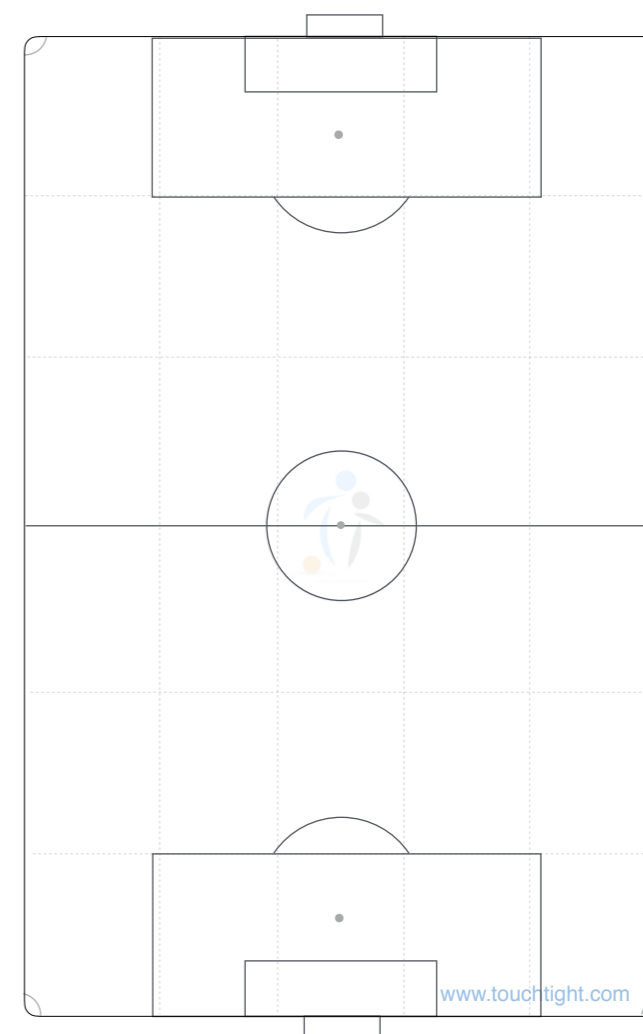
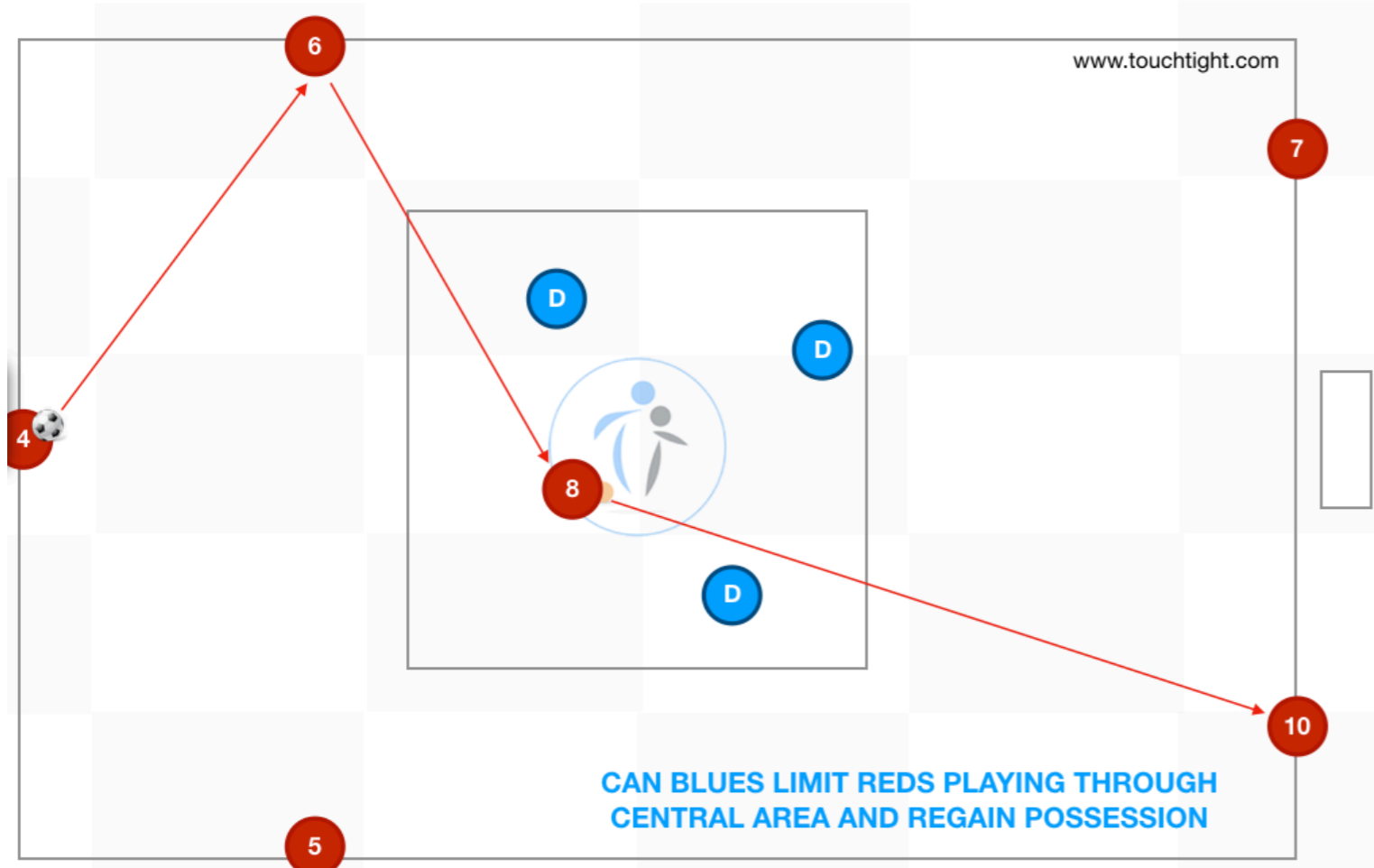




Type: Opposed Skill

Area:

Team Objectives:

**Set up / Organisation:**

This opposed defending practice is part 3 of theme 13 Defending Outnumbered, working 3 defenders against 6 possession players. In this 25 by 25 Yard area, there is a 10 by 10 area where defenders will begin, the objective is for the passing team to combine with a single teammate in the central area to play through; defenders must stop this.

Progressions / Constraints:

- Allow attackers to play through to the opposite half without going through the central square
- Reduce the challenge, by conditioning the possession team to 2 touch,

Key Coaching Points:

- (Tact) Decisions to press
- (Tech) Body shape and position in defending 1 v 1.
- (Psych) Support teammates by covering effectively.

Questions & Notes:

- How are you regaining possession effectively?
- How and when do you decide to press as a group?
- How do progressions influence your defending and how do you adapt as a defensive group

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

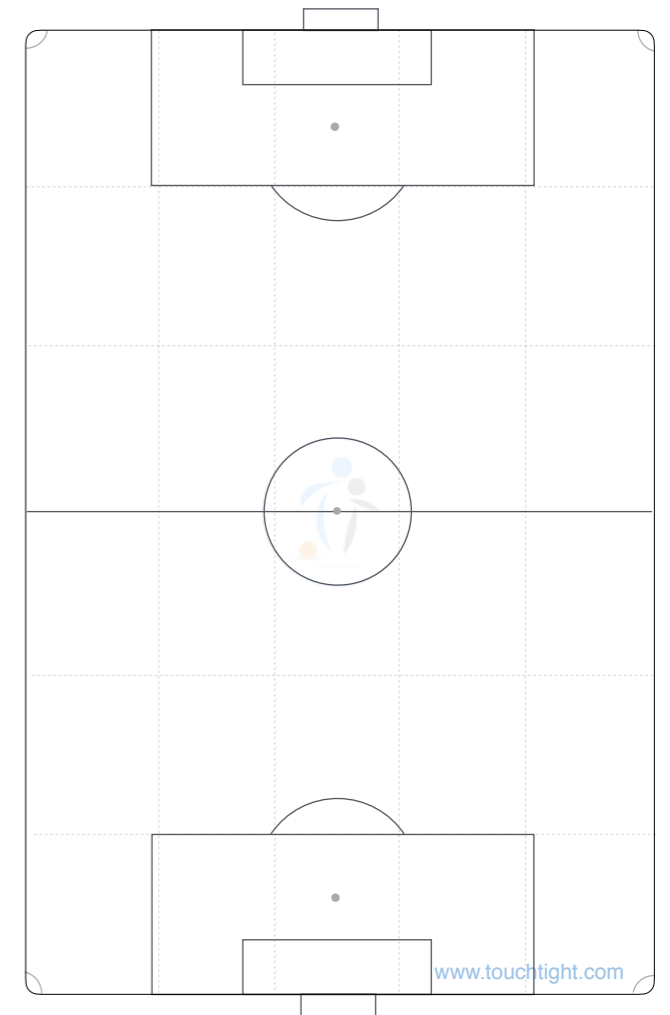
Player Trios initials	Objectives

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?

