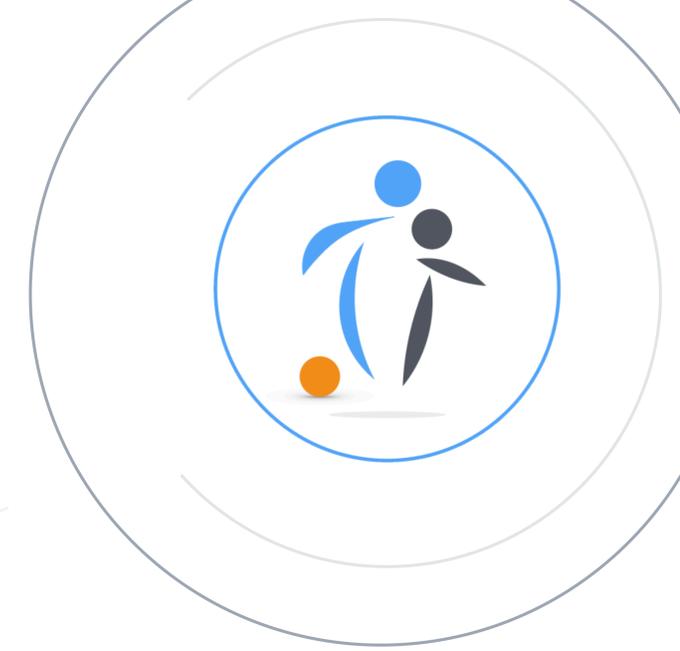


By: touchtight coaching



SCAN ME

VIDEO



SESSION 10.

Defensive Compactness

Minimum Age: U17+

Number of Players: 13+

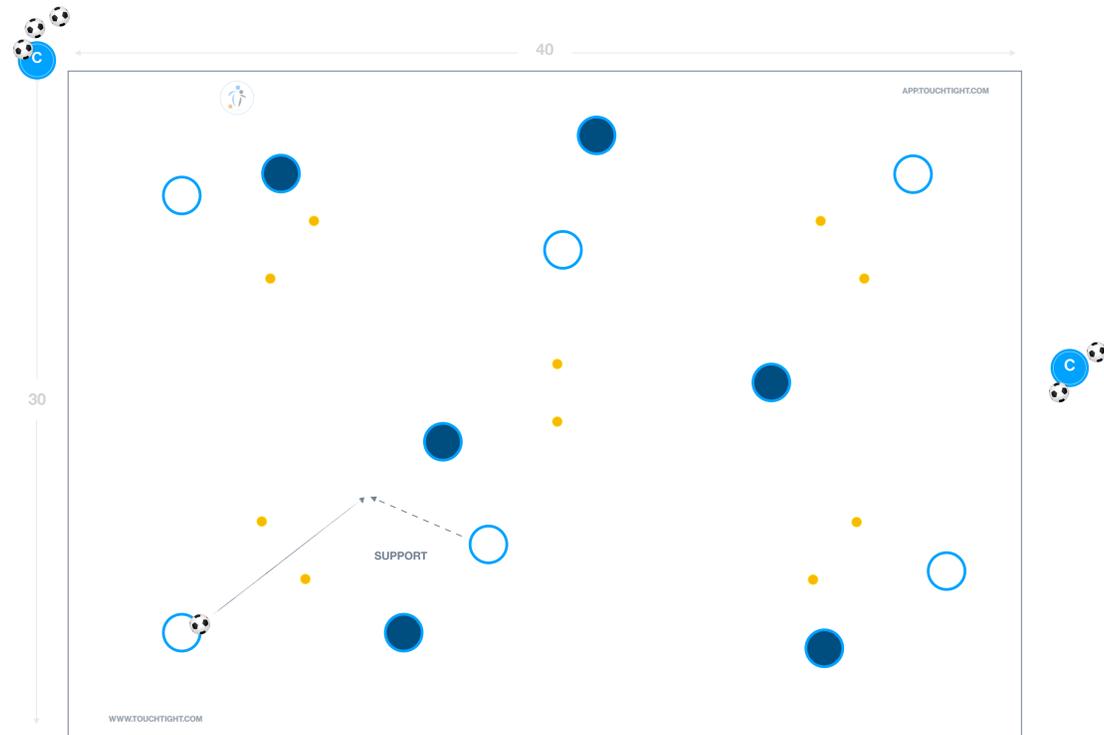
Duration: 90 Minutes

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



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Coach Notes

Organisation

Practice 2 for Theme 5 Developing Support Play is focused on improving support play. We position 5 sets of 2 poles with a 3 yard gap between each on a pitch 40 by 40 yards. Objective is for the team in possession to combine with a teammate with a pass through a gate. Teams can win the game if 2 goals are scored in 3 touches.

Key Coaching Points

Focus on the speed and angles of support, reactions to opposition screening and use of the switch to break defensive pressure.

Progressions

Progress further by conditioning practice forcing a player from the opposition to drop out after every successful combination, winning team is the last pair standing.

Player Questions

1. Can you identify how to escape when under pressure?
2. When are defenders pressing leaving space to initiate a switch of play?
3. How can you improve your accuracy and weight of pass when playing through the gates?

Area Size	Duration	Sets
Intensity	Work to Rest Ratio	Energy Type

