



SESSION 10:

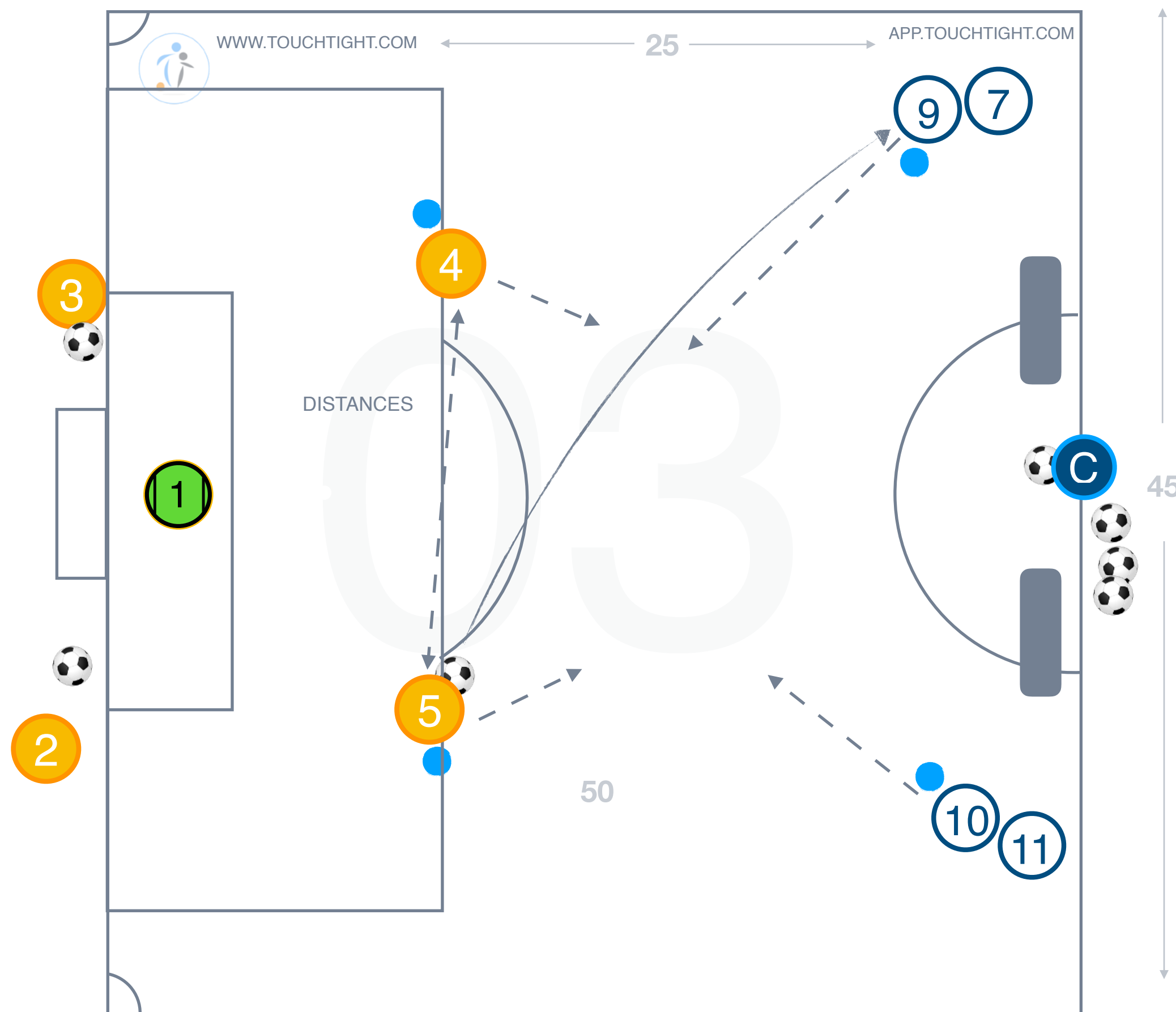
DEFENSIVE COMPACTNESS

3 PART | 90 MINUTES (TECH-SKILL-ATTACK V DEFENCE)

AGE GROUP: 14+

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO DEFEND CENTRALLY IN PAIRS



ORGANISATION:

Practice 3 of Theme 3 Defend in the Defending third, is a Skill Practice that focuses on developing player's ability to defend deep in opposed situations. In a 30 by 30 yard area, we have a Goalkeeper protecting goal with 2 defenders pitched against 2 attackers. The objective is for attackers to break down the defensive line, with the opposition's target to regain possession and score in one of two mini goals. Manage player's work to rest ratio through rotation and coach to player discussion.

KEY COACHING POINTS:

Our first progression allows an additional attacker to join, creating a 3 v 2 overload. This will encourage defenders to regain possession quickly, possibly leaving more space for attacking players to exploit. We balance this challenge by allowing an additional defender to join if they hold for 10 seconds creating a 3 v 3.

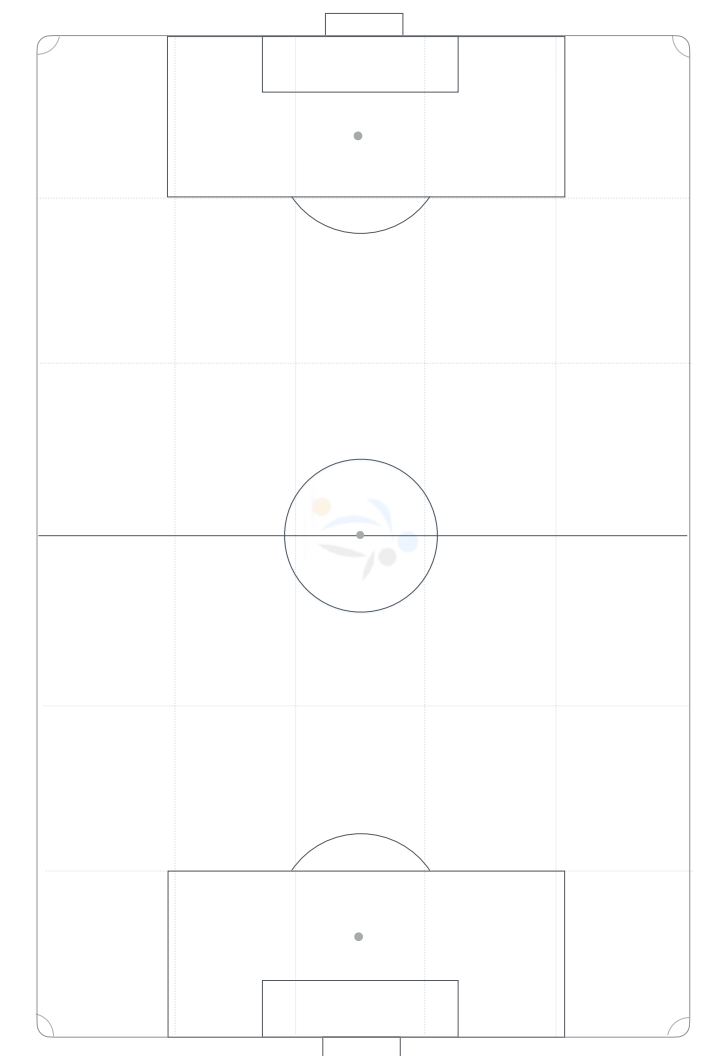
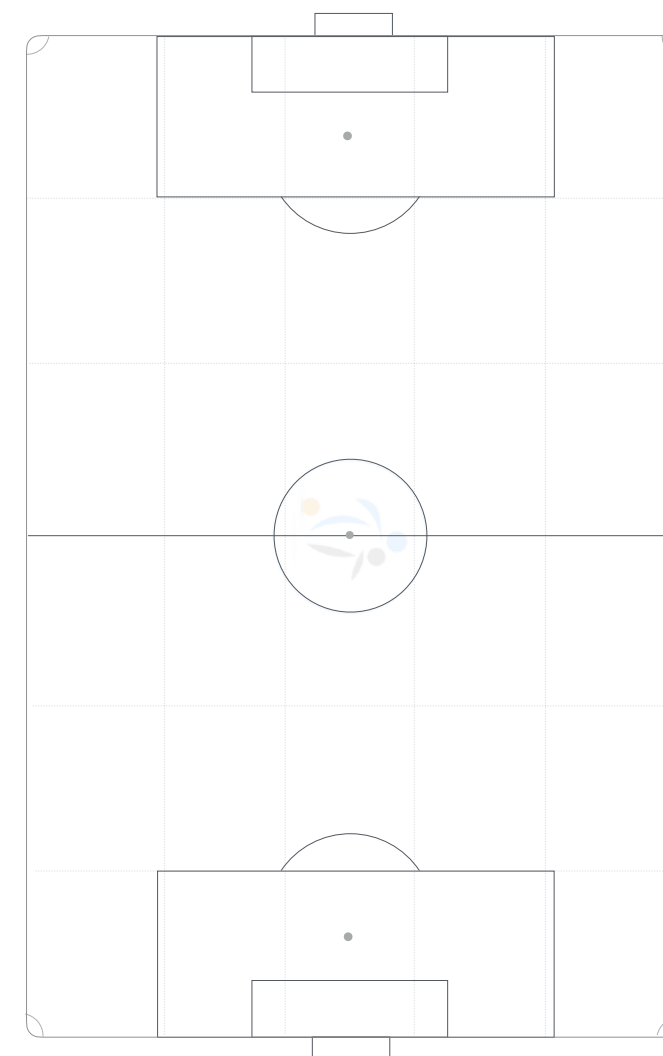


PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

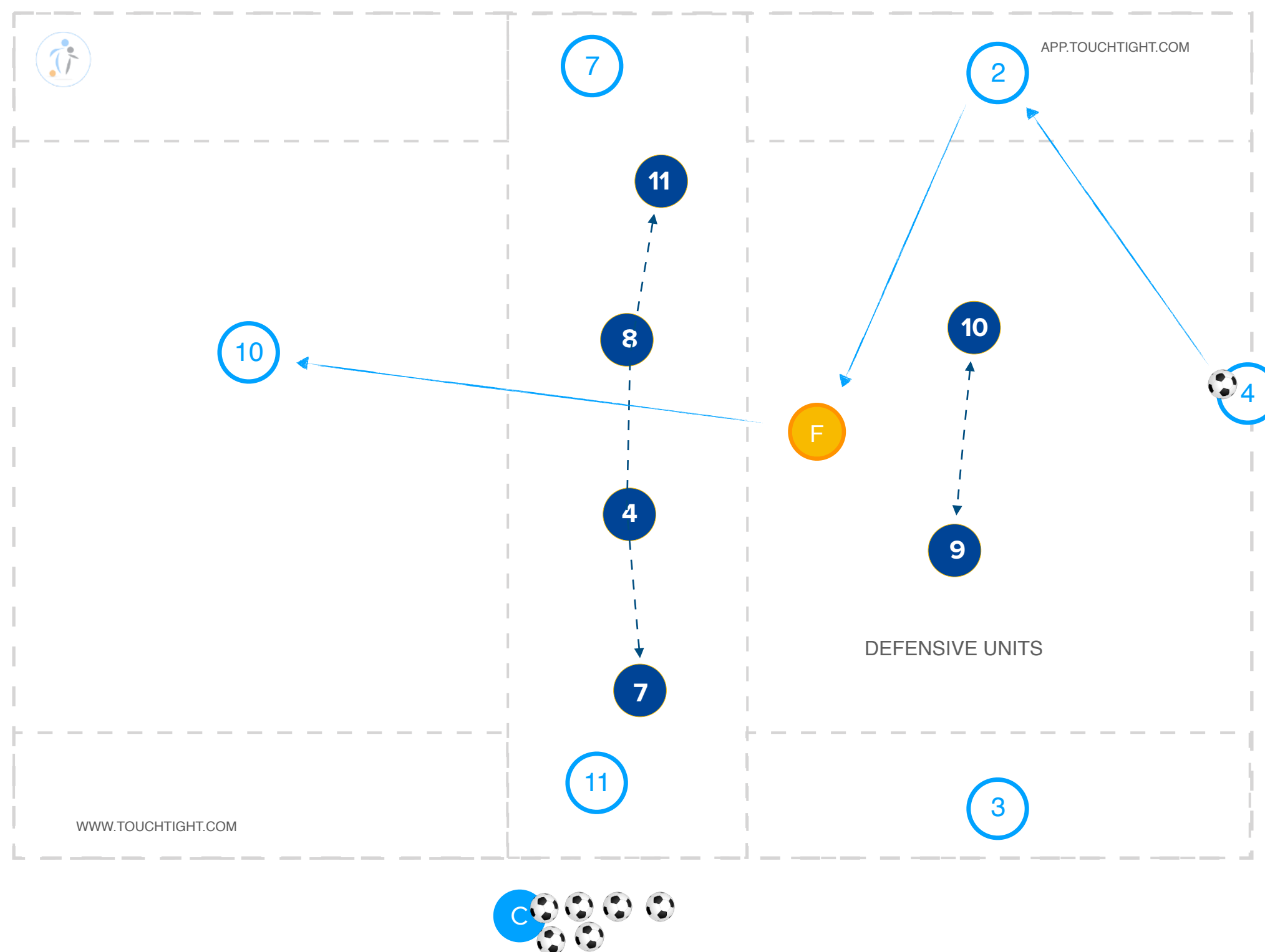
COACH PLANS



ADDITIONAL INFORMATION:



DEFENDING AS A 4 V 2 OPPOSED



ORGANISATION:
 This end to end session is based on Defensive Compactness and is specifically focused on the positioning of our midfield 4 and 2 strikers. We have 6 zones as shown, with one player starting on the outside, 2 inside full backs, a floating central player, 2 wide players in the middle channel and an attacking player looking for space for a through ball.

Inside full backs have the freedom to play centrally forcing our strikers to limit the spaces between them. The floater has the freedom to move between the lines, with wide players able to advance on the through ball to join the attacker when the defensive line is split.

KEY COACHING POINTS:

Limit horizontal spaces between midfielders through effective communication.

Recognise pressing triggers providing cover and support



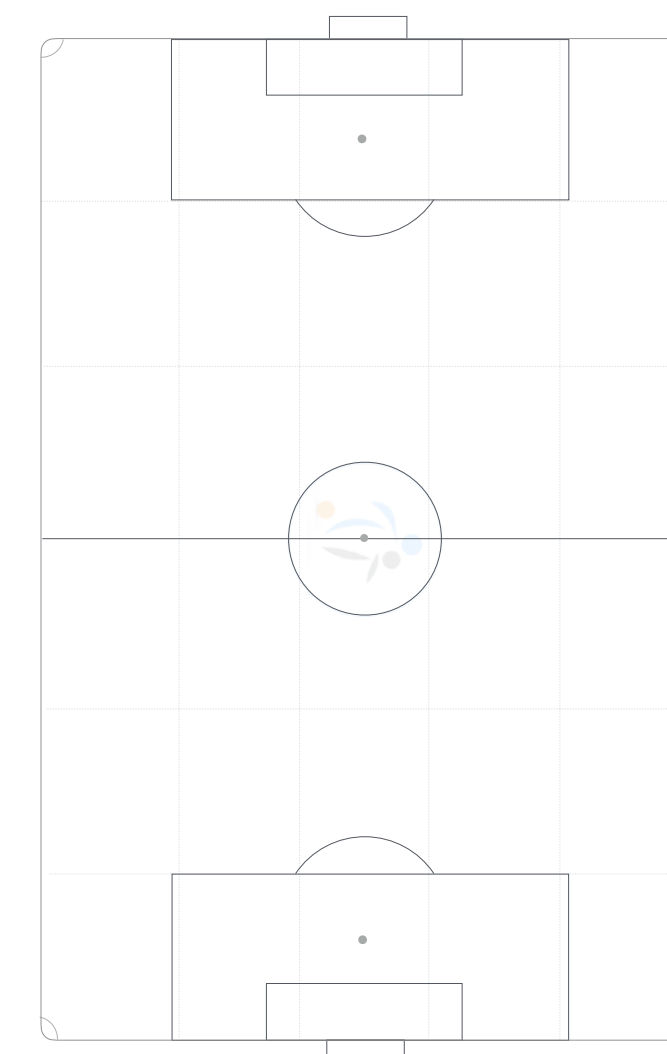
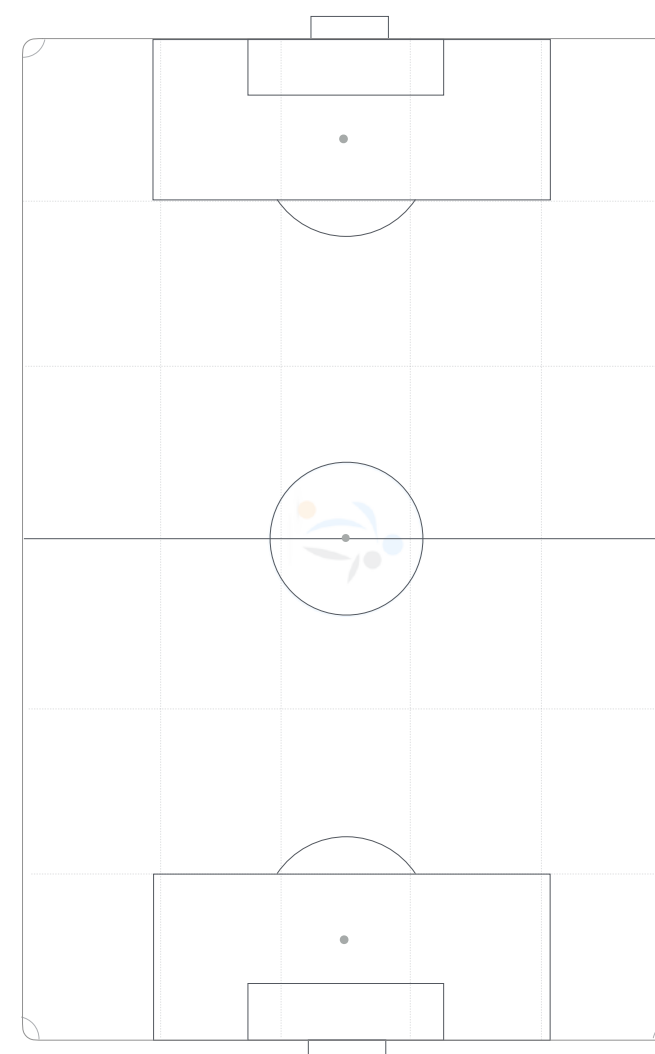
PROGRESSIONS:

ADDITIONAL INFORMATION

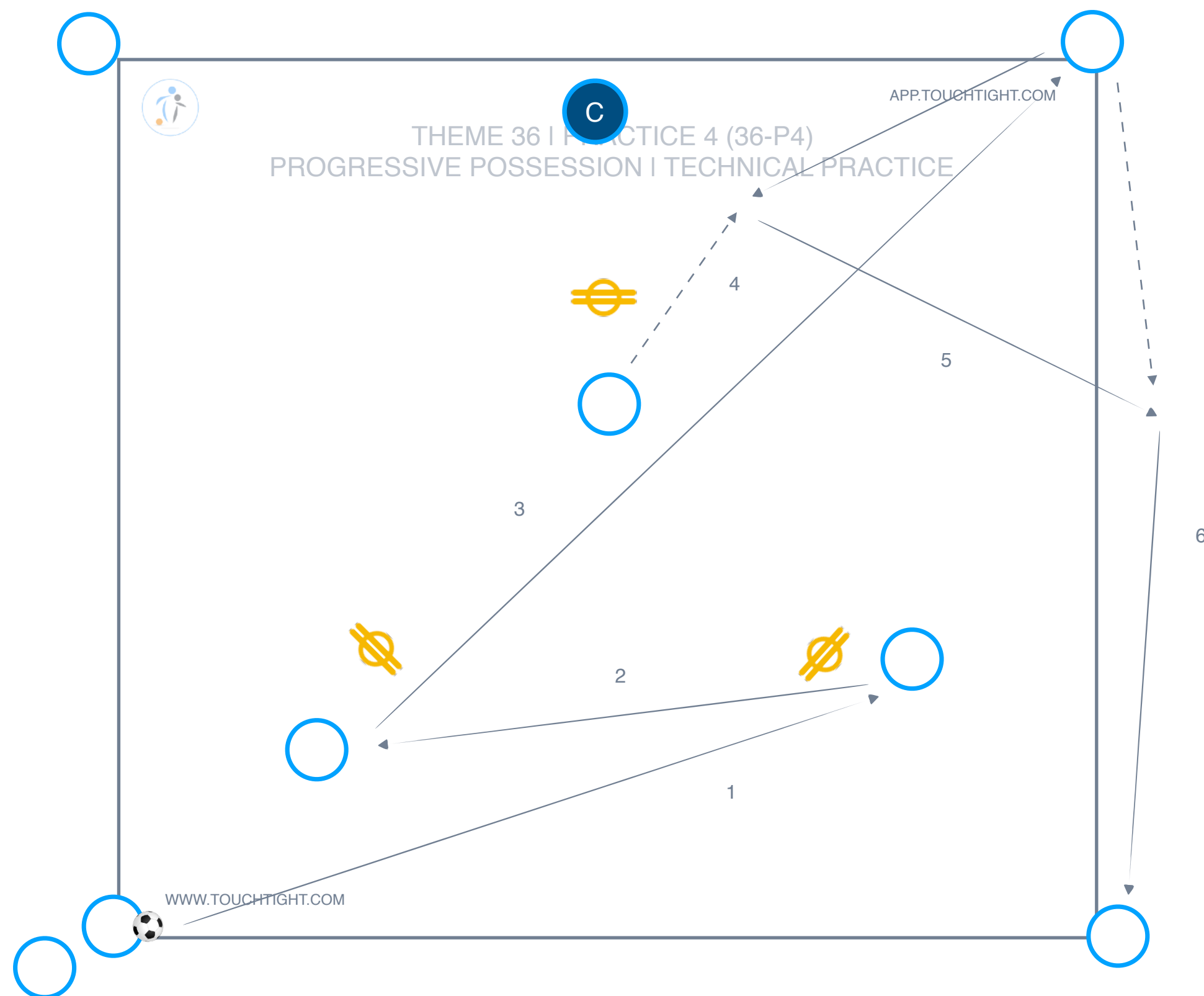
PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



HOW TO COMBINE THROUGH THE MIDFIELD 3



ORGANISATION:

This technical combination practice is to develop players ability to combine in one and two touches and is specific for the midfield 3 point down, or for 2 centre backs and a CDM.

With 4 players positioned on the outside and 3 players positioned in the centre the objective is for an outside player to play into a central player who will set on one touch for a teammate to play a ball to the opposite corner outside player.

This player will then set the third central advanced player who plays a 1-2 for the pass to be played through to the beginning. WE then begin the same process but in the opposite direction.

KEY COACHING POINTS:

- Close control to be able to look after the ball with quick passing
- Well weighted passes
- Well timed movement and a clear understanding of practice to ensure it does not breakdown.



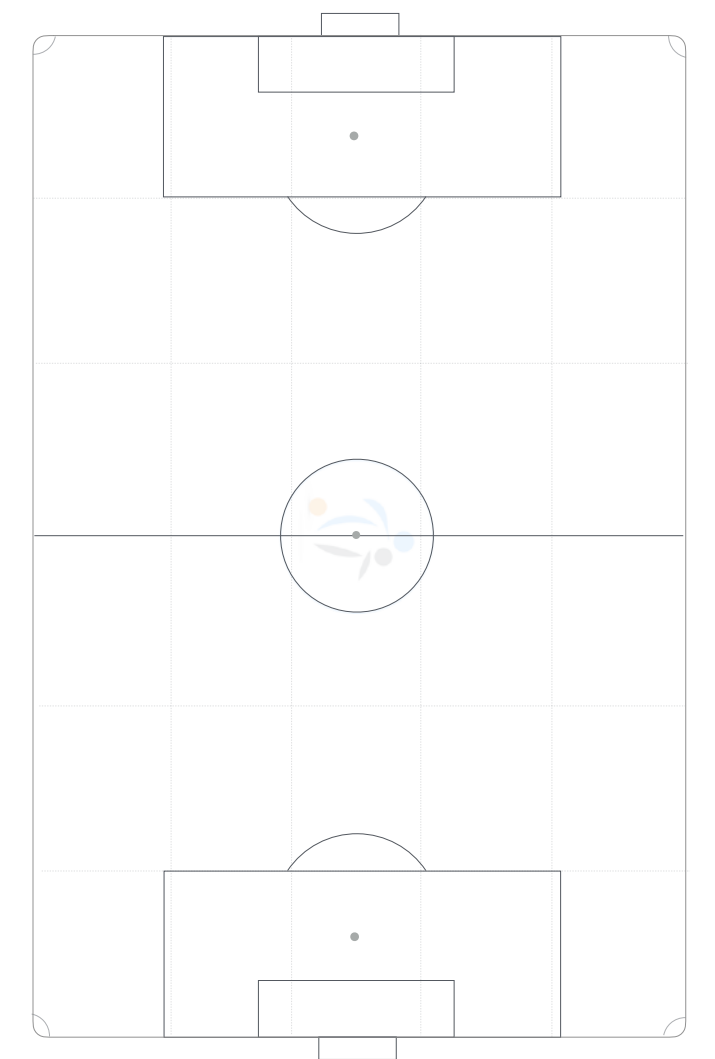
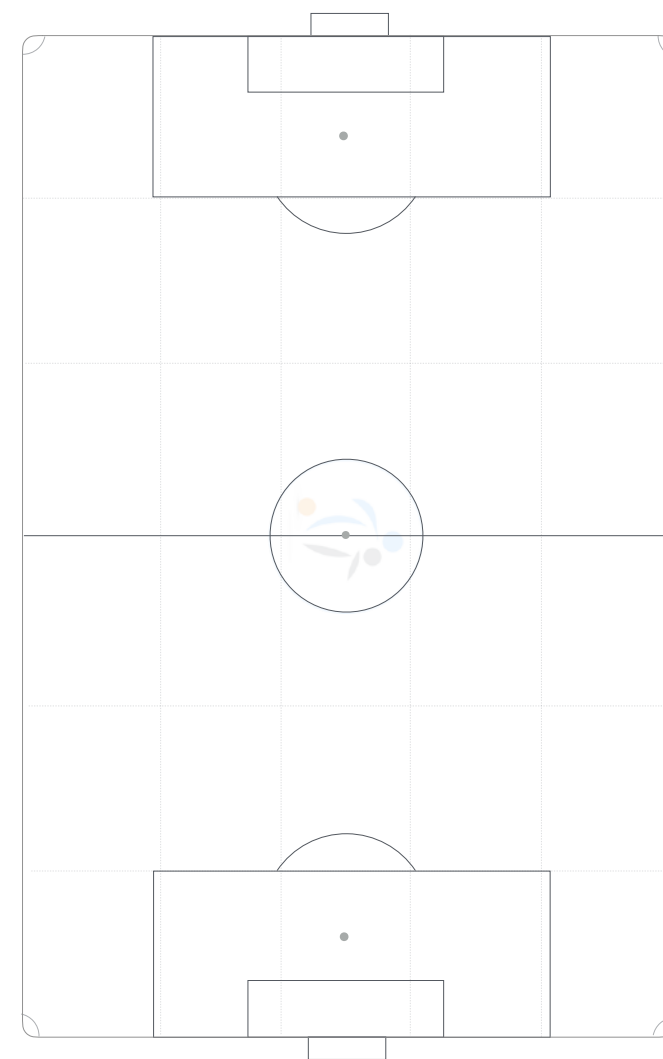
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



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

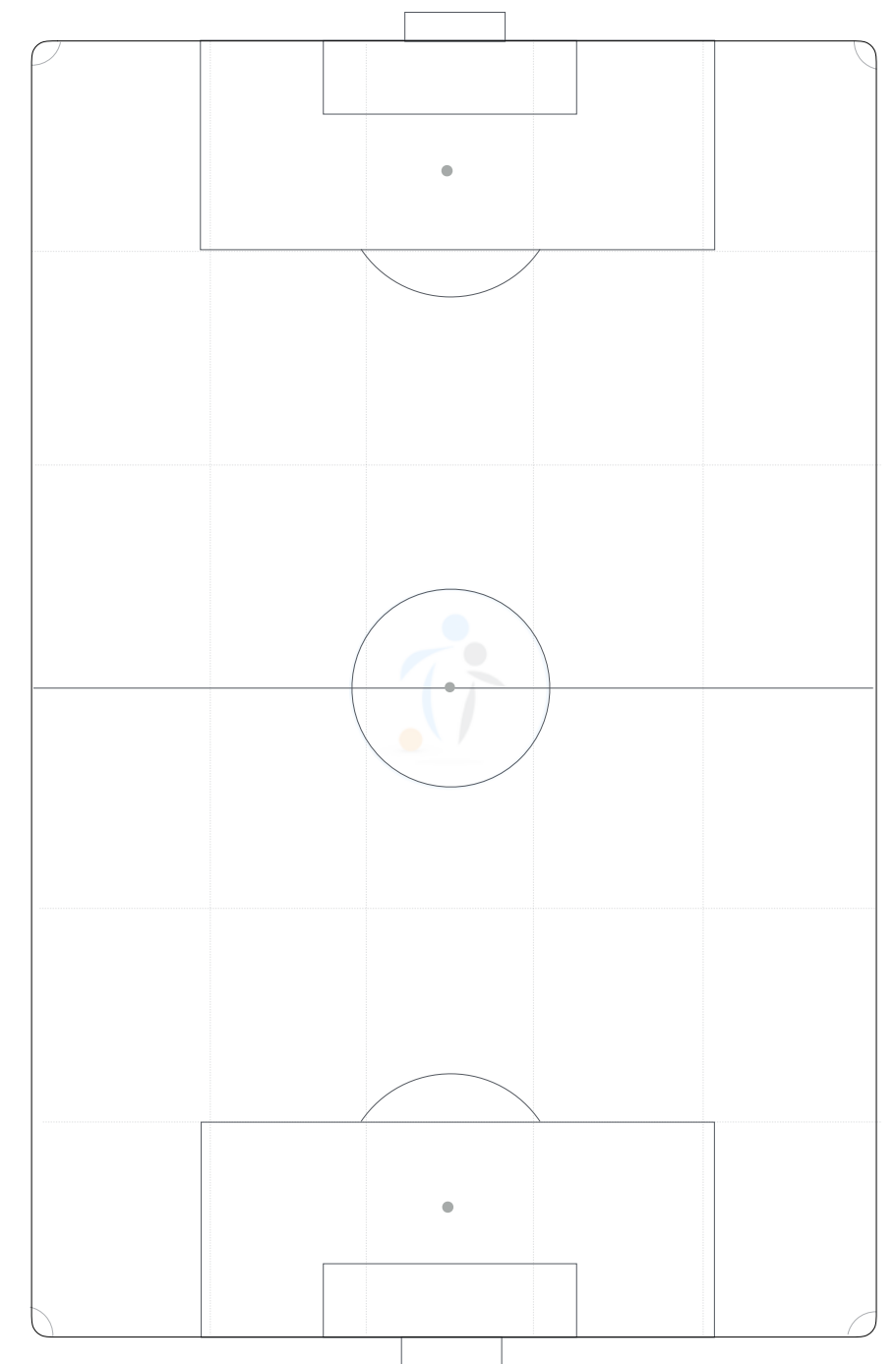
Player Trios initials	Objectives

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?

