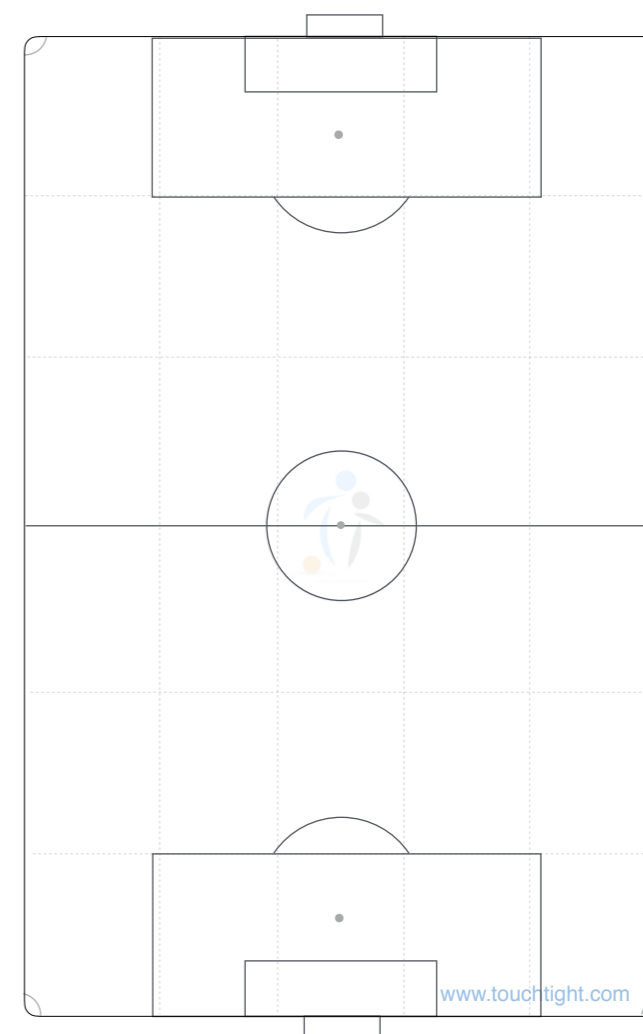
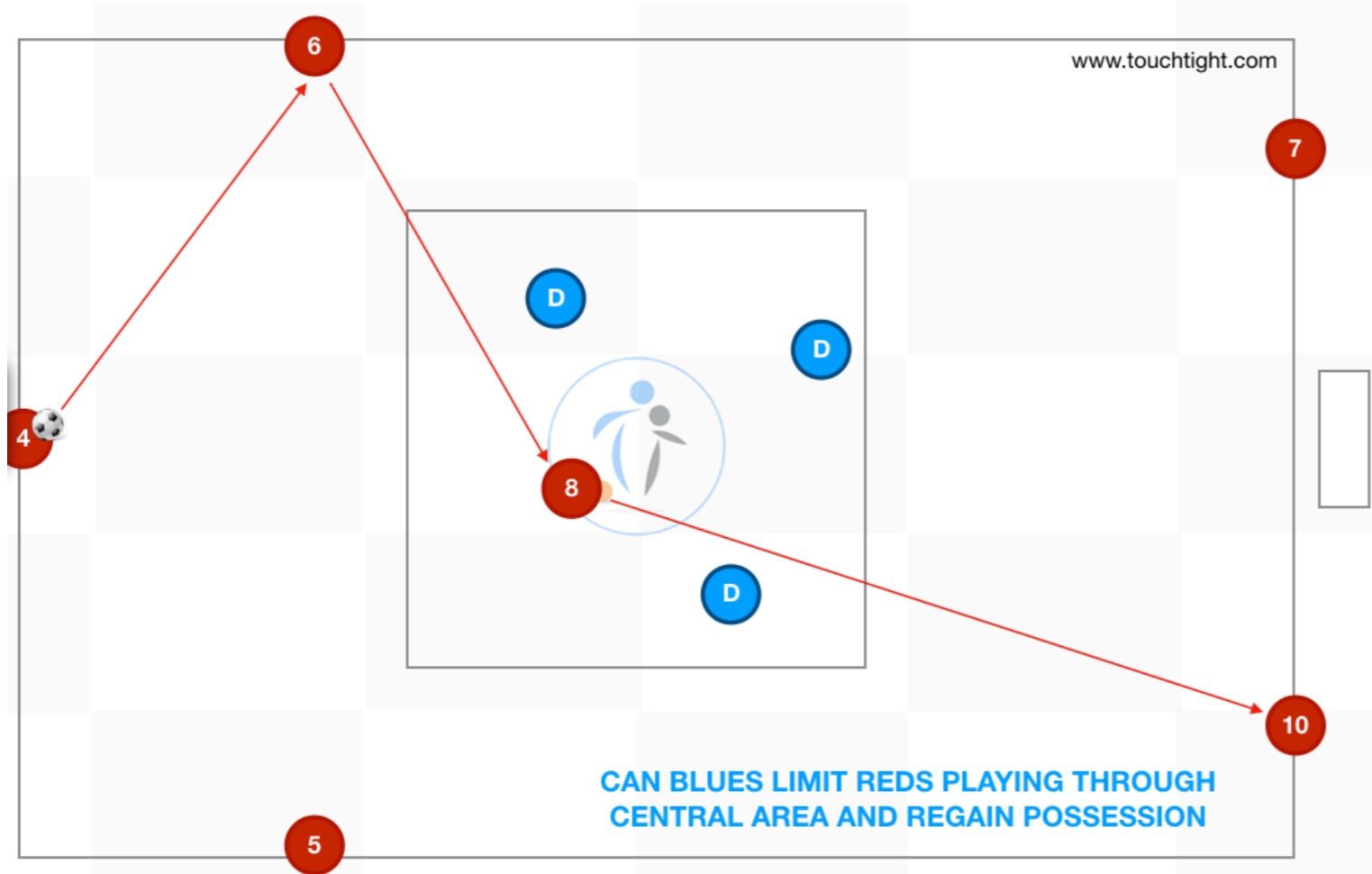




Type: Opposed Skill

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

Season

Age Group

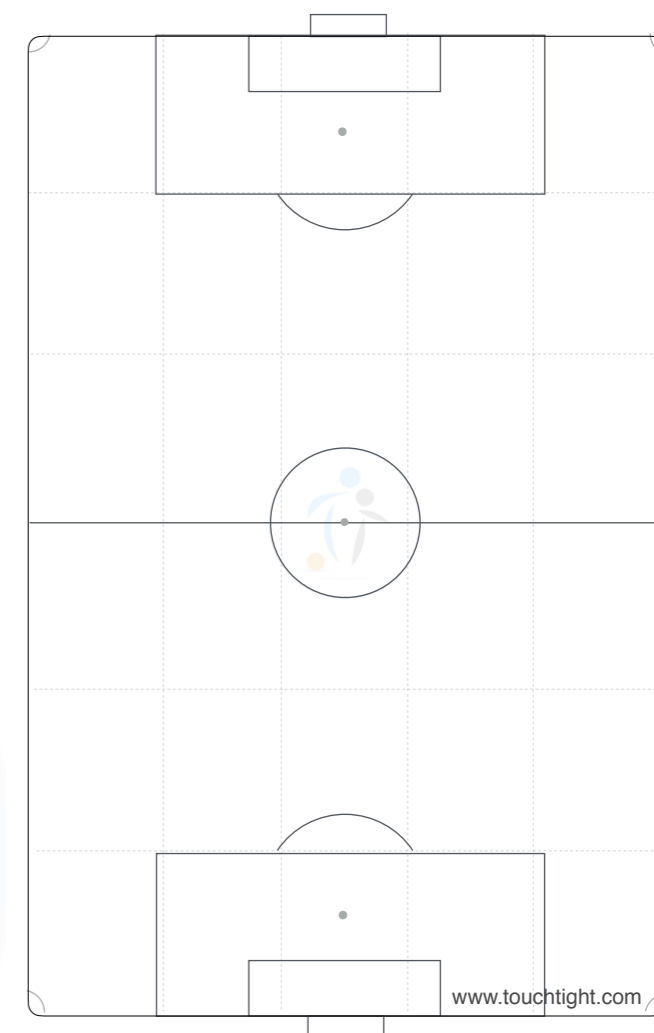
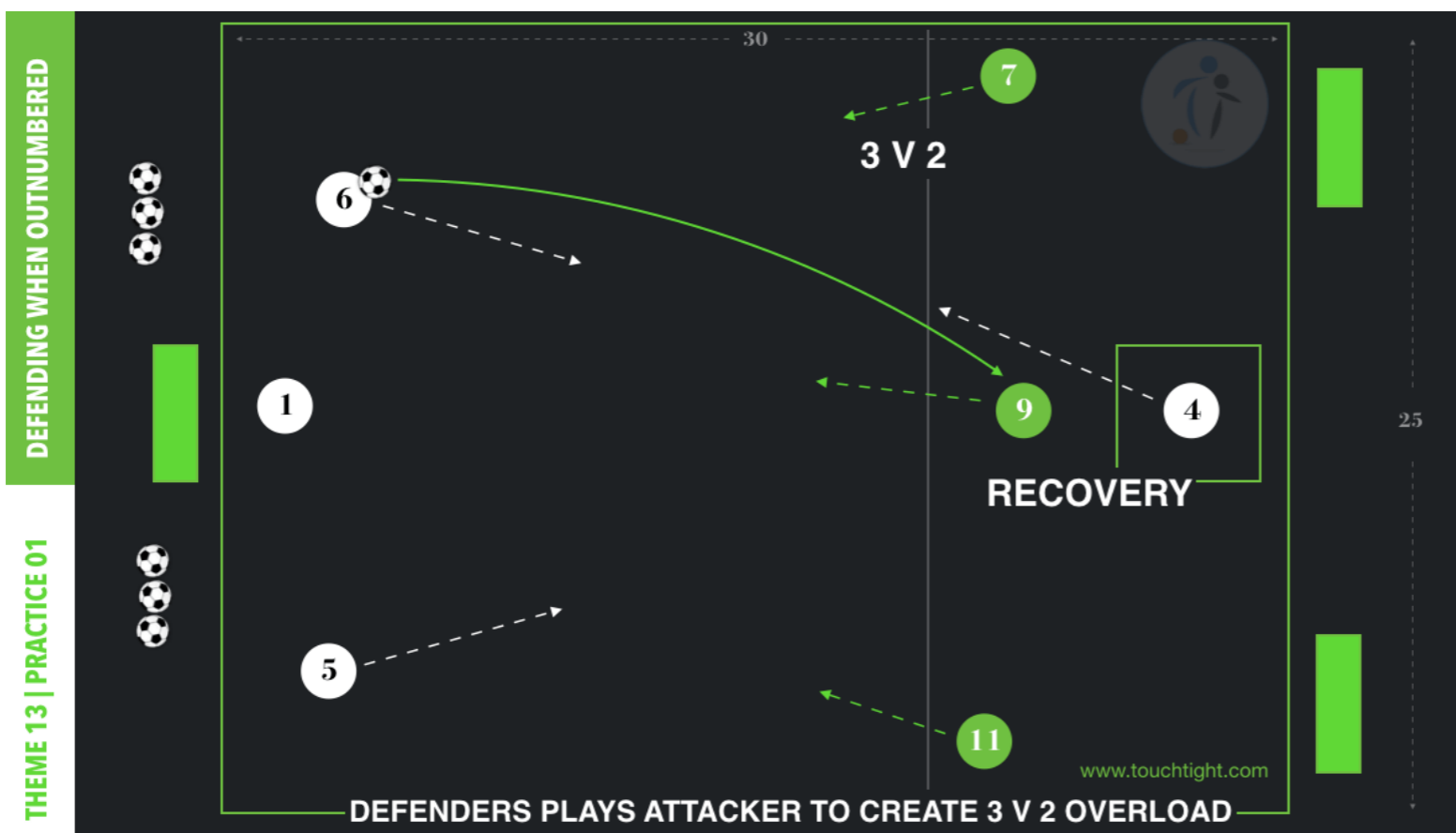
Players

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

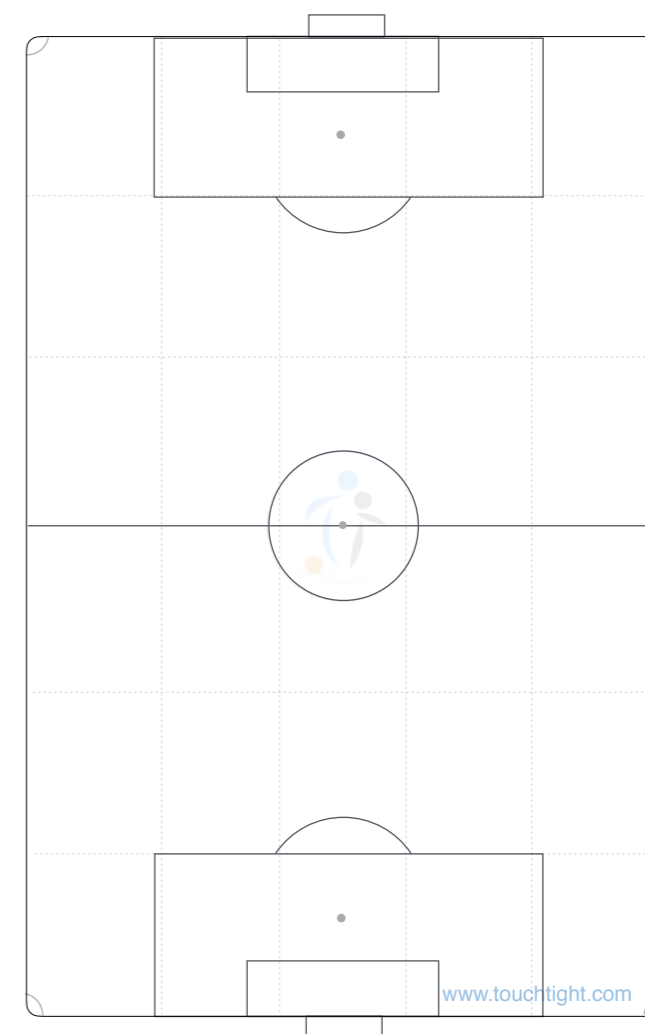
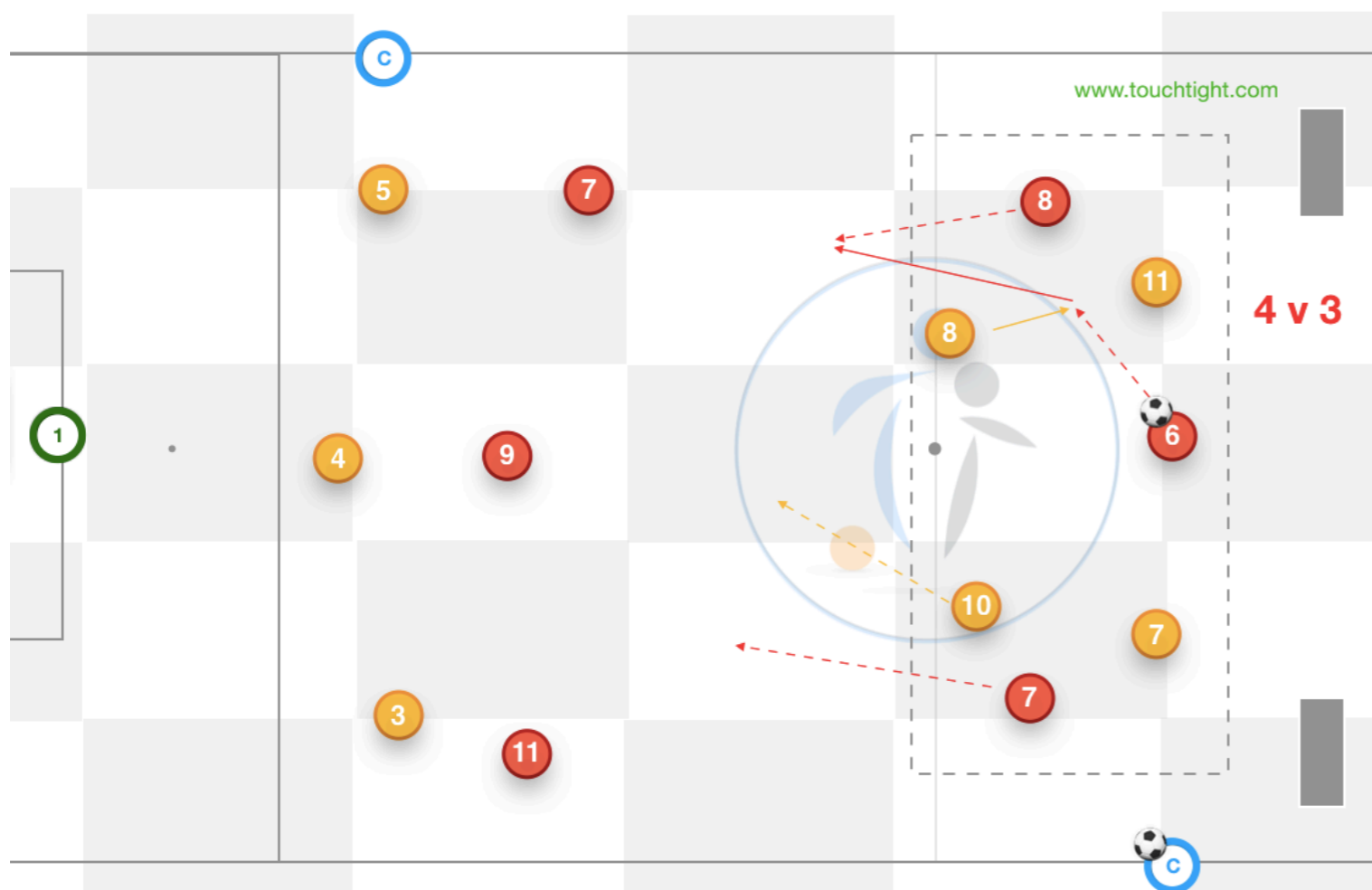
Work / Rest Ratio: mins sets



Type: Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This football practice is played in a single half of the pitch and the width of the 18 Yard box. Based on a 343, we have Gold players defending in a 3 v 3, ready for a possible counter. 4 players look to keep the ball against 3 players who counter attack on winning possession.

Progressions / Constraints:

- Progress to allow attackers to score if they break the defensive line.
- Challenge further by moving a red player forward, allowing 4 attackers to score in a 4 v 2 in 10 seconds.
- Otherwise possession is transferred for a 4 v 3 counter for the opposition, with one player recovering.

Key Coaching Points:

- (Tactical points) Effective decisions to press or delay
- (Technical points) Body shape and position in unit defending.
- (Social points) Support teammates when they press, with effective covering positions to protect.

Questions & Notes:

- How are you regaining possession by pressing 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

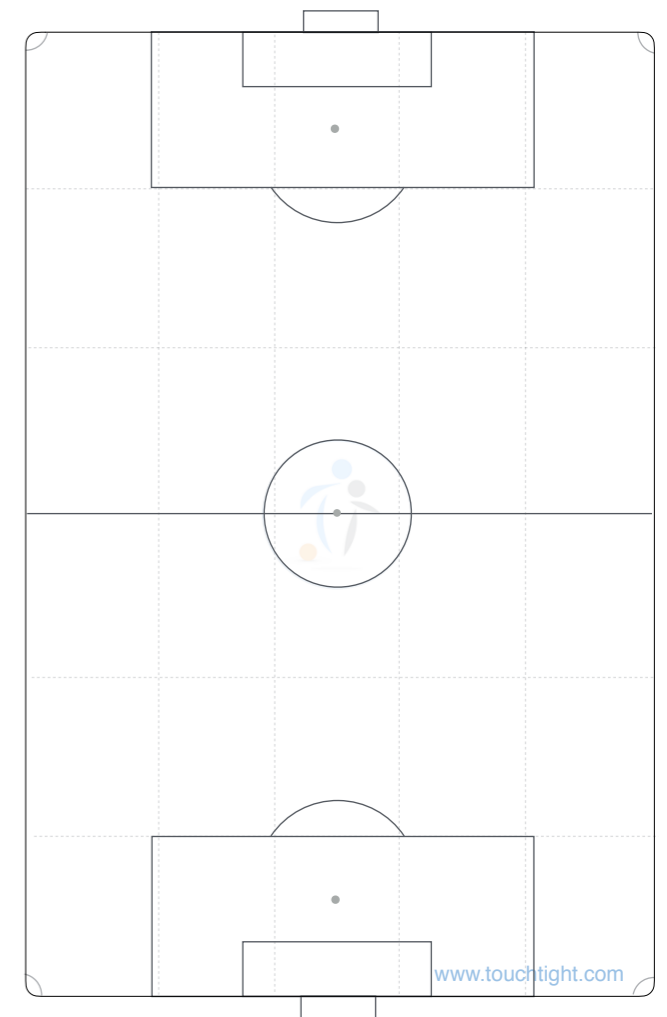
Player Trios initials	Objectives

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?

Large rounded rectangular box containing a large green question mark, intended for the 'Big Game Question' answer.

