



Session Date

Season

Age Group

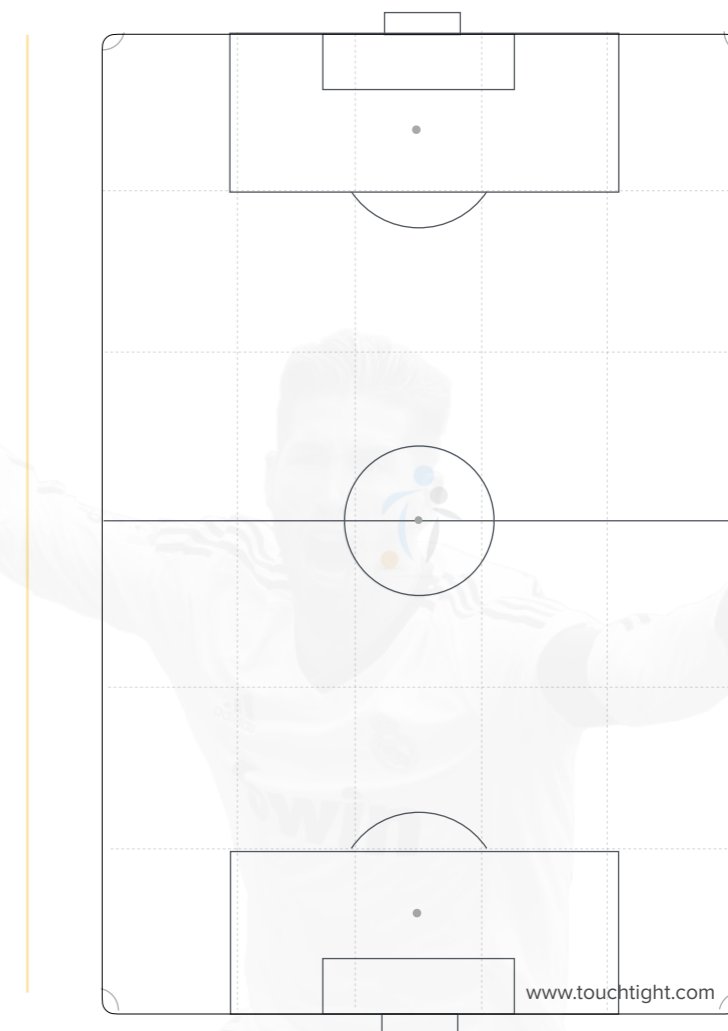
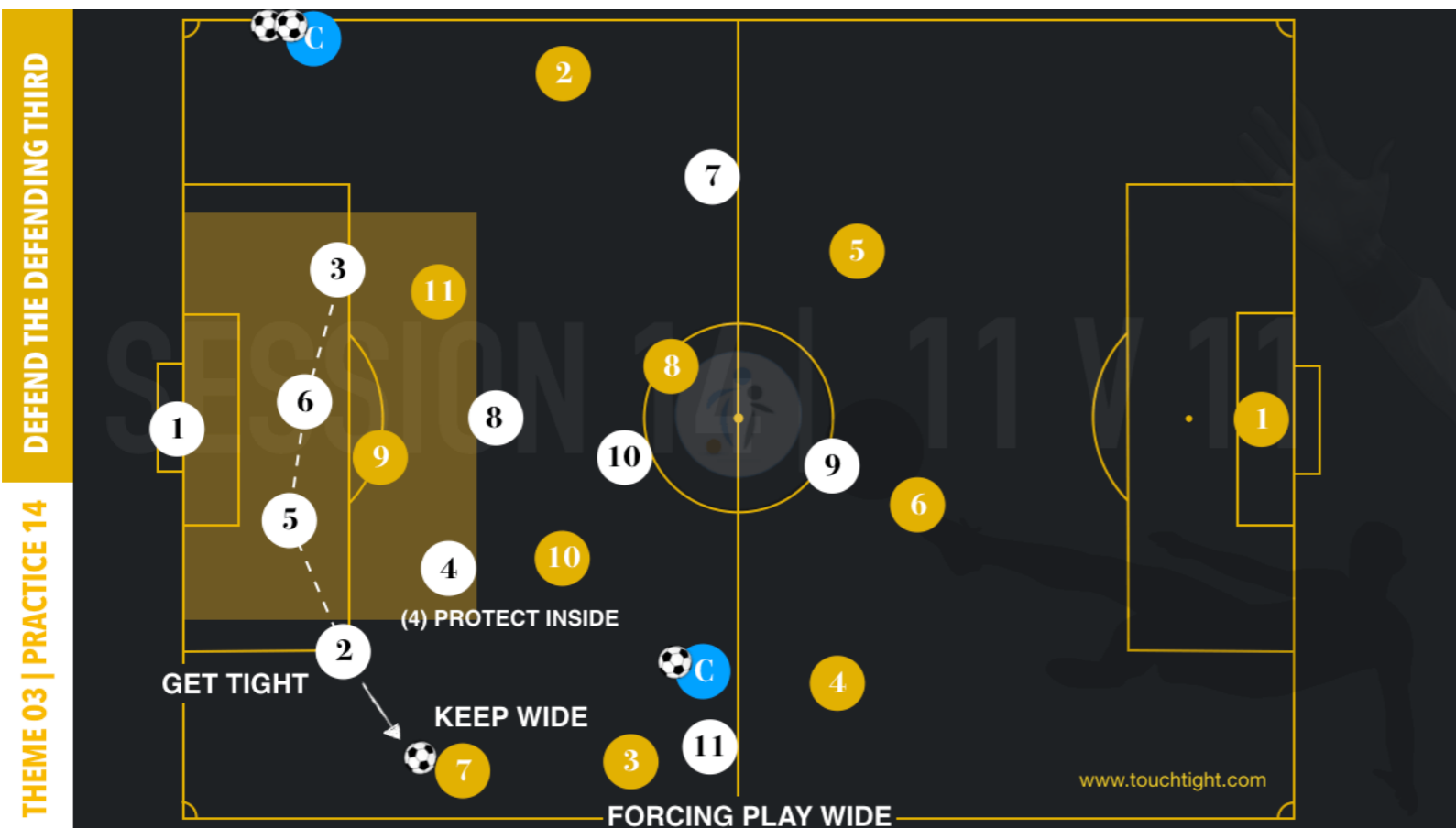
Players

Duration

Type: 11 v 11 Practice

Area:

Team Objectives:



Set Up & Organisation:

- Our final Practice in our Ramos based Theme Defend in the Defending third is an 11 v 11 game which incorporates key points from all other practices. We focus on defending in a 4231 against a 433, with immediate attention to forcing play wide and protecting central areas.

Progressions & Constraints:

- Progress by manufacturing crossing opportunities, forcing defenders to mark and protect vulnerable spaces.
- Players are then challenged to play a high line when teammates apply high pressure, squeezing play to play offside for opposition forward runners.
- Recreate various defending situations, with high balls in the box for defenders to clear, 2nd balls to be picked up and overload situations to trigger pressing and delaying decisions.

Key Individual Coaching Points:

- **Tact / Tech** | Develop full backs ability to show wide and get tight to prevent crosses
- **Technical** | Central defenders and our goalkeeper to deal with crosses
- **Physical** | Defenders to win second balls that drop after challenges

Questions & Notes:

- What is the attackers strong foot in 1 v 1 defending situations and how do you deal with this?
- Who can you communicate with during this defensive phase?
- Where are the areas that you must cover on crosses from high or deep areas?

Work / Rest Ratio: mins sets

Session Date:

Team:

Coach:



Session Objective/s:

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



Big Game Question

How will we apply this session to a game situation?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation

www.touchtight.com