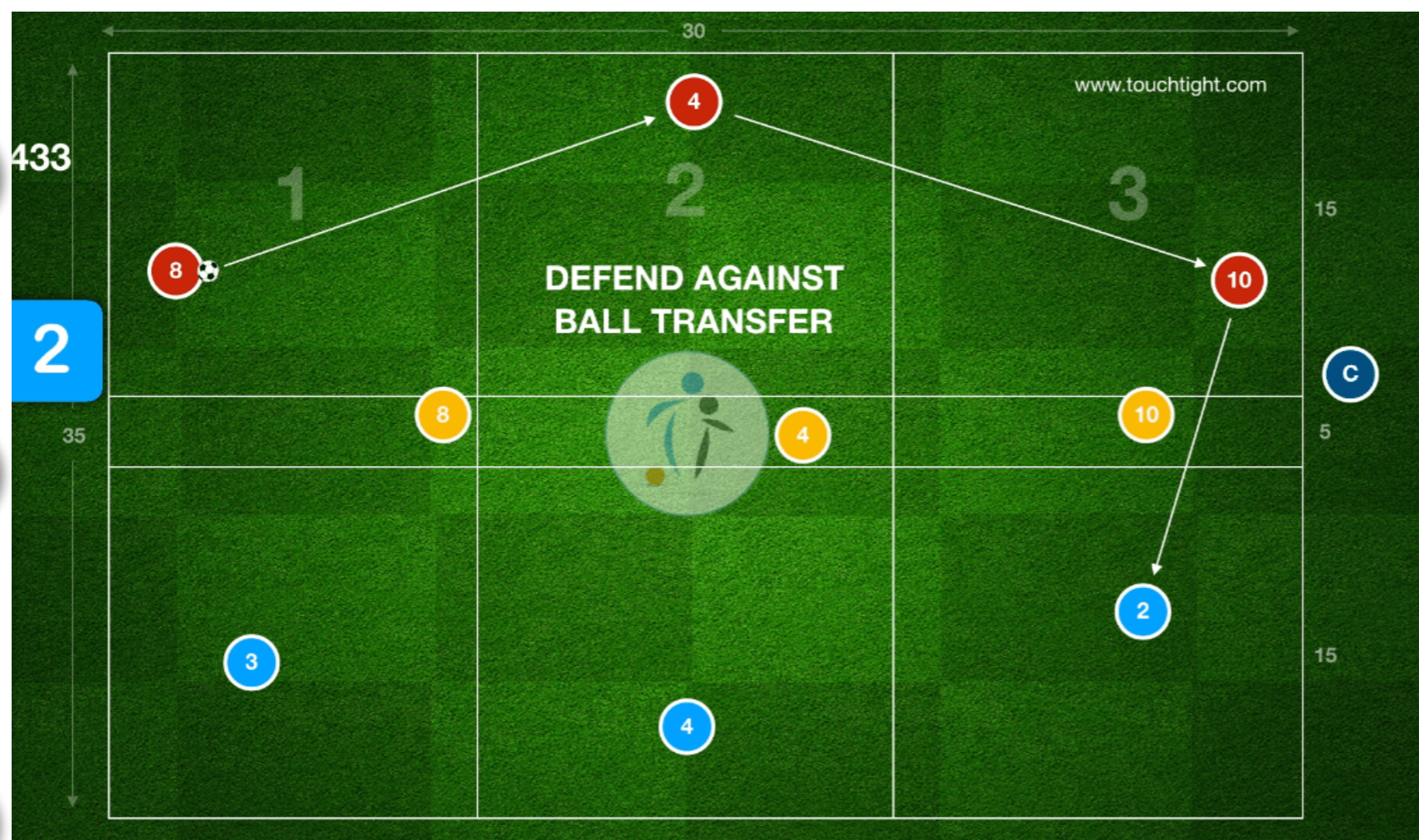




Type: Technical Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This defending practice is part 4 of theme 6 defensive compactness and combines defending technical and skill elements.
- With 3 zones in a 30 x 35 yard area, 3 defending players must begin centrally and look to cut off passing lines from the 3 players in possession and another 3 players in the opposite zone. Once the ball has been passed across each of the 3 zones, defenders can press.

Key Coaching Points:

- (Tactical) They must be intelligent in their pressure, covering passing lines
- (Social) Limit space wide as well as through the middle as a collective unit.
- (Psychological) Committed in defending technique and awareness of the opposition's strategy to play through.

Progressions / Constraints:

- By introducing 2 mini goals, defenders can now finish when they win the ball, with the team losing possession becoming the defending 3.
- Progress to add 2 additional goals or play line ball if goals are unavailable, giving the possession team a point every time they pass the ball from one zone to the next, with a maximum of 3 points.
- Remove a mini goal, leaving 2 goals for defenders to protect. This will reduce space for defenders to cover, allowing them to pick up runners easier.

Questions & Notes:

- What is the objective of the practice and how does this impact on your decision making?
- How do the progressions influence your marking of space?
- Are you more aggressive in your press, or more defensive protecting space and why?

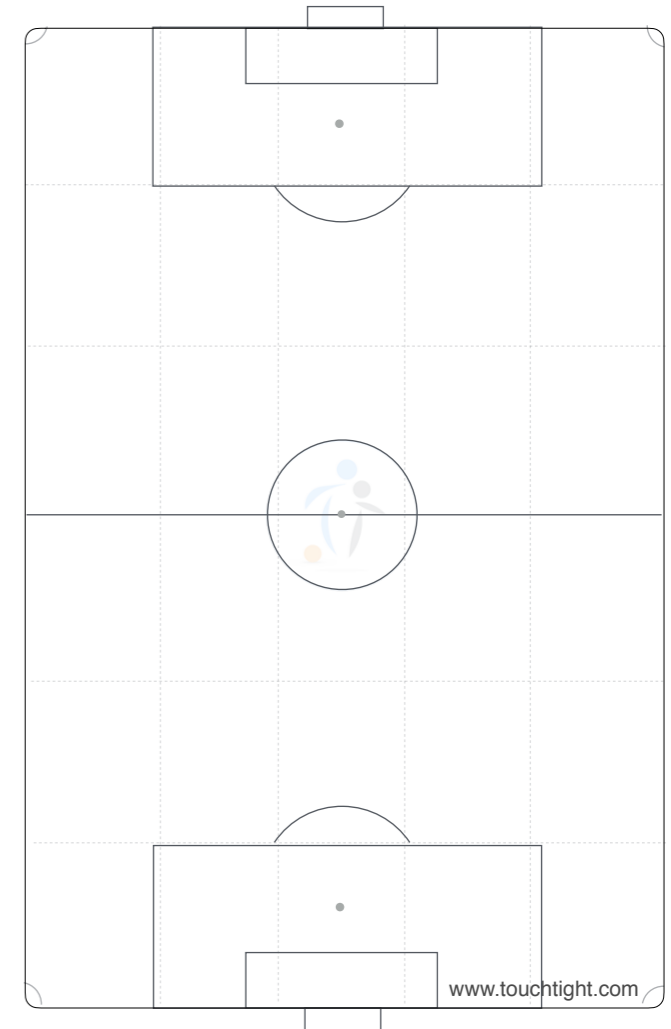
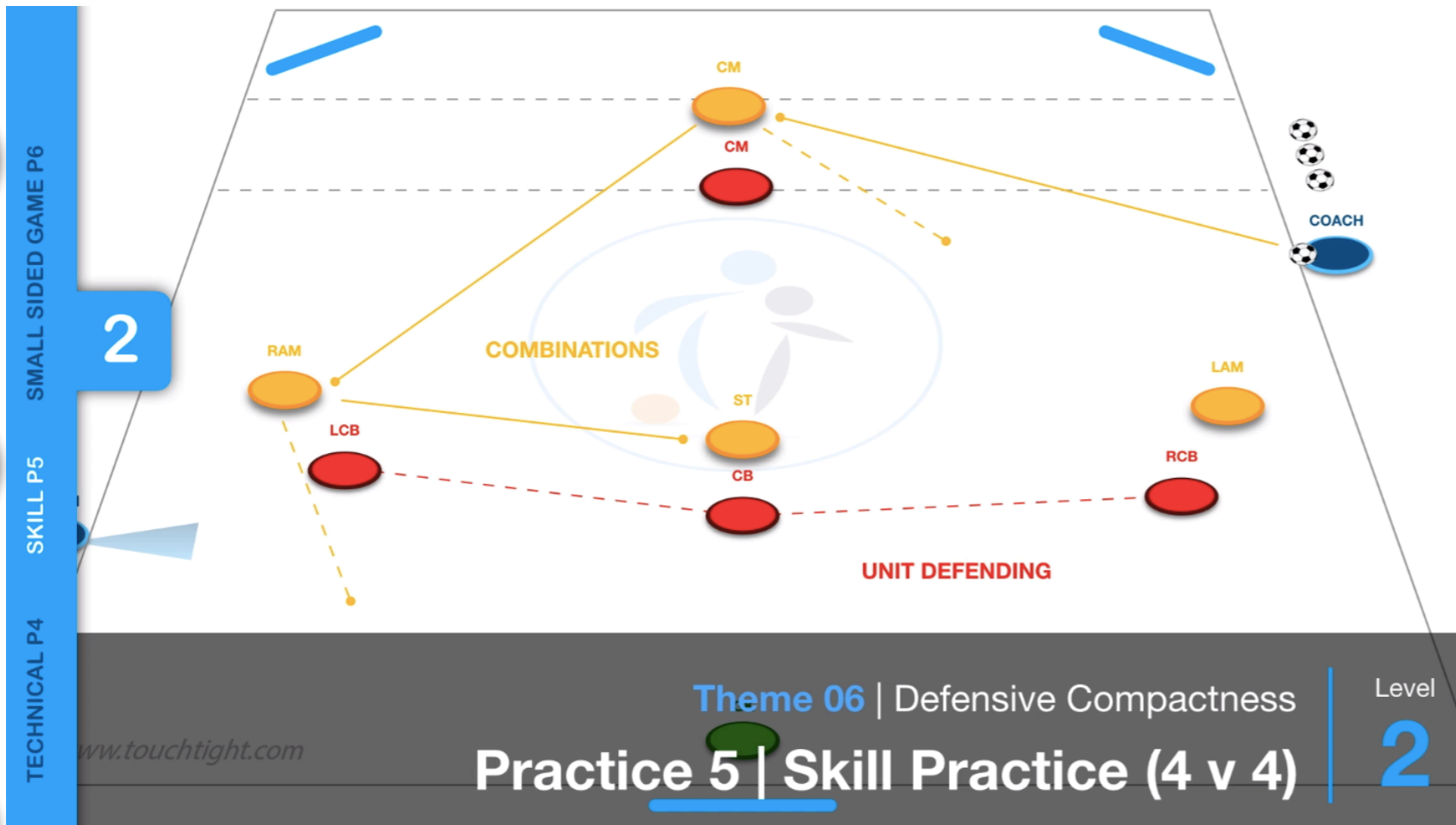
Work / Rest Ratio: mins sets



Type: Skill Practice

Area:

Team Objectives:



Theme 06 | Defensive Compactness

Level

Practice 5 | Skill Practice (4 v 4)

2

Set up / Organisation:

- This practice is opposed and based on a 343 defensive unit. With a 4 v 4 set up, our central midfielder and an opponent play in a 5 yard zone to combine quickly into an attacking 3, against 3 defenders.

Key Coaching Points:

- Tactical | Recognise how and when to be compact and force wide, away from goal when possible
- Tactical | When the ball is played backwards, can defenders step up to squeeze attackers further upfield?
- Social | Press and cover relationships, cover as much space for each other as possible.

Progressions / Constraints:

- Progress by allowing the central midfielder to join in the attack if a forward pass is played on one touch. By creating this 4 v 3 overload, defenders must recognise when to get tight, when to stay with opponents and when to narrow off to protect space in behind.
- Our final progression introduces a zone for the attacking team to play the ball back if under pressure. Defenders must step up to play offside if the ball is set back to this zone, encouraging bravery in players defending.

Questions & Notes:

- What is the objective of the practice and how does this impact on your decision making?
- When should you press and delay? Has this been successful and why?
- How do the progressions influence your defending as a unit?

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

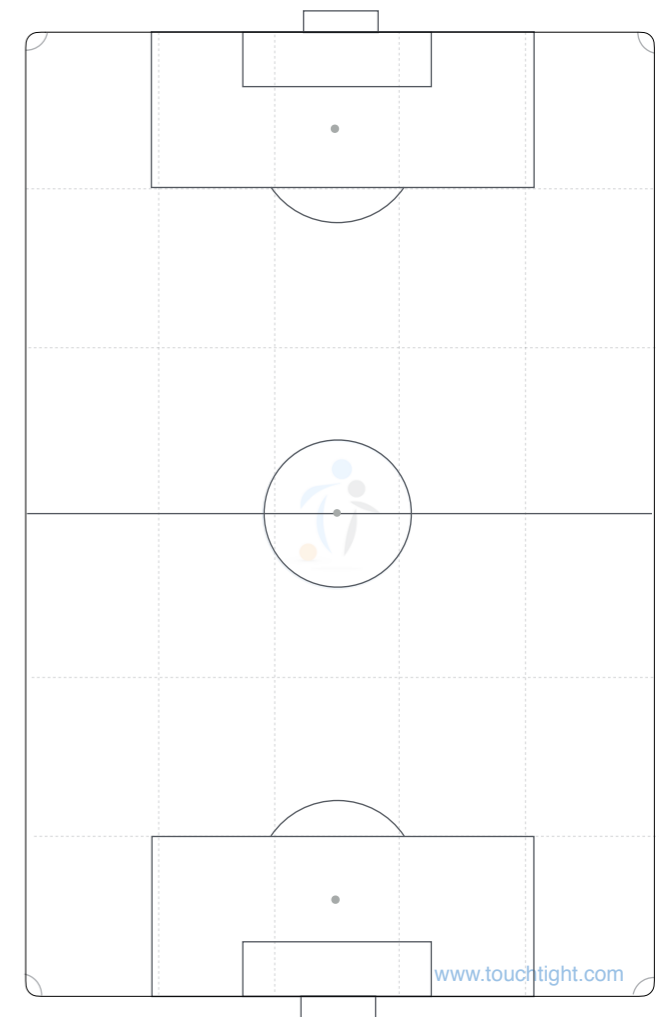
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

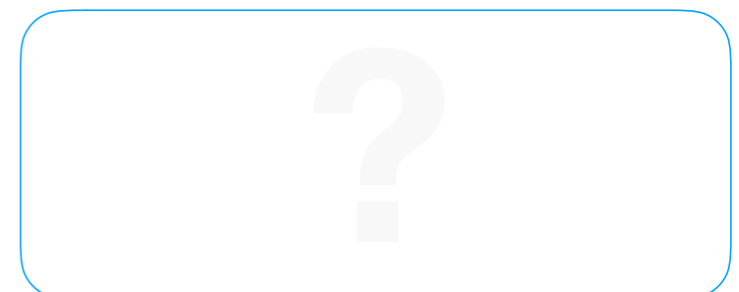
Absentees: initials



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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