



Session Date

Season

Age Group

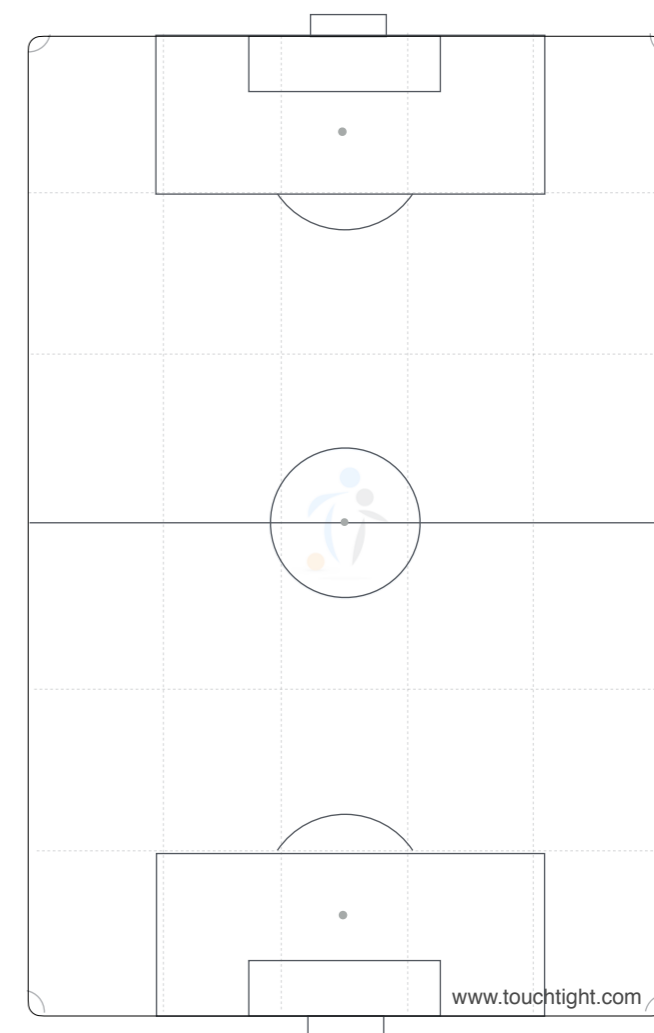
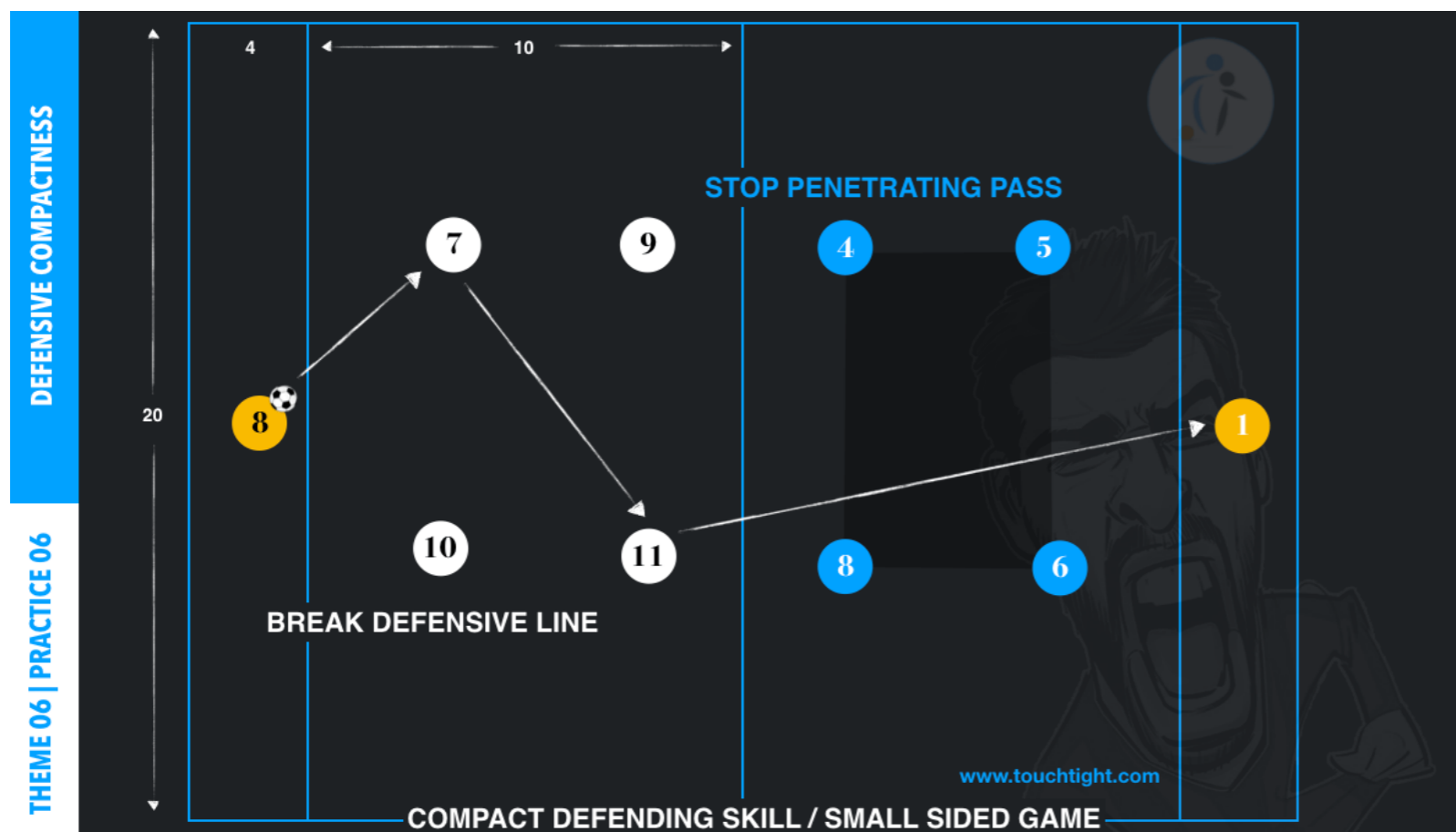
Players

Duration

Type: Small Sided Game

Area:

Team Objectives:



**Set Up & Organisation:**

- Practice 6 of our Pique driven Defending Theme Defensive Compactness is an opposed 4 v 4, with a focus on protecting passing lines through playing compact in a box shape. Whites must attempt to break the defensive block playing on 2 touch, whilst a target player looks to receive possession behind defending players.
- If Blues intercept they must quickly look to counter by playing the target player at the opposite end to score. The target player must then play back into Whites to begin the attack 1-0 down.

**Progressions & Constraints:**

- Increase the challenge by adding 10 by 5 yard zones for players to be limited to in their defending. Players must be aware of gaps in between units for through balls.
- Possession player to become an extra target, giving them 2 options to play into, reducing defenders to 3 players leaving more space for them to cover.

**Key Individual Coaching Points:**

- Timing, speed and angles of applied pressure.
- Covering distances and positions to limit penetrative passes behind the press.
- Pattern of play and focuses on individual and team positioning in the defensive phase.

**Questions & Notes:**

- Where do the opposition look to penetrate and how are you combating this?
- What is the difference when an additional player added off the shoulder? How does this impact on your collective defending?
- What are your key terms in the defending phase and how and when do you use these?

Work / Rest Ratio:



mins



sets



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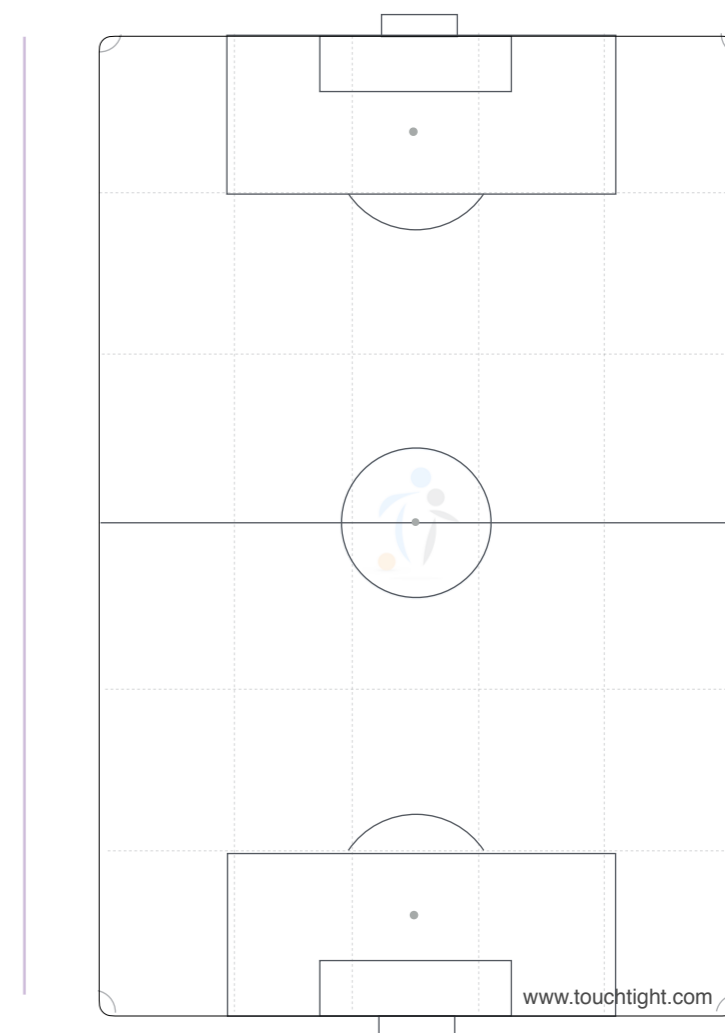
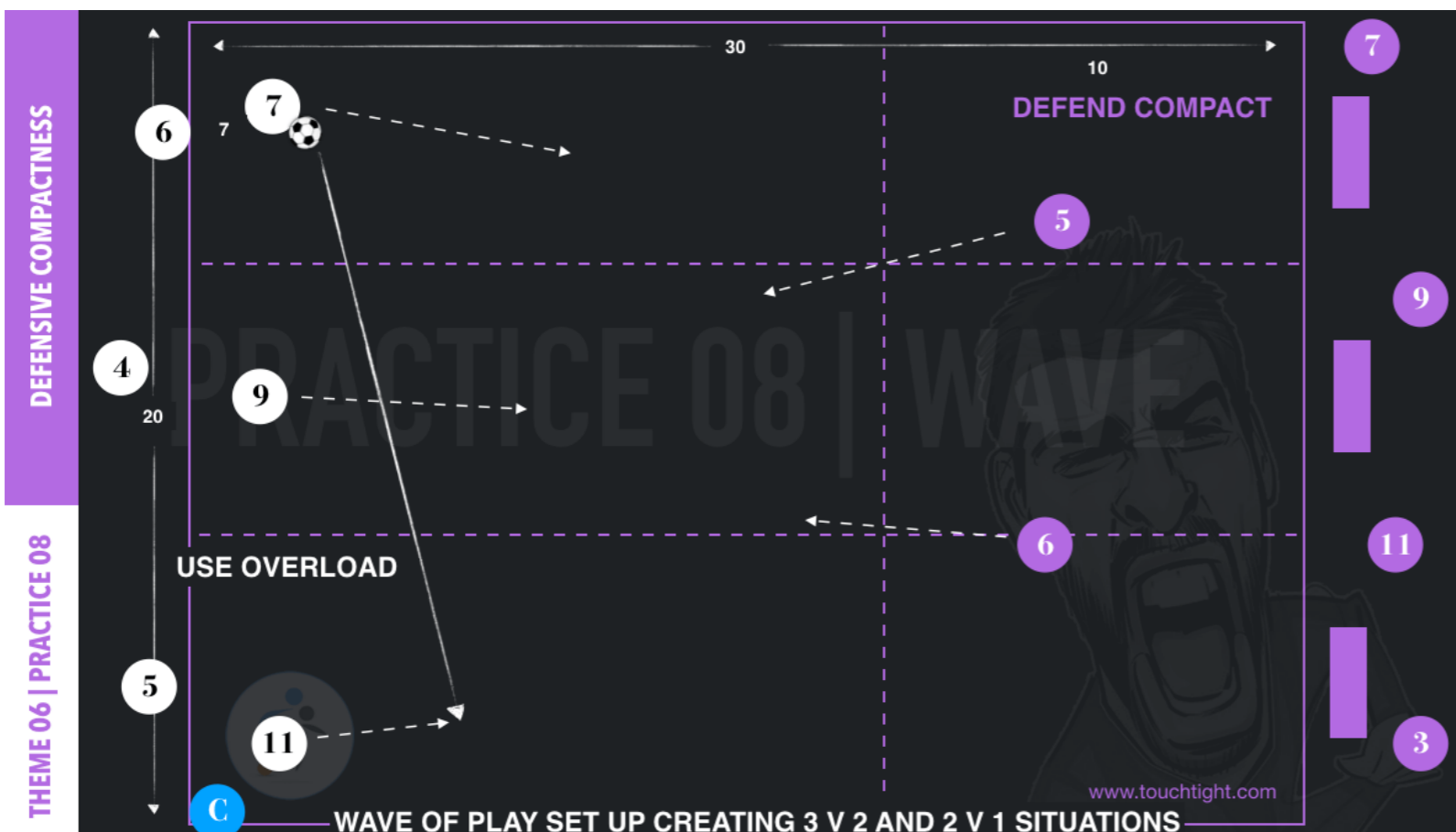
Players

Duration

Type: Wave Practice

Area:

Team Objectives:



**Set Up & Organisation:**

- This Wave Practice is number 8 in our Pique based Coaching theme defensive compactness and is based on a front 3 in a 343 attacking 2 defenders. In a 30 by 20 yard area, our 3 attackers must break into the 10 yard attacking zone to finish in one of the 3 mini goals.
- If the 2 defenders win possession they must counter in a 2 v 1 against a single defender to score centrally at the opposite end. If they score in a 2 v 1, they continue working in this numerical overload with the next pairing and single defender.
- On winning possession, the defender must score in one of the mini goals on the counter. If they score, whites then restart with the original 3 v 2.

**Progressions / Constraints**

- Introduce a delay zone, where defenders must delay attackers from entering for 6 seconds. If achieved an additional defender can support the defending team creating a 3 v 3 situation.
- Encourage high pressure with a 20 yard pressing zone, where defenders get rewarded with 2 goals if they win the ball and score.

**Key Individual Coaching Points:**

- Angle of pressure for the primary defender
- Covering distances for secondary players

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

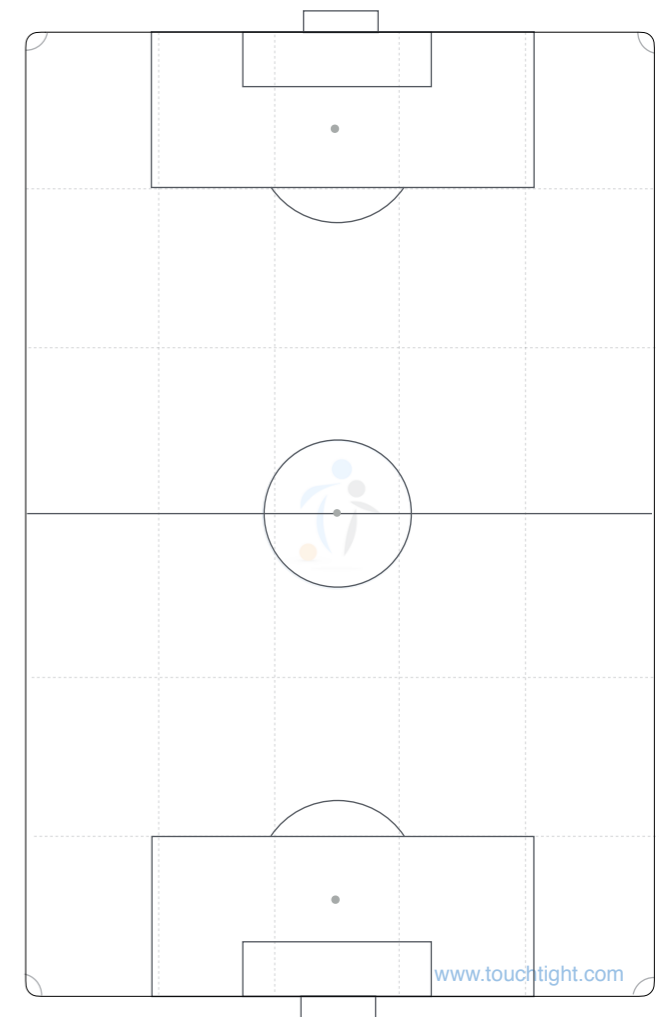
Player Trios initials	Objectives

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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