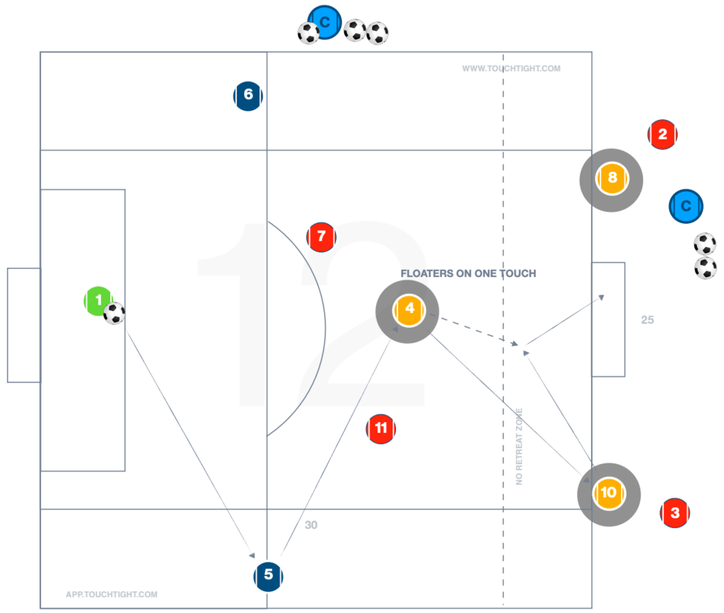
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
Practice 13 of Theme 12 Defending Centrally, focuses on the role of our 2 central defenders in their paired defending and their ability to transition and combine to break the first line of pressure. With 2 defenders and a GK defending in a 25 yard wide area, we have 3 attacking players, with 2 attacking players and a single floating player who can combine for both teams. From a basic 3 v 2, we transition into a restricted 5 v 2 allowing defenders to develop their defending and build out play.	• Paired Defending - Distances and Angles • Communication of when to press and drop • Being able to adjust body shape to force direction • Transition to building out and able to combine with effective touch and passing quality
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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