



THEME 27:

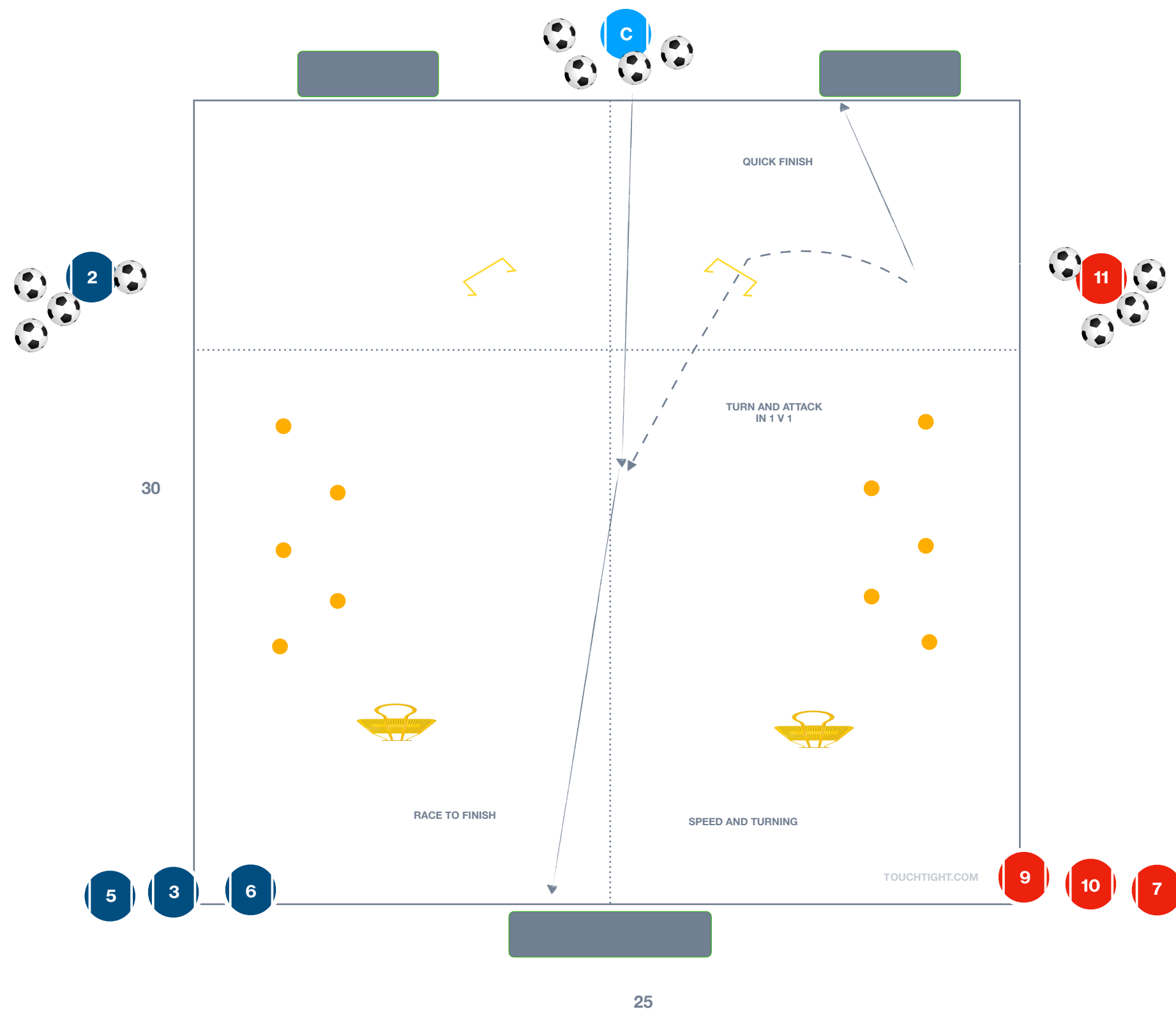
DEFENDING AGAINST PACE

PRACTICE 1: WARM UP / PHYSICAL

AGE GROUP: 8+



Title	Date	Start Time	Duration	No. of Players	Area Size



ORGANISATION:

This practice is to develop the physical attributes of players and finishing with 1 v 1 competition. We have 2 groups of players in each corner with one player working at any one time.

They must race around pole before shuttle runs between cones before finishing a pass from a teammate in a mini goal.

Each player must then jump a hurdle and race to a through ball played by a coach to finish in the main goal. Once scored they must tag a partner to repeat the competition. All players to finish and tag the [passer to do the same

KEY COACHING POINTS:

Speed through cones

Agility around mannequin and over hurdles

Finishing in each goal

Competitive nature (Teamwork as a group)

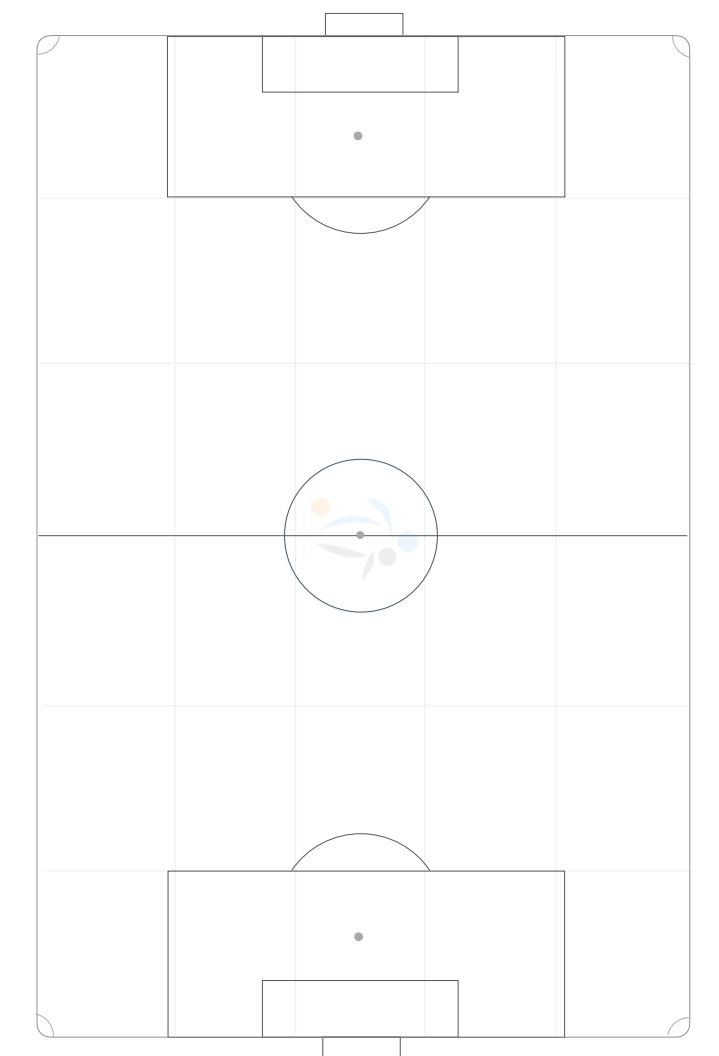
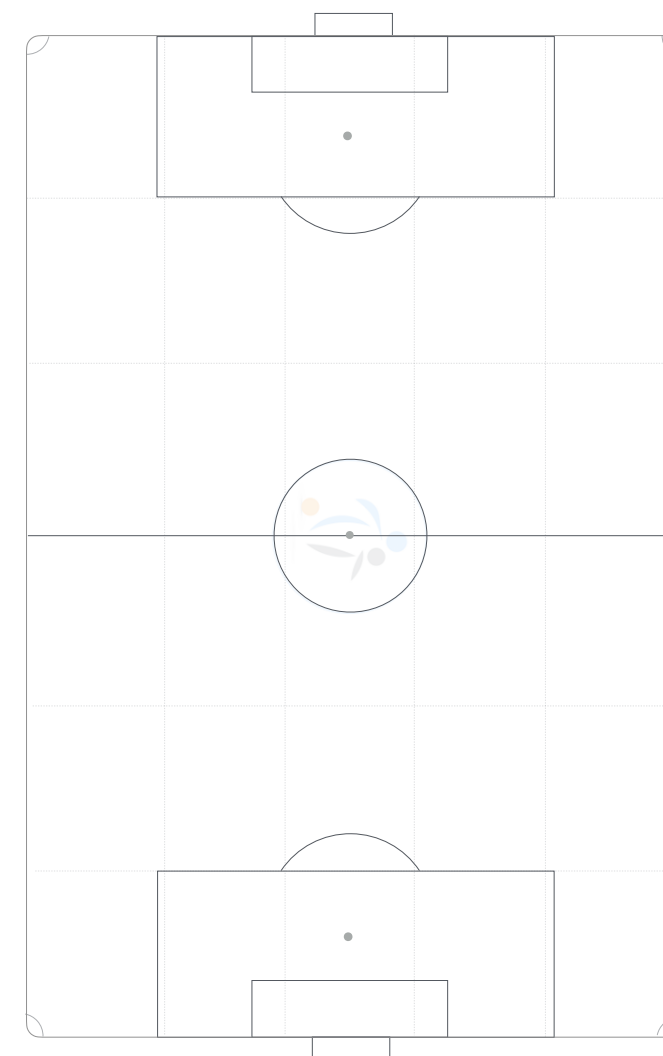


PROGRESSIONS:

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

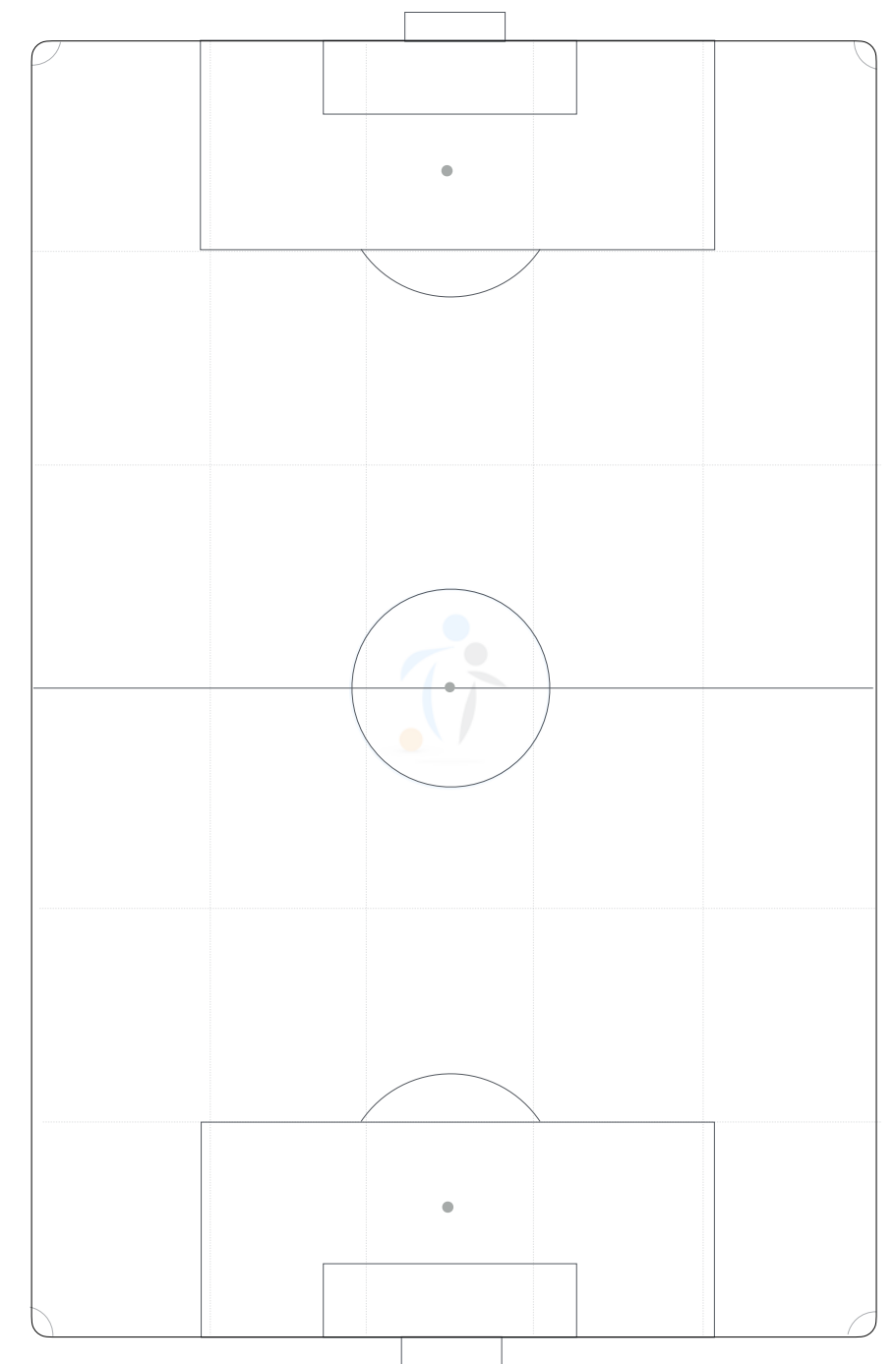
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

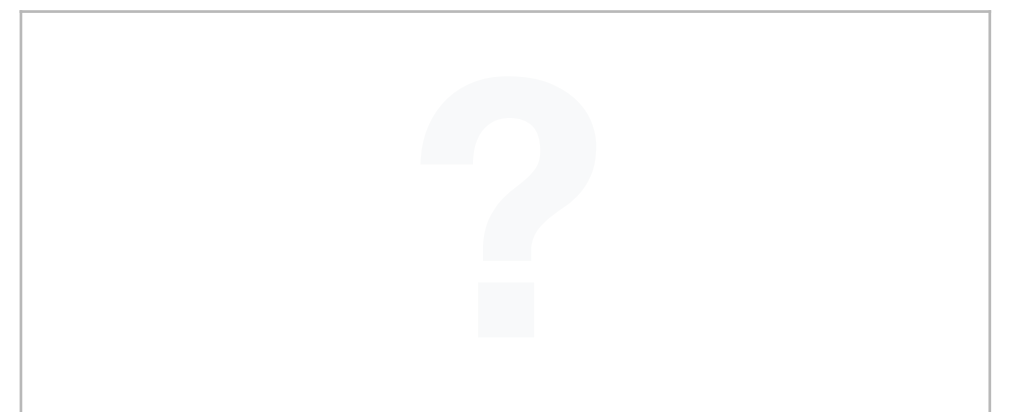
What went well?	What did we learn?

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



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