



THEME 06:

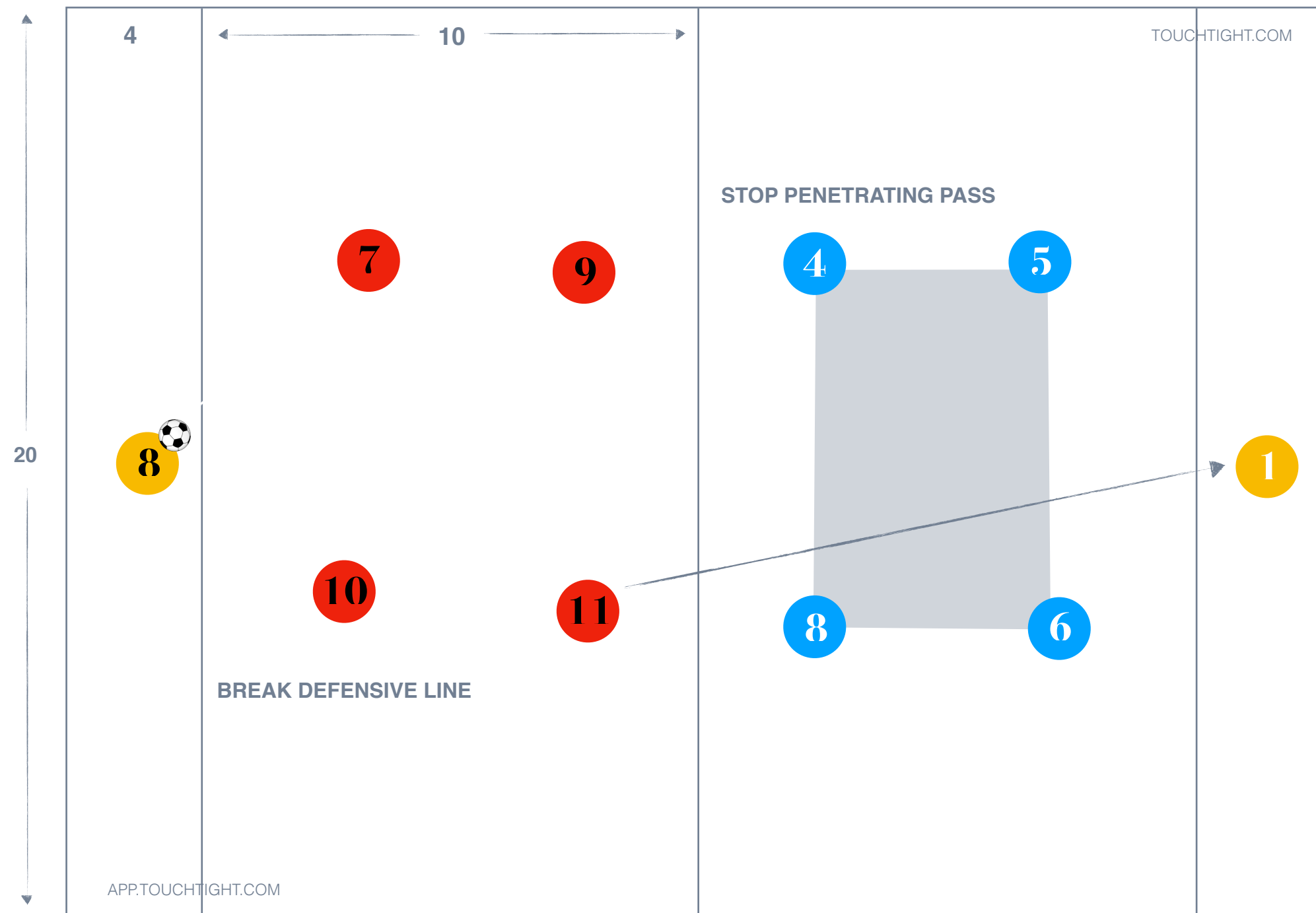
# DEFENSIVE COMPACTNESS

PRACTICE 6: SMALL SIDED GAME

AGE GROUP: 11+



Title	Date	Start Time	Duration	No. of Players	Area Size



COMPACT DEFENDING SKILL / SMALL SIDED GAME

### ORGANISATION:

Practice 6 of our Pique driven Defending Theme Defensive Compactness is an opposed 4 v 4, with a focus on protecting passing lines through playing compact in a box shape. Whites must attempt to break the defensive block playing on 2 touch, whilst a target player looks to receive possession behind defending players.

If Blues intercept they must quickly look to counter by playing the target player at the opposite end to score. The target player must then play back into Whites to begin the attack 1-0 down.

### KEY COACHING POINTS:

Increase the challenge by adding 10 by 5 yard zones for players to be limited to in their defending. Players must be aware of gaps in between units for through balls.

Possession player to become an extra target, giving them 2 options to play into, reducing defenders to 3 players leaving more space for them to cover.

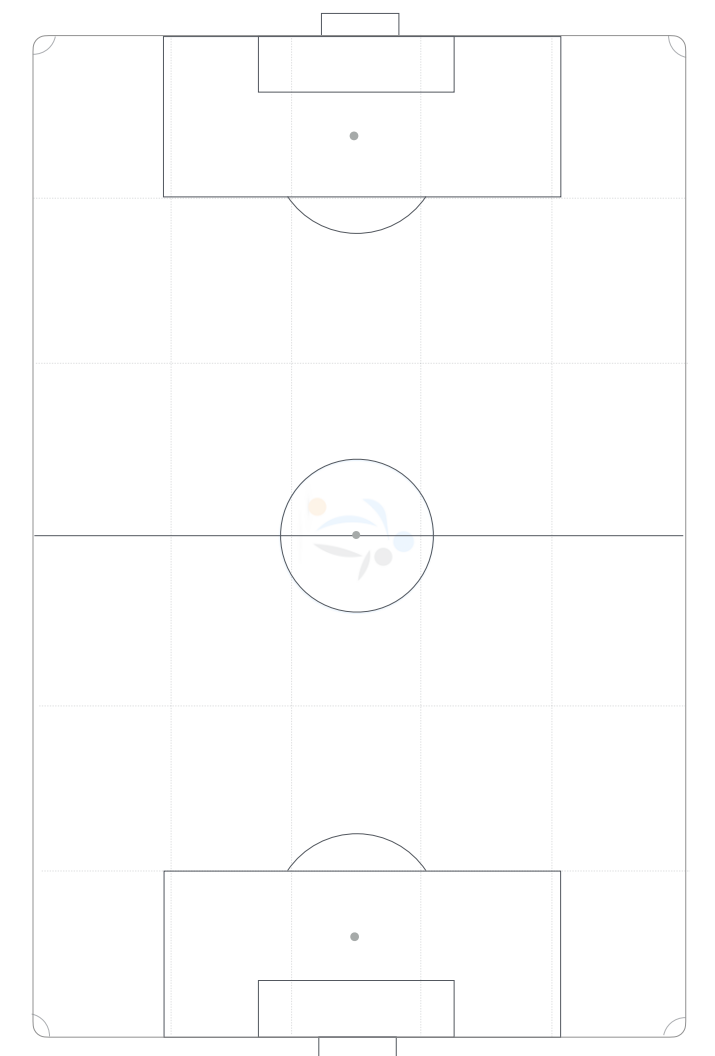
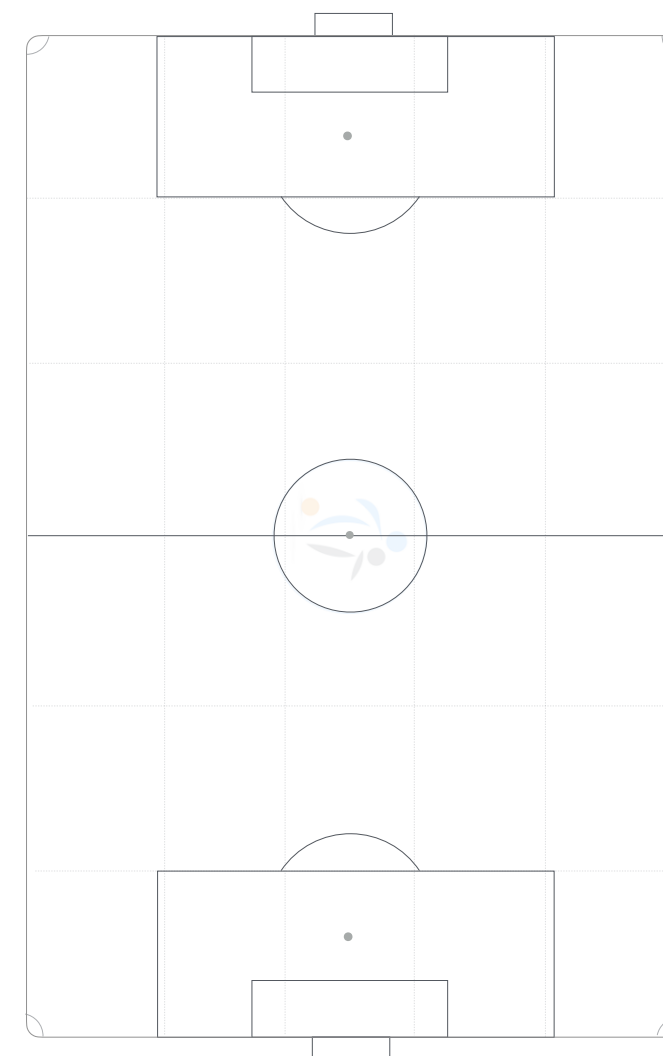


## PROGRESSIONS:

## ADDITIONAL INFORMATION

## PLAYER QUESTIONS:

## COACH PLANS



## ADDITIONAL INFORMATION:



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

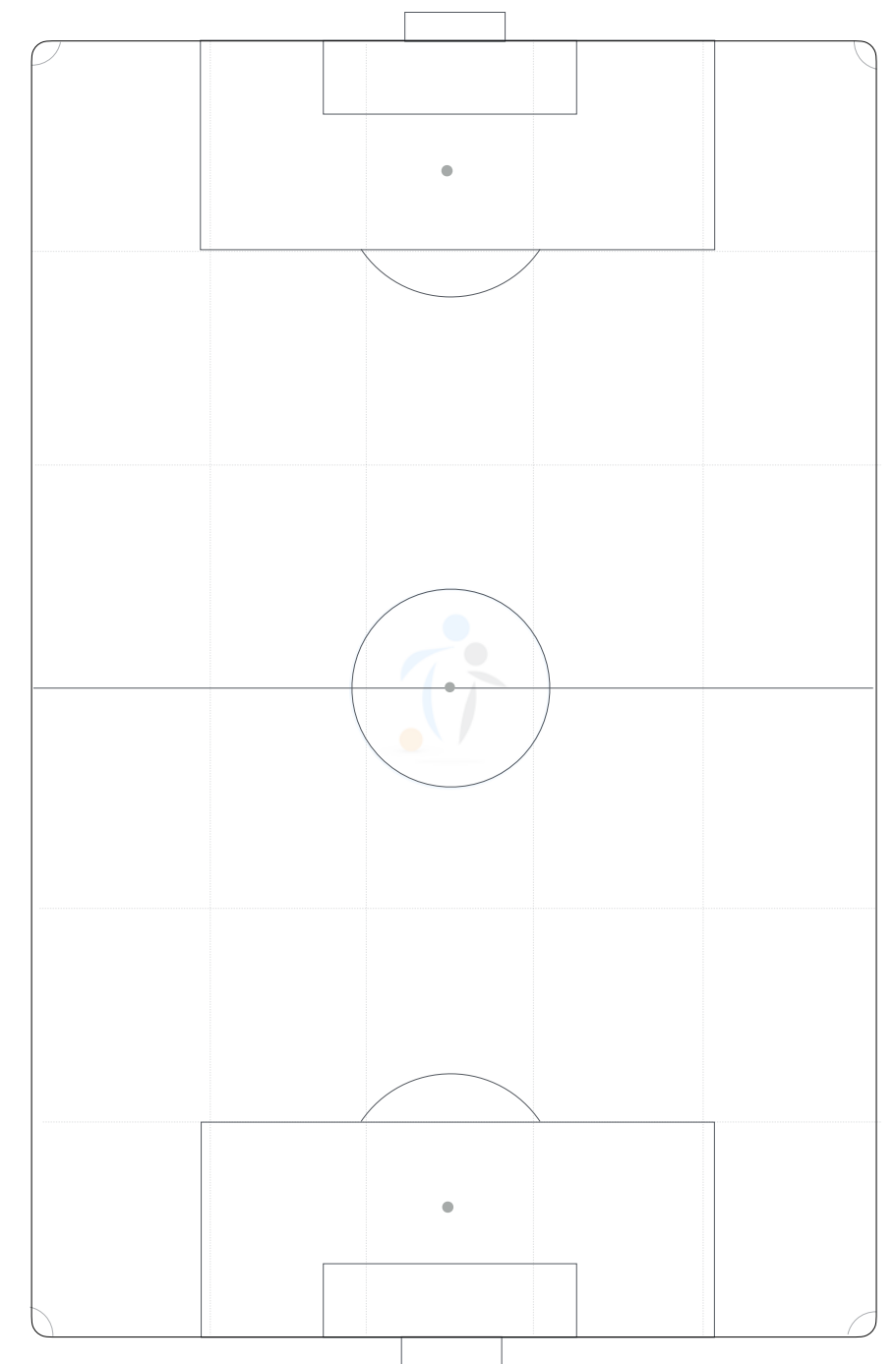
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

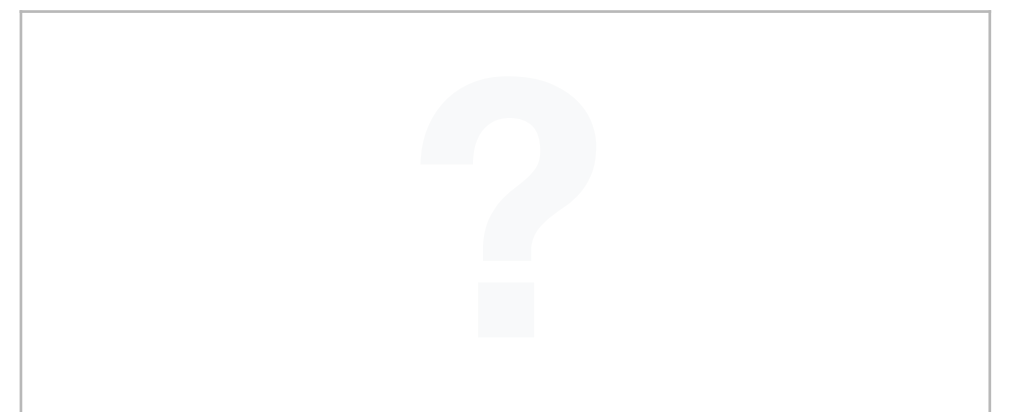
What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation

Individual Player objectives by team to measure progress

<b>Player</b>	<b>Objective 1</b>	<b>Objective 2</b>	<b>Objective 3</b>	<b>Player Evaluation</b>