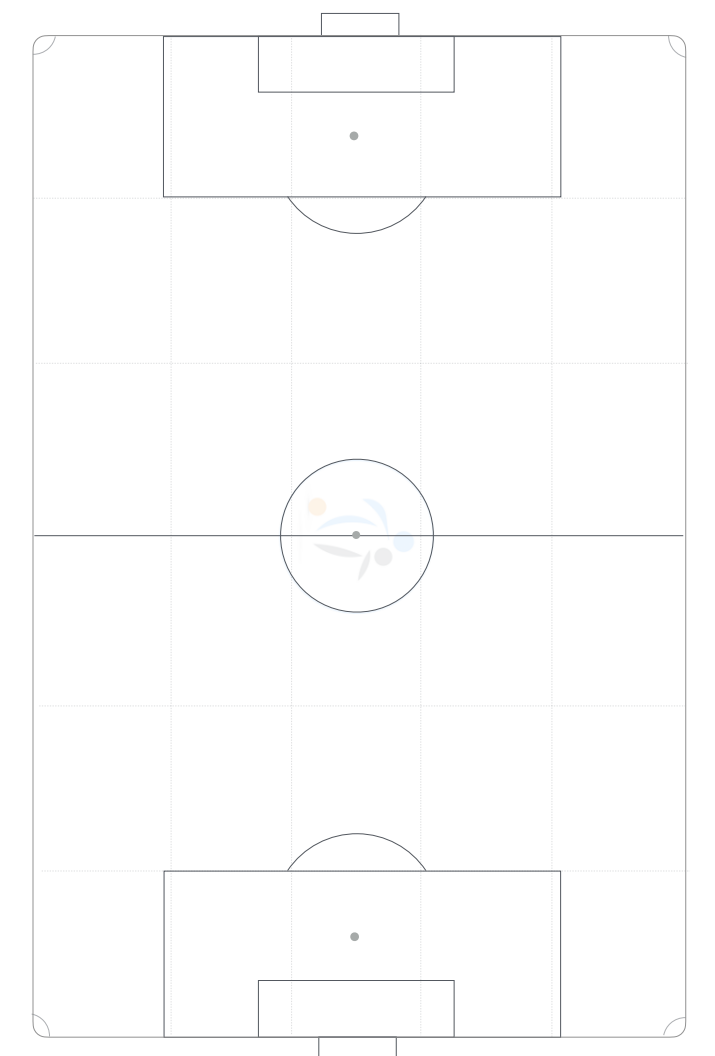
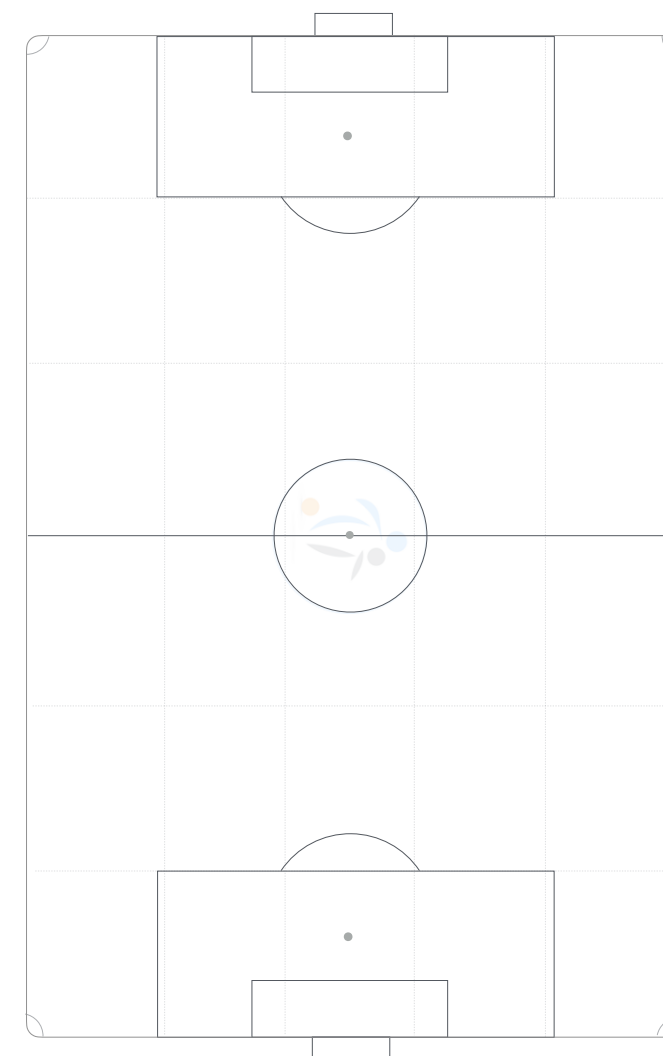
PROGRESSIONS:

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

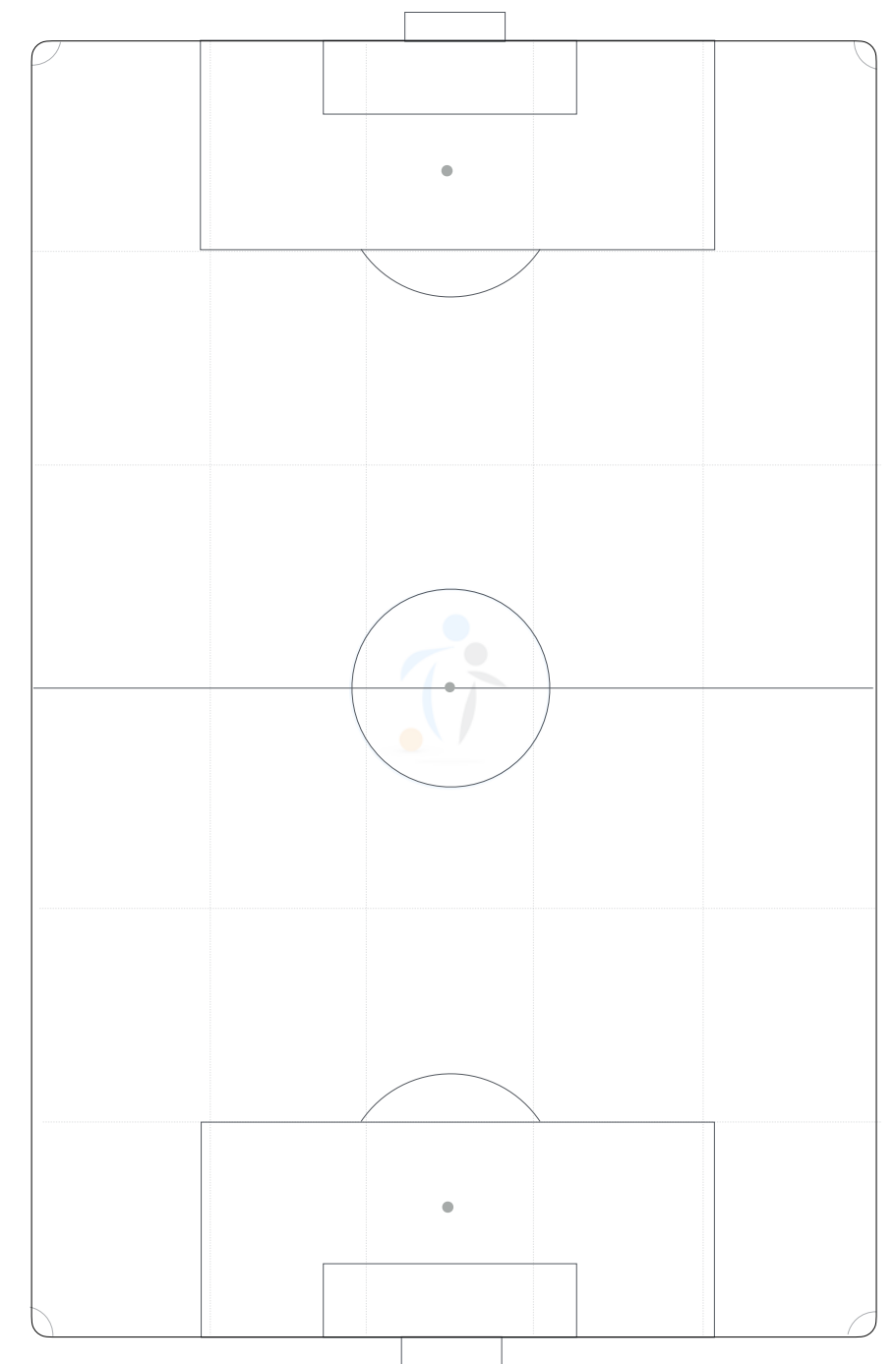
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

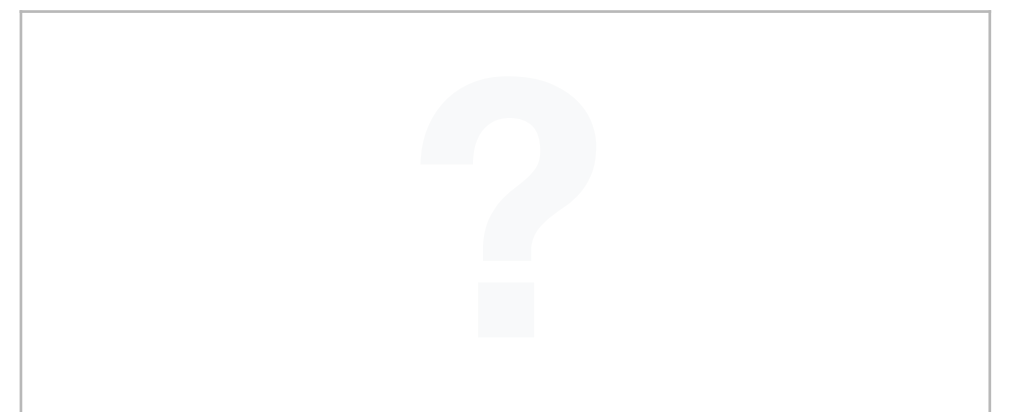
What went well?	What did we learn?

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

