



Session Date

Season

Age Group

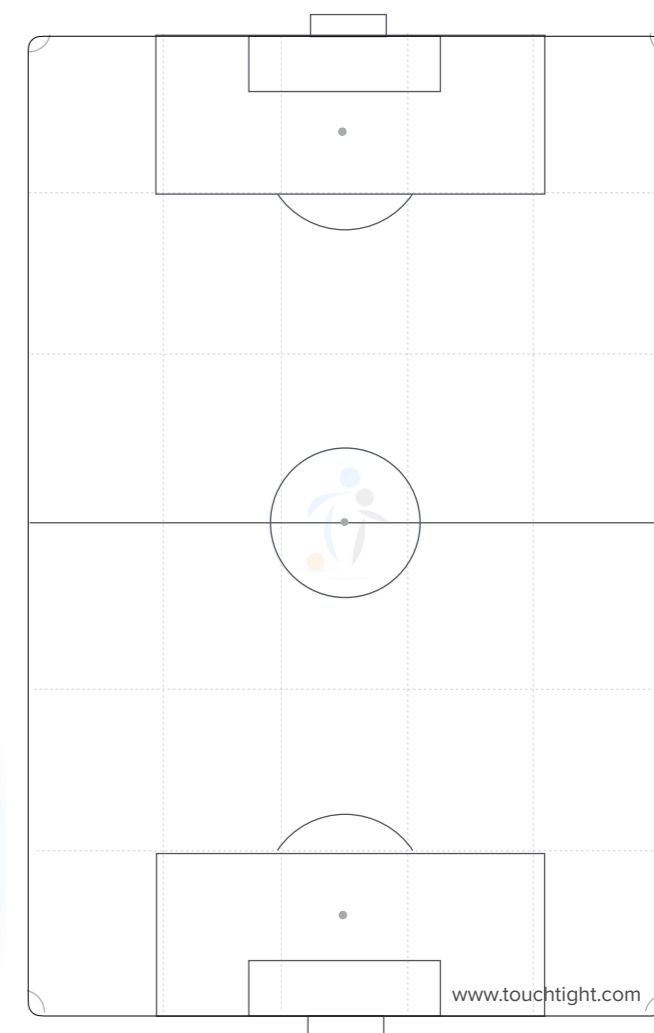
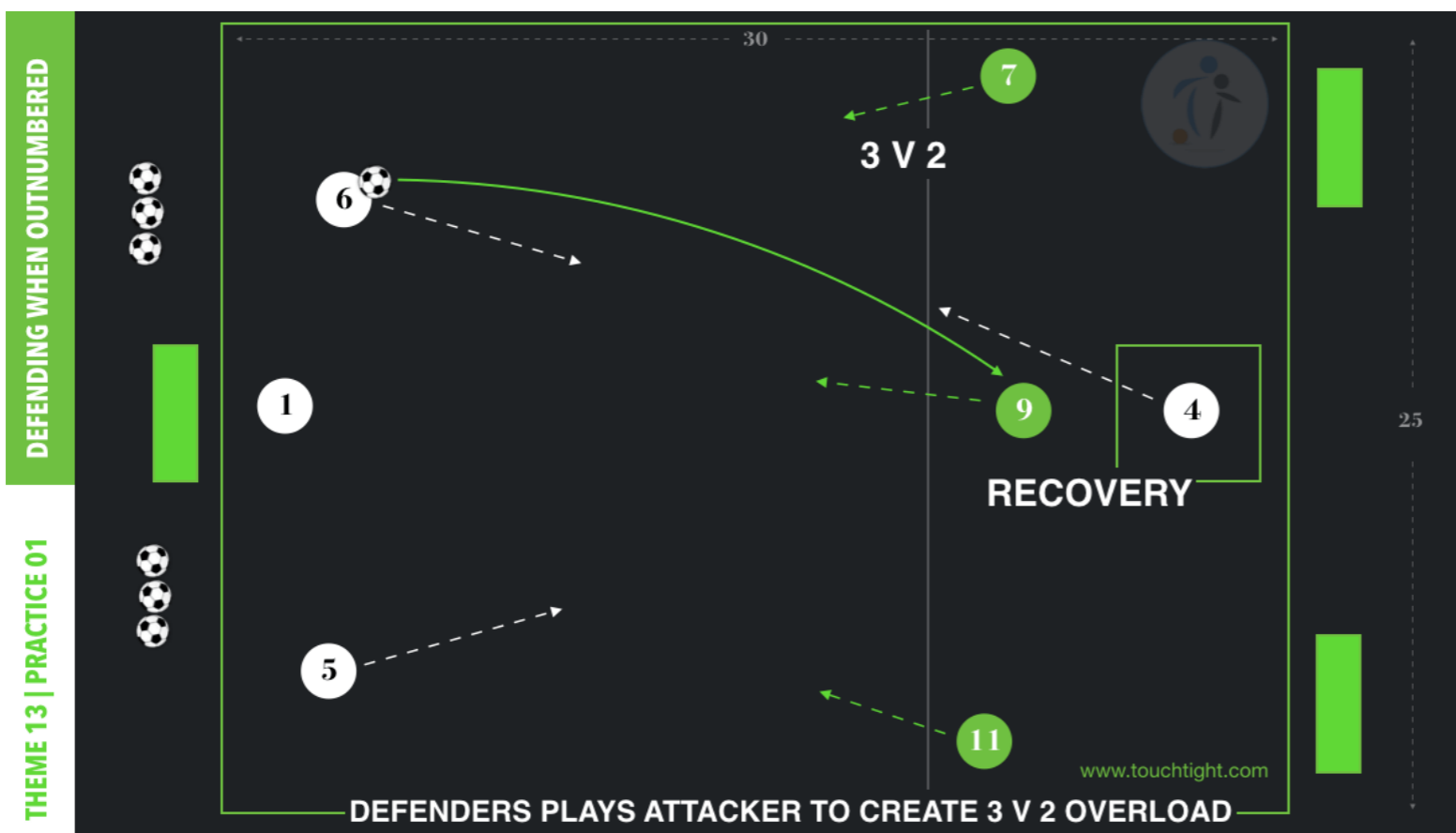
Players

Duration

Type: OPPOSED SKILL

Area:

Team Objectives:



Set Up & Organisation:

- Practice 1 from our Van Dijk based Coaching Theme 13 'Defending Out Numbered' is based on 2 teams playing in a 433. 2 Defenders set up against 3 attacking players in a 30 by 30 yard area, with one recovering defender starting on the attackers first touch. Objective is for the attacking team to score quickly taking advantage of the immediate overload, with the defending team aiming to win possession and score in one of two mini goals.

Progressions & Constraints:

- (P) not allowing the defensive midfielder (4) to recover into the deepest 10 yard zone, encouraging quicker play from the front 3.

Key Coaching Points:

- Tactical** | Forcing direction to create a 2 v 2 and eliminate extra attacking player
- Technical** | Defensive ability in 1 v 1s, jockeying on toes able to adjust and turn
- Social** | Support teammates who become the primary pressing player (positioning)

Individual Player Challenges / Questions

- Recognising pressing triggers on a bad touch or a slow pass
- Providing effective covering positions for teammates
- Pace and angles of recovery runs made

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

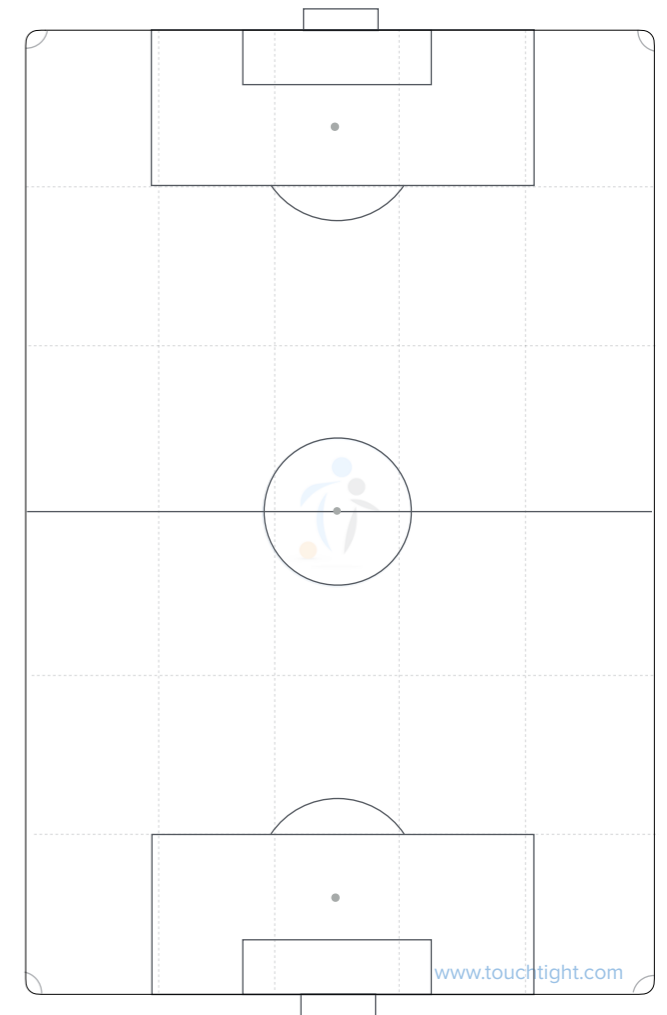
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



www.touchtight.com

Big Game Question

How will we apply this session to a game situation?



