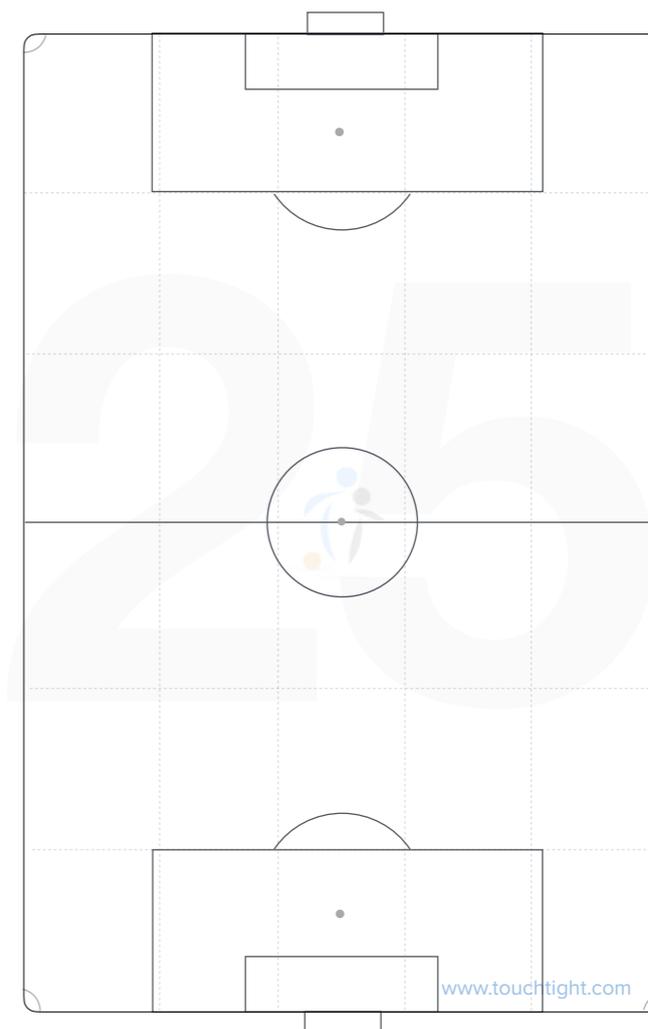
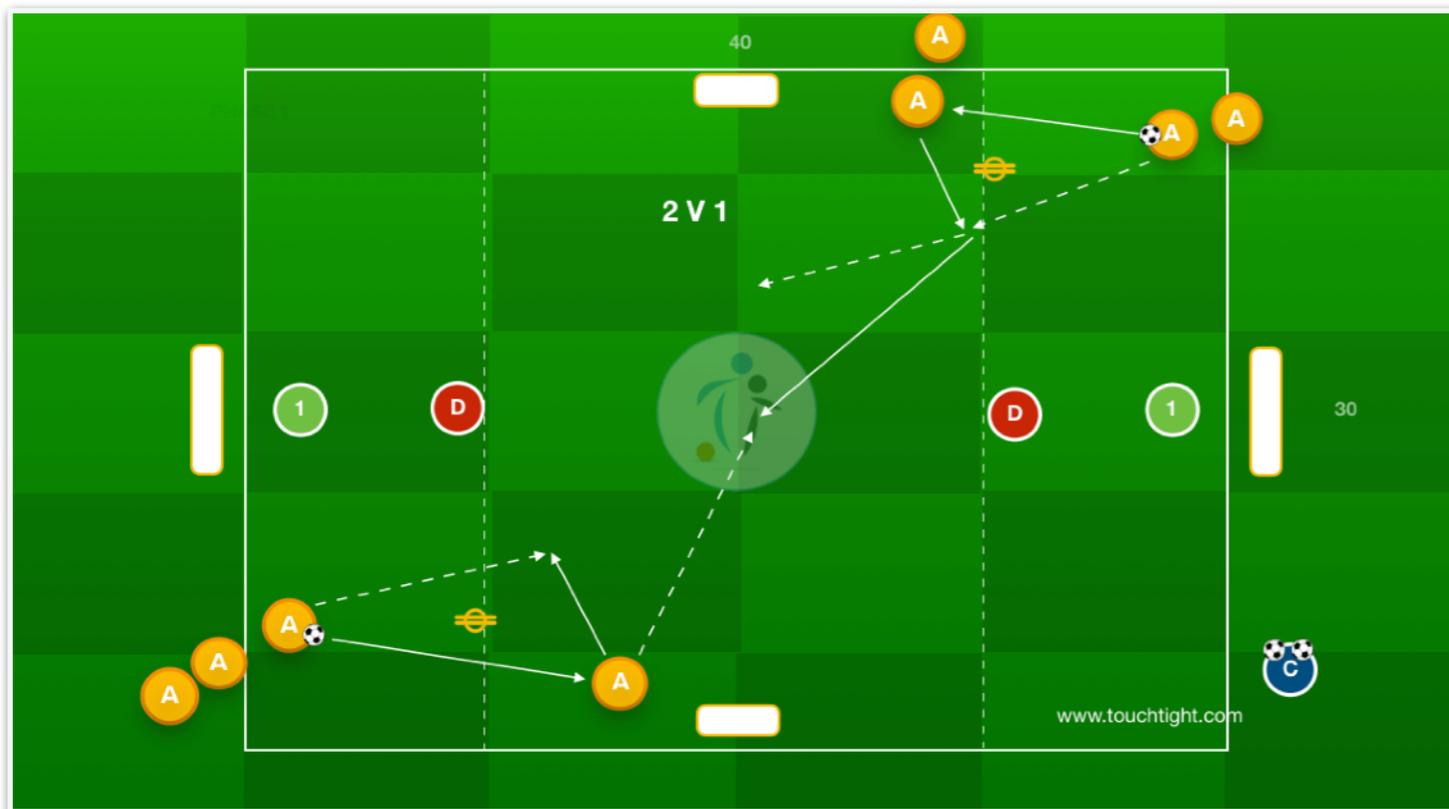


Type: Opposed Skill Practice

Area: 40 x 30 Yards

Team Objectives: To delay or press to limit goalscoring opportunities



**Set up / Organisation:**

This Level 1, opposed practice is the 2<sup>nd</sup> part of Theme 10: Defensive Pressure. We begin with 2 players at each end who must combine before attacking a single defender. The player who plays a bounce pass must then support the attacking player from the opposite side aware of the offside line. Defending players decide how and when to apply pressure, with both pairs attacking at the same time.

**Progressions / Constraints:**

- Allow wide player to dribble without combining, impacting on the decision of players in the opposite pair.
- Stimulate the group by adding competition, keeping scores between paired groups, goalkeepers and defenders as well

**Key Coaching Points:**

- **Tech** | Apply correct defending technique in pressing phase
- **Tactical** | Know how to isolate attacking players (weaker foot/passing lines)
- **Psych** | Be assertive in your decision, recognise when to be aggressive.

**Questions & Notes:**

- How does the overload impact your defending decisions?
- How can you use the offside line effectively to isolate players?
- How can you remove attackers strengths in your defending? (Quick decisions)

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

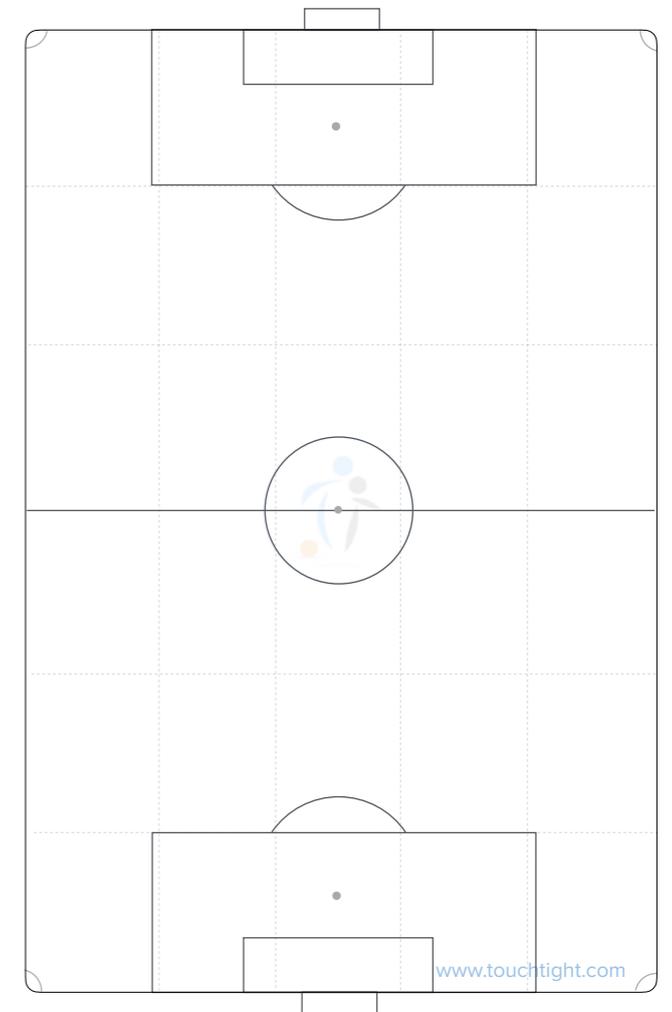
Player Trios initials	Objectives

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?

