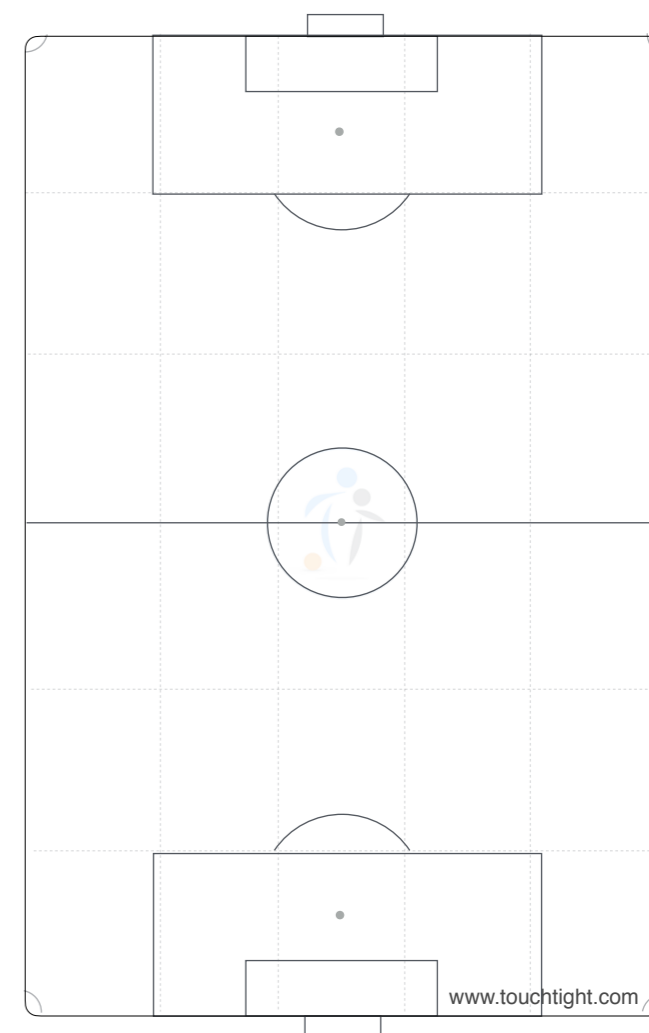
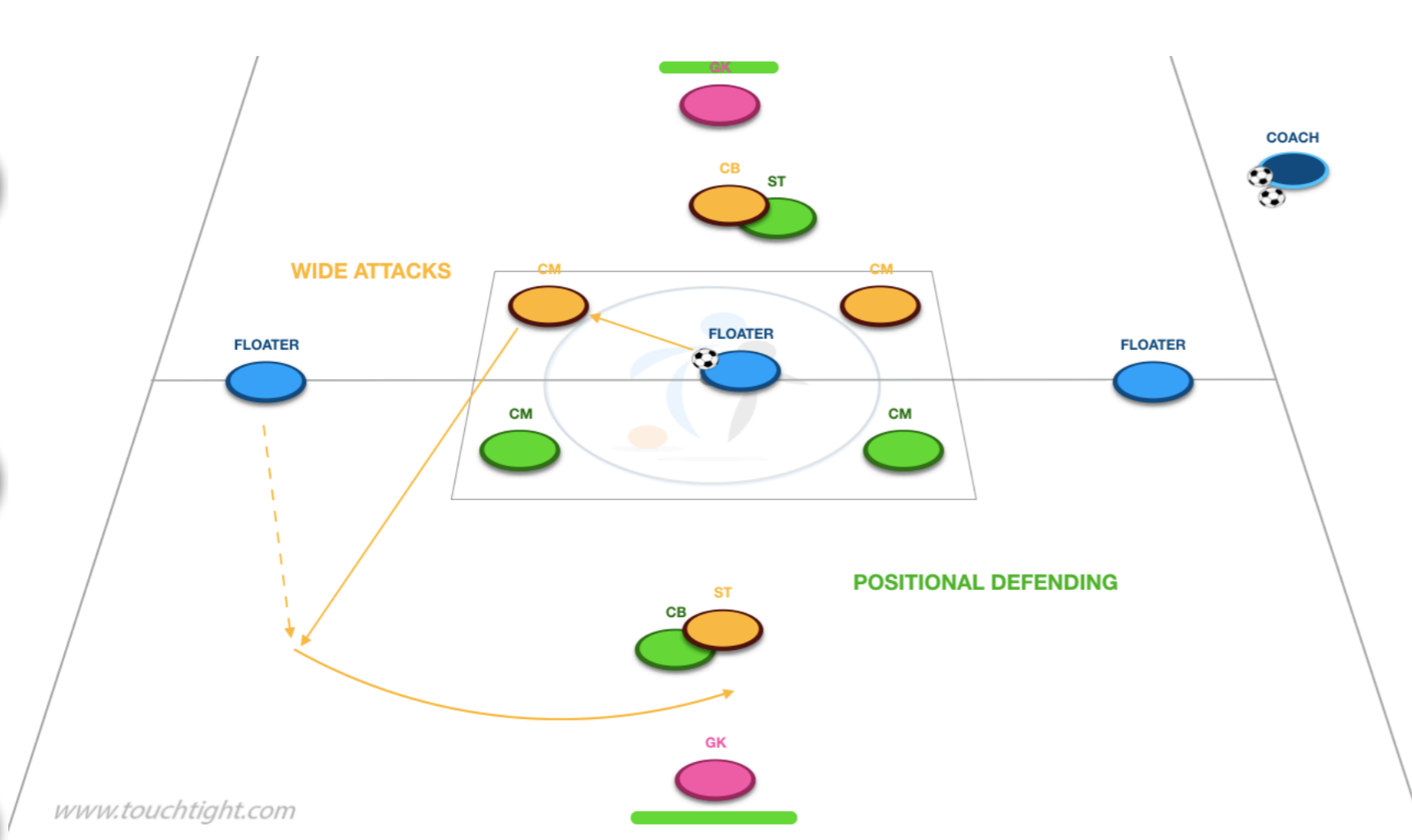




Type: Opposed Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- 13 Outfield Players inc. 2 GKs, a central 15² area, 2 v 2 + Floater, 1 ST v 1 DF each end + 1 WM Floater either side to deliver.
- Here we are defending the goal from wide deliveries starting with 2 v 1 situations, gradually building numbers to develop individual and paired defending in the final third.
- Individual defending, reading of delivery, marking & positional sense off ball delivery. Central players must make 5 passes before delivering to wide player who puts a cross in the box. Teammate in area (not passer) makes 2 v 1 by attacking area. If they regain in area, they can break to create same 2 v 1.

Key Coaching Points:

- Assess flight of the ball quickly to be able to defend effectively.
- Be in a position to see both ball delivery and attacking player - Quick feet.

Progressions / Constraints:

- Allow ball directly into ST feet so defender can deal with direct play.

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Questions & Notes:

- Are you able to intercept or cause problems on player's first touch?
- How can you read a player's turn? Body shape, stronger foot.. Can you dictate this?

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

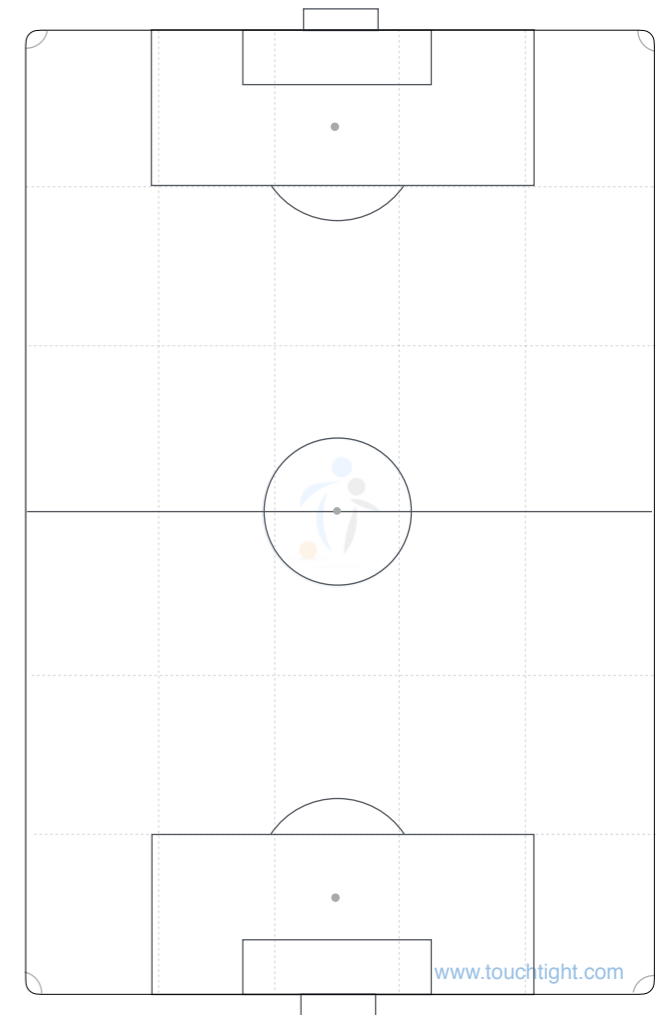
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?

