

Type: Rondo

Area: 20 x 20 Yards

Team Objectives: To regain possession effectively through applying defensive pressure

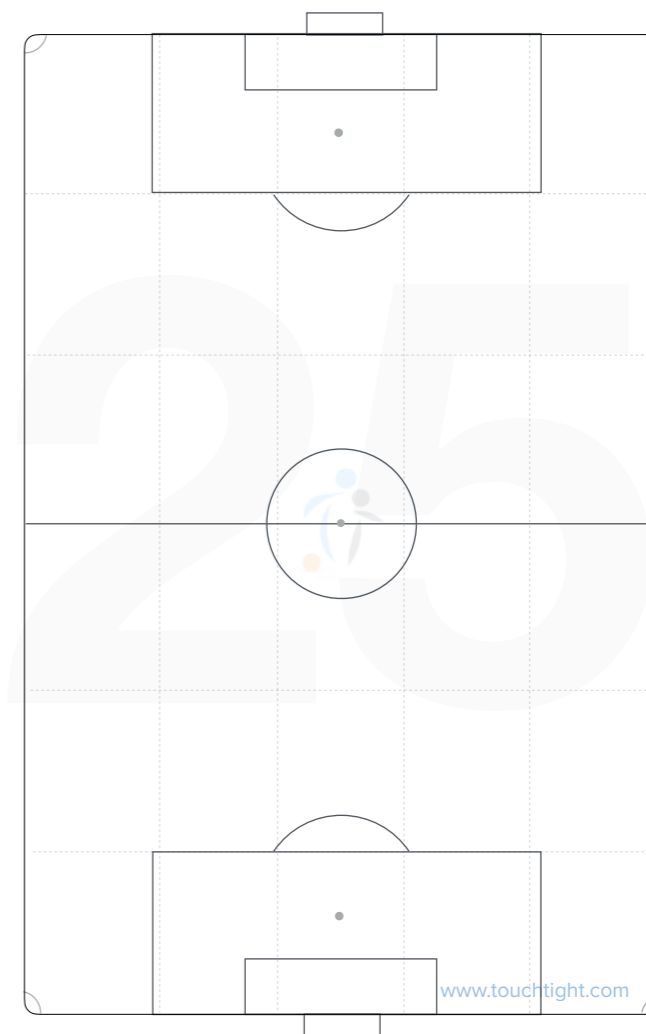
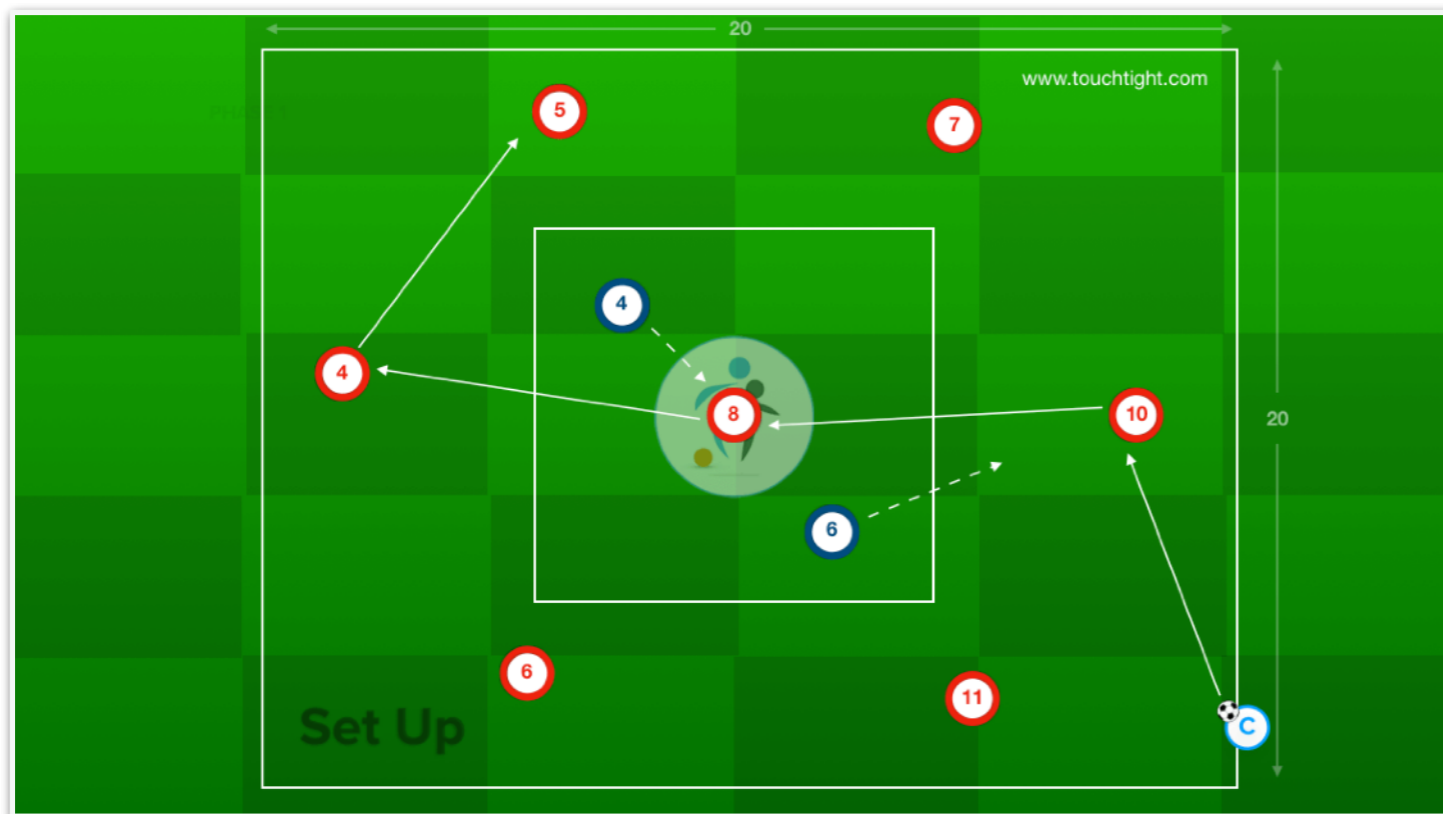
Session Date

Season

Age Group

Players

Duration



Set up / Organisation:

This Rondo is Practice 1 of Theme 10: Defensive Pressure and is based off a 3511 Formation as you can see. This is played in a 20 by 20 Yard area with a 10 by 10 central square for the single player (8) to combine and break the defensive line of 2 Blue midfielders who look to win the ball. Our midfield pair, must avoid being split with a through pass, by not leaving large gaps for the opposition to play through.

Progressions / Constraints:

- Allow midfield players to rotate, this increases challenge for defenders as they will have to check their shoulders more when screening.
- Replacing an attacking player with a defender creating a 6 v 3, this should increase pressure applied to the ball, resulting in more regains.

Key Coaching Points:

- **Tactical** | Keep play on outside, no gaps for pass to be played through
- **Psych** | Recognition of right time to press, being aggressive in decisions
- **Tech** | Apply correct defending technique in pressing phase

Questions & Notes:

- How can you work together to limit spaces?
- When is the right time to press as a pair?
- Where are you getting success and how can you maintain this level?

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

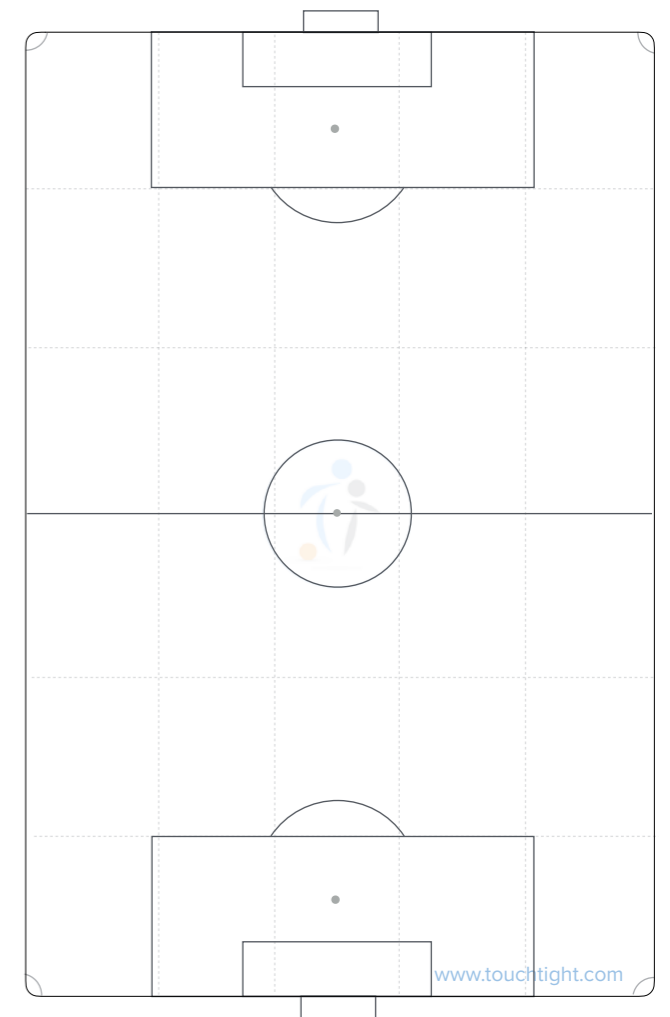
Player Trios initials	Objectives

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?

