



Session Date

Season

Age Group

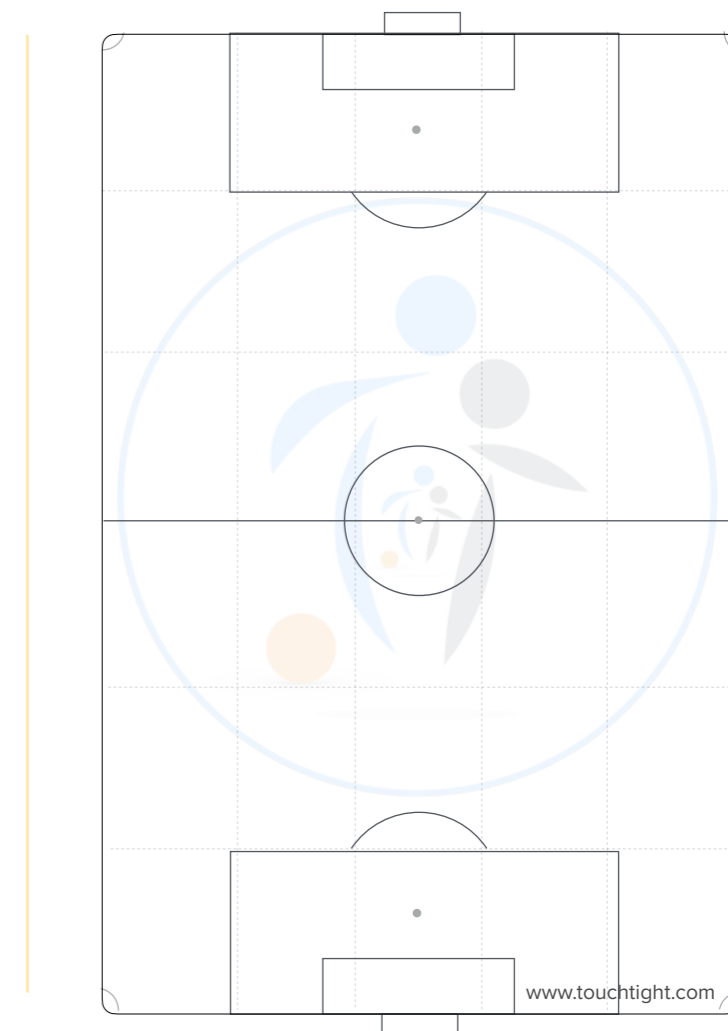
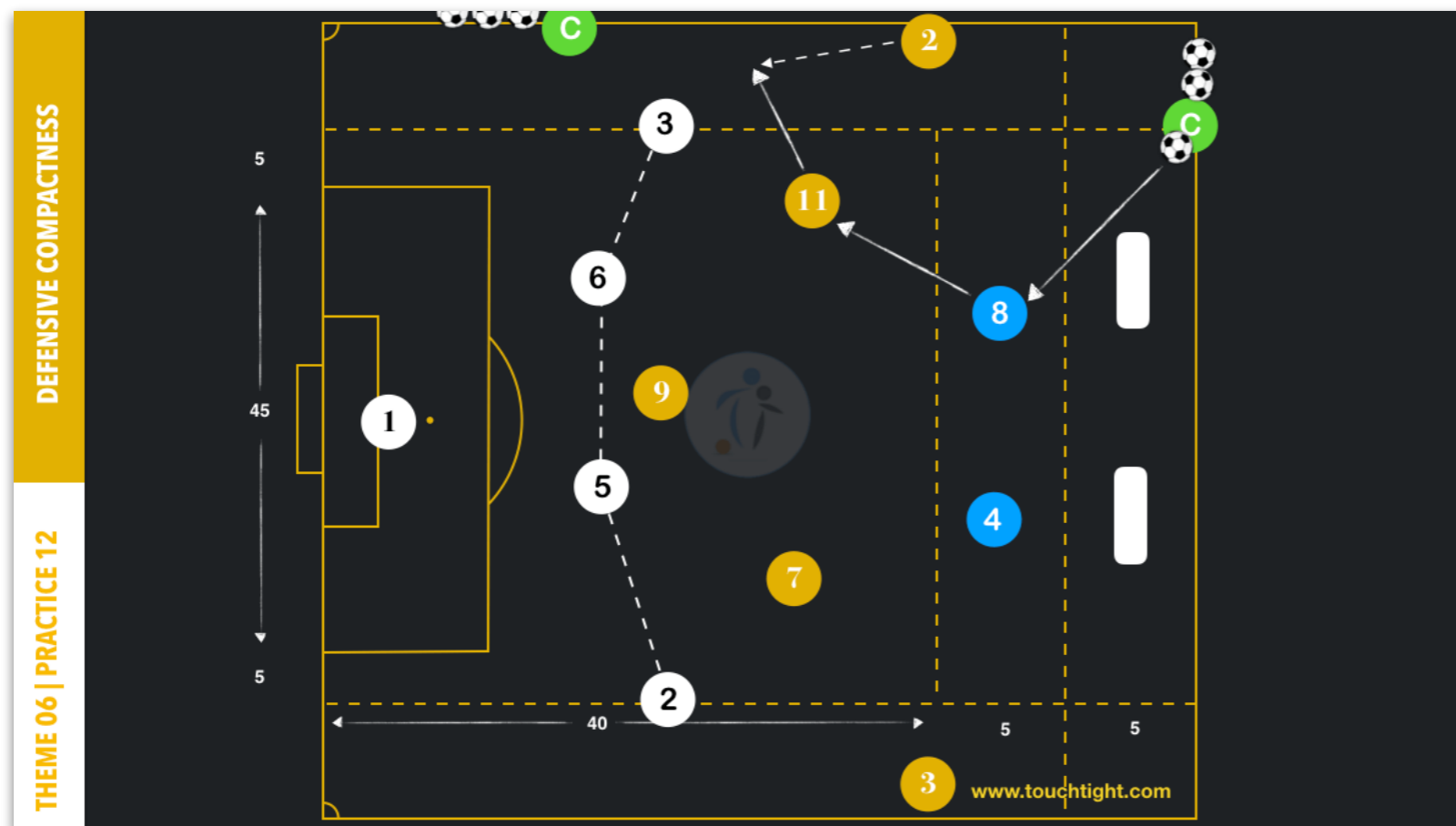
Players

Duration

Type: Lead Practice

Area:

Team Objectives:



**Set Up & Organisation:**

- This is our defensive compactness theme based on the defensive prowess of Pique. In a 4231 against a 433, whites back 4 set up to defend against an attacking 3 supported by advanced full backs creating a 5 v 4 attacking overload. 2 support players 8 and 4 can be used for Golds to bounce on 2 touch and for whites to use as target players on one touch.
- Key defensive points must be based around speed to get tight forcing quick decisions, sliding across to maintain compactness and recognising when to squeeze play forcing attacking players to adjust forward runs to avoid offside.

**Key Individual Coaching Points:**

- Communication between GK and central defenders to organise shape, speed and angle of pressure from full backs and body shape and communication of weak side full backs.
- Covering distances for secondary players

**Progressions / Constraints**

- We can progress play by allowing wide players to drive inside if they enter the attacking half, challenging defenders to cope with a central overload.
- We challenge defenders further by rewarding whites with 2 goals if both full backs can get into advanced areas when they score. This will increase the chances of defensive transitions, challenging central defenders (5 and 6) to cope with 4 and 5 v 2 situations, with full backs 2 and 3 recovering towards goal.
- Progression 3 then challenges lateral coverage with defenders rewarded with a goal if the opposite full back to the ball slides into a set area, when ball side full back wins possession.

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

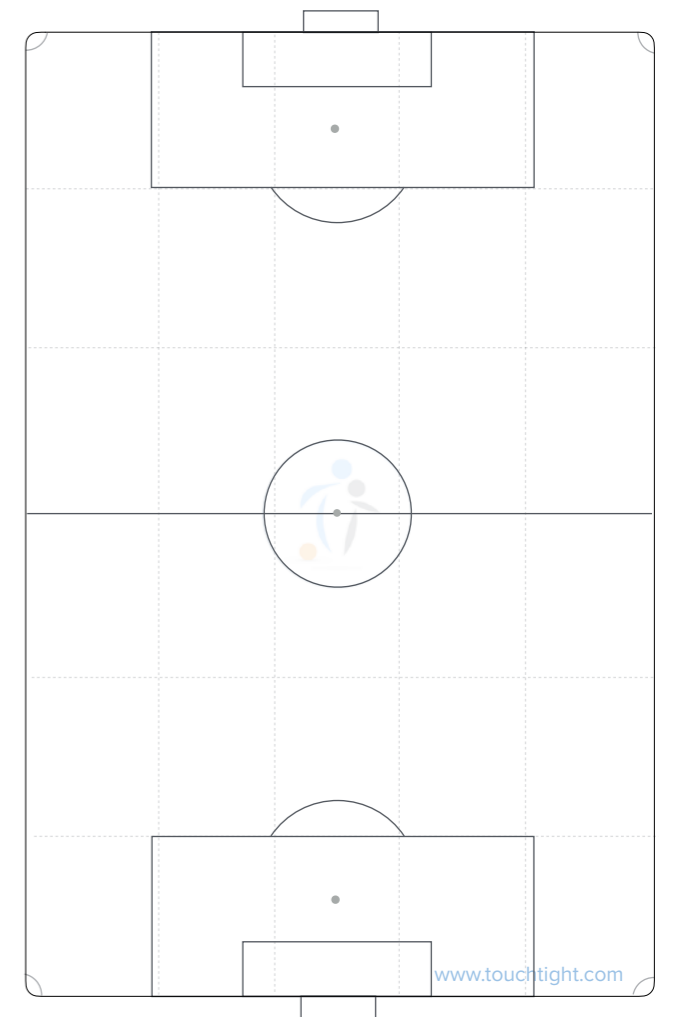
Player Trios initials	Objectives

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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