



THEME 12:

# DEFENDING CENTRALLY

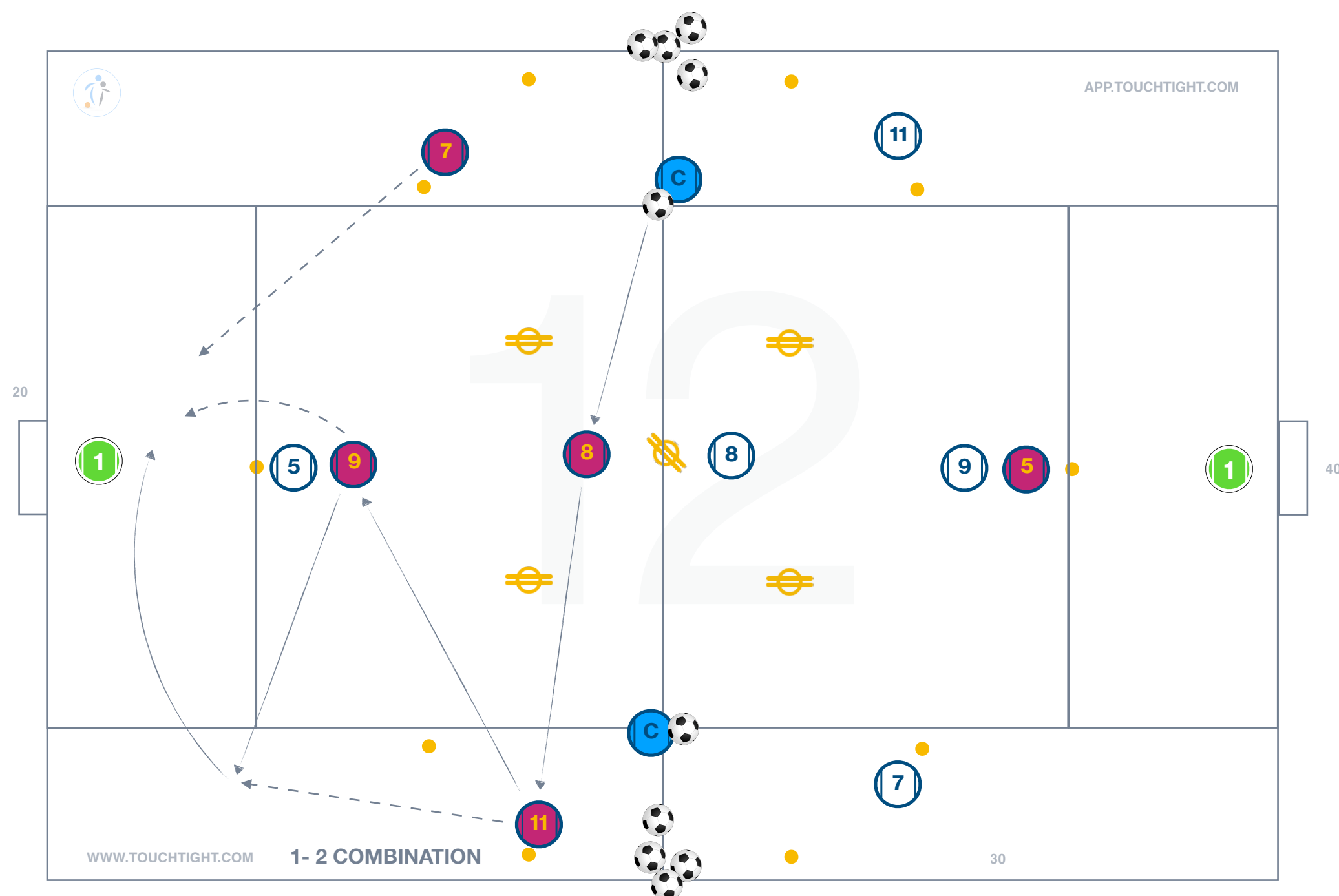
## PRACTICE 8: WAVE OF PLAY

AGE GROUP: 11 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

### HOW TO DEFEND GOAL OVERLOADED



#### ORGANISATION:

This practice is number 12 in theme 12 Defending Centrally and begins with a coach playing a ball into a midfield player who then plays to the winger to combine with a 1-2 with the striker before delivering for 2 strikers with 1 defender defining the goal.

The objective is for the defender to get tight to the striker without tackling, before recovering to defend the goal.

If they win possession they can initiate the counter attack by playing the ball into the midfielder or winger in the opposite end.

Coach will then play a pass for the midfielder to initiate the attack in central areas in a 3 v 1.

#### KEY COACHING POINTS:

Focus on the following key points:

1. Passing quality speed and accuracy to beat defenders
2. Width to create space to exploit



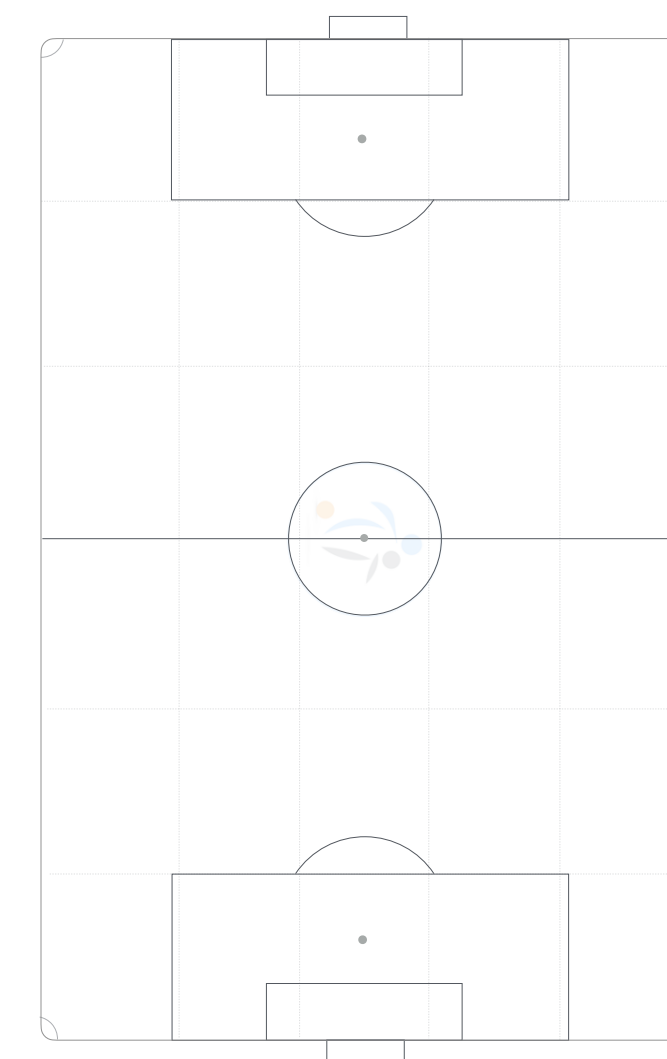
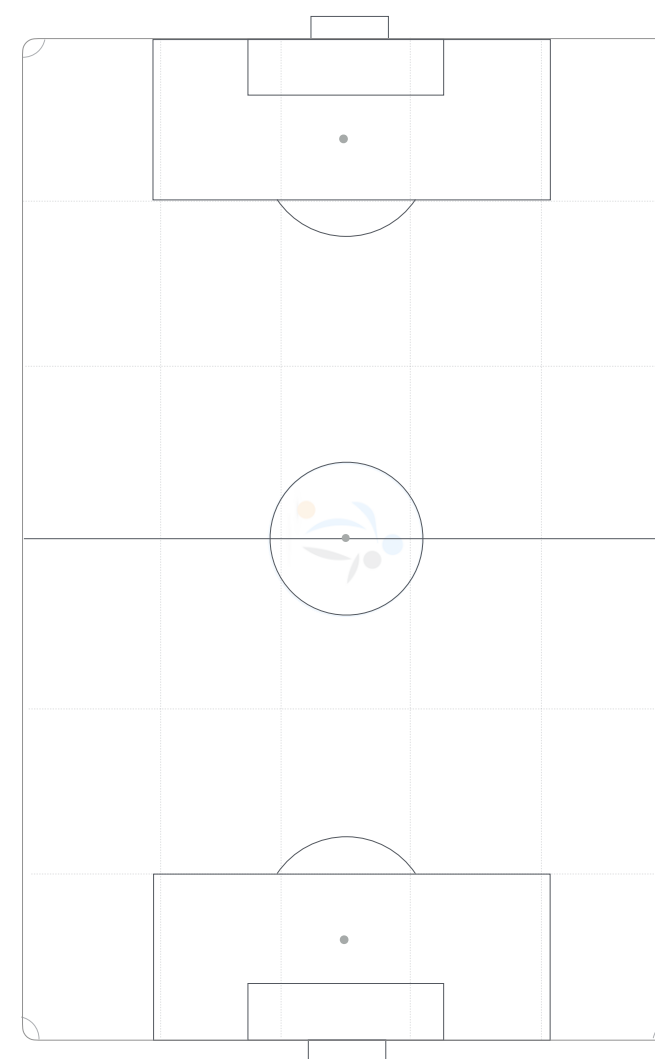
### PROGRESSIONS:

### 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

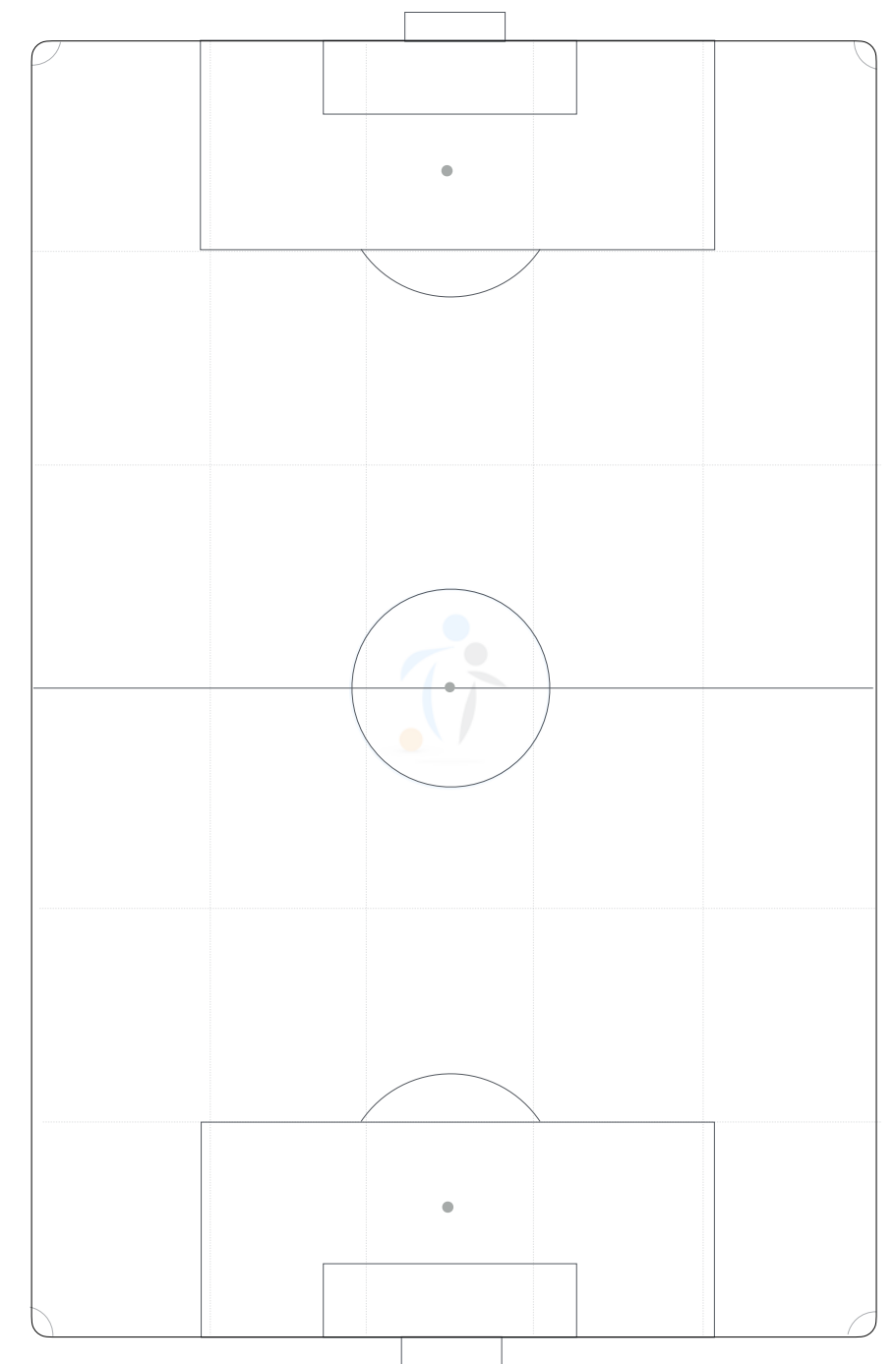
Player Trios initials	Objectives

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?

