



Session Date

Season

Age Group

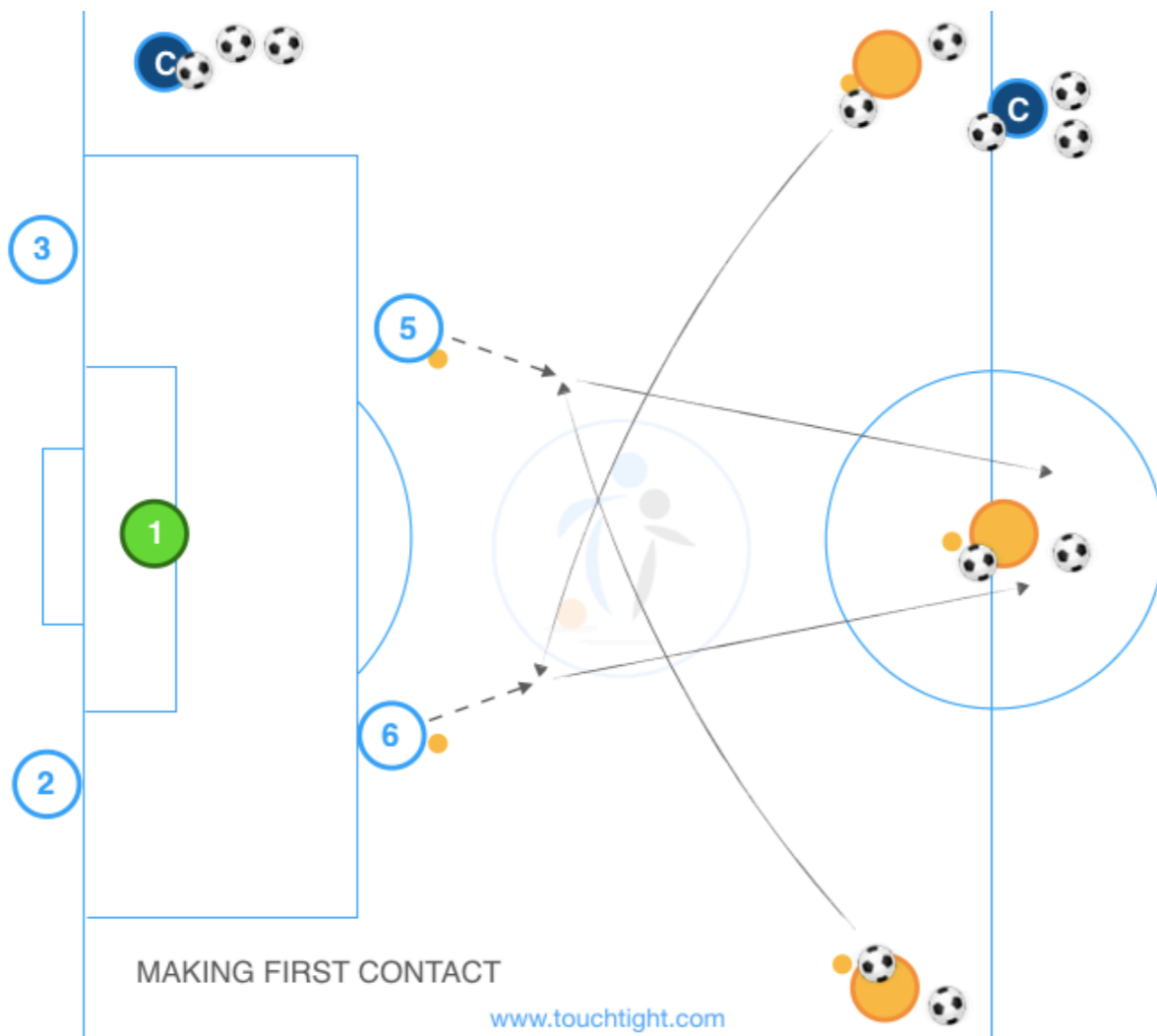
Players

Duration

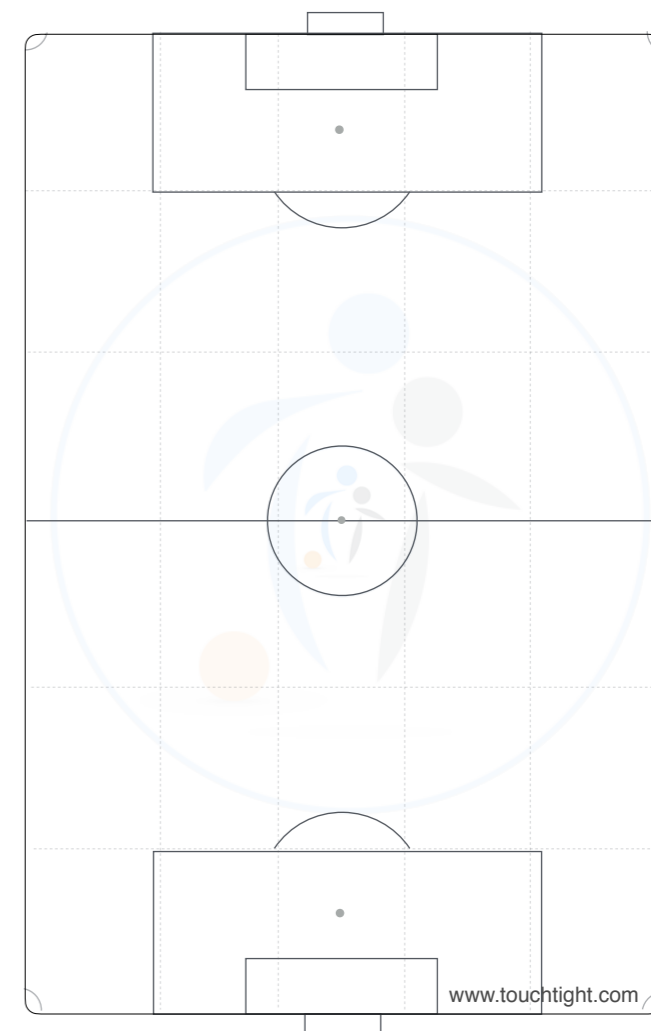
Type: Technical Practice

Area:

Team Objectives:



PRACTICE TECHNICAL



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Set Up & Organisation:

- This defending session is a technical practice that works paired defenders in developing their individual and paired defending technique. With 1 goal protected by a Goalkeeper and 2 Defenders, position 3 other players on each of the cones as shown with a supply of 3/4 balls.
- Each player must take it in turns to deliver a lofted pass or cross into the box for players to clear. Work through all balls and rotate defensive players to repeat practice.

Key Coaching Points:

- **Paired Defending** | Focus on distance of clearance and covering positions of teammate and GK.
- **Press & Defend** | After each clearance, players must squeeze and drop ready for next delivery.

Consider..

- This can be fantastic for developing players understanding between each other. Encourage different keywords for players to use between them i.e. 'clear', 'squeeze', 'out' and 'drop'. Between the 3 players they will develop a great relationship that will allow them to defend spaces much more effectively on game day.

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

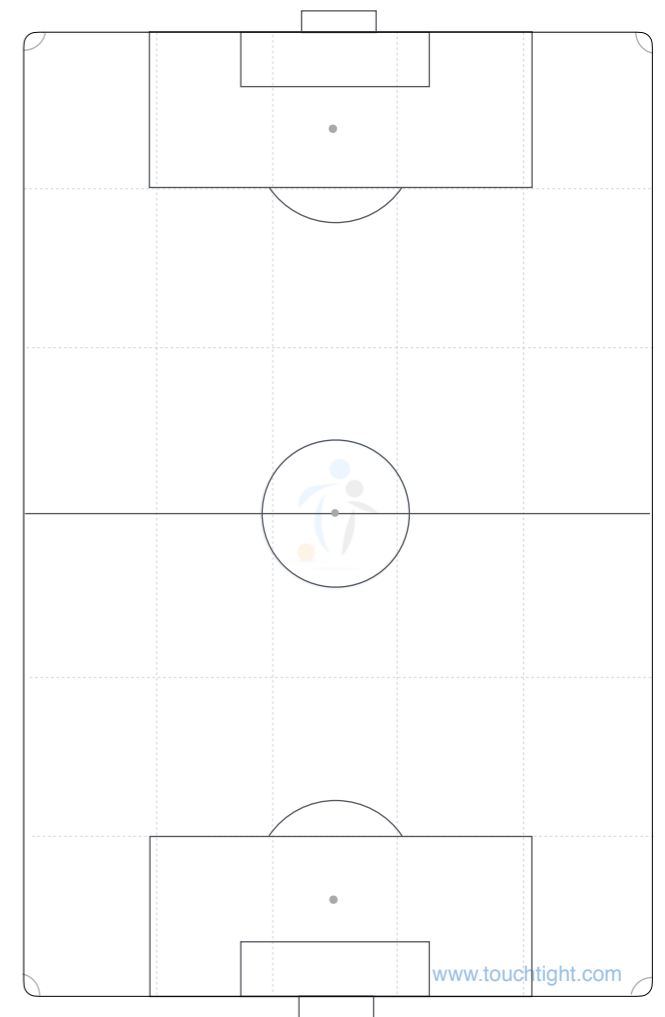
Player Trios initials	Objectives

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?



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

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