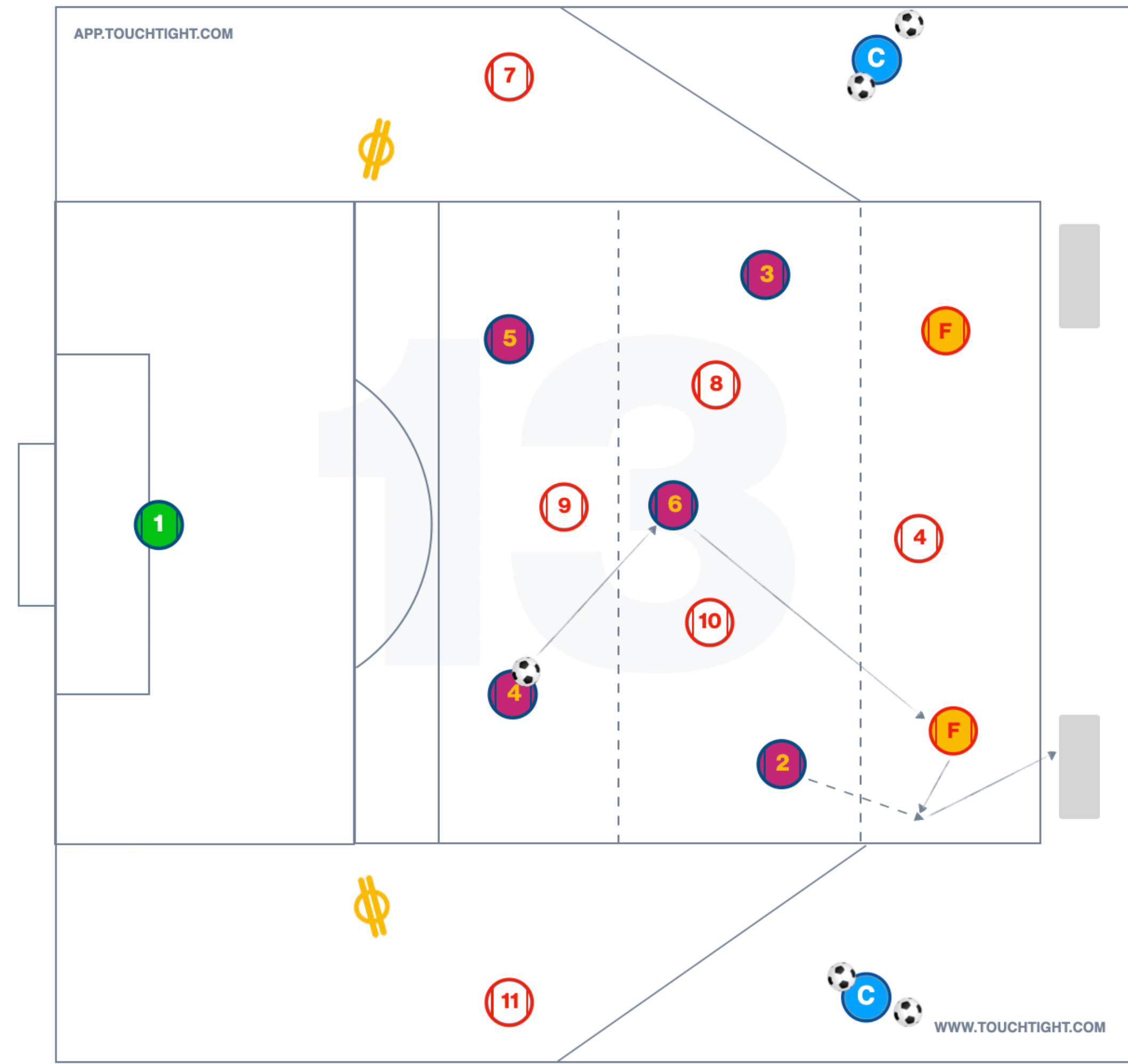


Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points				
<p>This practice is number 12 in theme 13 defending outnumbered and has 14 players with a focus on build up play, counter attacking and defending the counter.</p> <p>We begin with defenders building out in a 7 v 4 outfield overload, scoring in one of two mini goals when breaking into the final 10 yard zone. When the opposition win the ball they must counter by combining with wide players to cross and join the attack, whilst the team losing the ball fall back into a back 4 and CDM shape to defend the cross.</p>	<p>Recovery as a group quickly to defend the cross</p> <p>Distances between defenders to limit space for attackers to break into</p> <p>Organisation between GK and defenders, recognising when to drop and when to press on third attacking phase</p>				
Progressions	Player Questions				
Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

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EVALUATION

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

Coach (Self)
Session Organisation
Players (Motivation / Engagement / Learning)
Action Points