



## THEME 06:

# DEFENSIVE COMPACTNESS

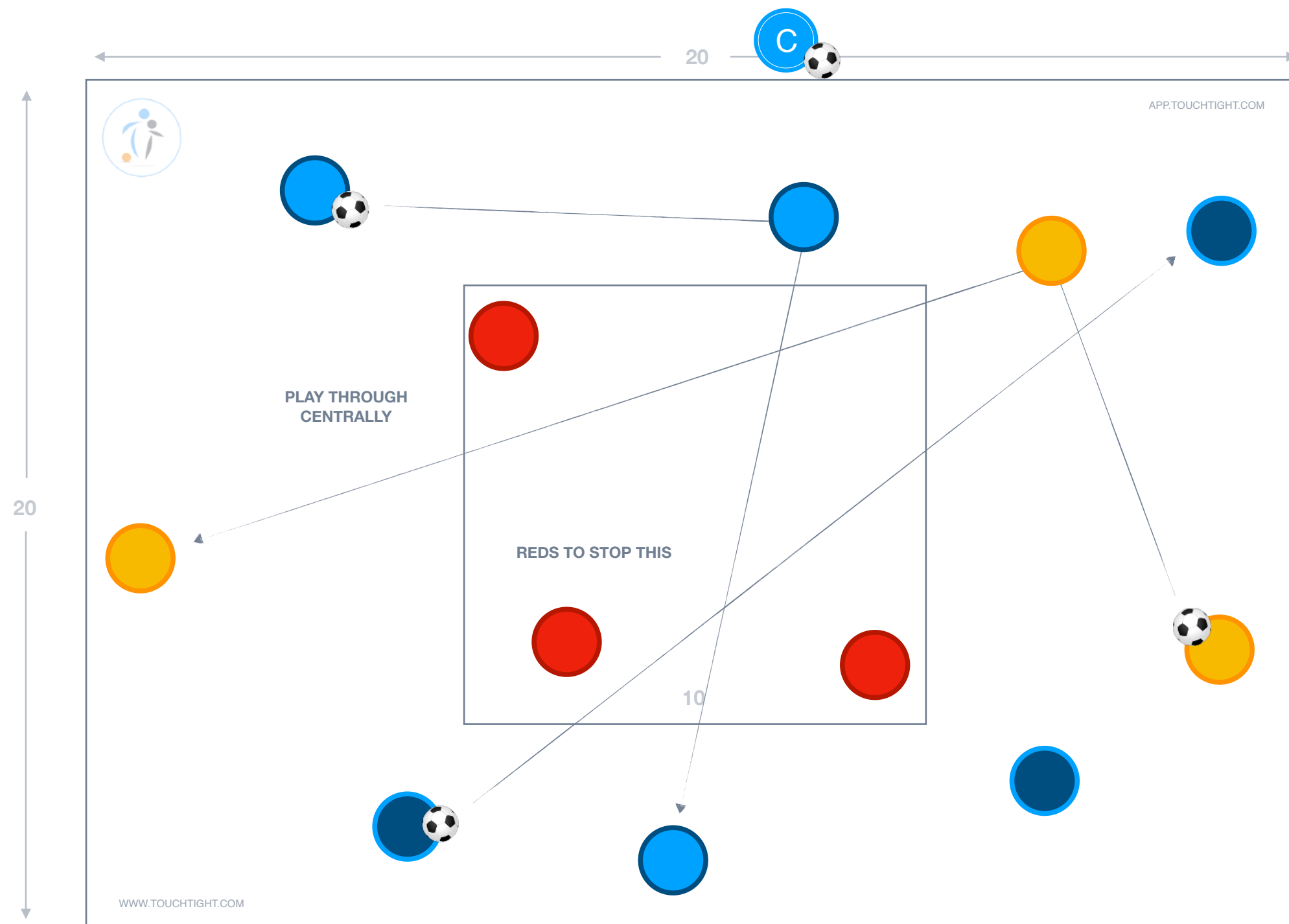
## PRACTICE 01: OPPOSED SKILL

AGE GROUP: 9+



Title	Date	Start Time	Duration	No. of Players	Area Size

## HOW TO DEFEND COMPACT AS A 3



### ORGANISATION:

This compact defending practice is number one in the series and is focused on 3 players defending as a unit to limit penetration through central areas. With 3 teams of 3 moving the ball in a 30 by 30 yard area, the objective is to play a successful through pass to a teammate through a 10 by 10 yard area, protected by the defensive 3. The defending focus is on limiting distances between individuals and screening passing lines.

### KEY COACHING POINTS:

- Communication between 3 players
- Compactness to limit penetration
- Check shoulders for awareness of all teams movement
- Decision making to press, how and when

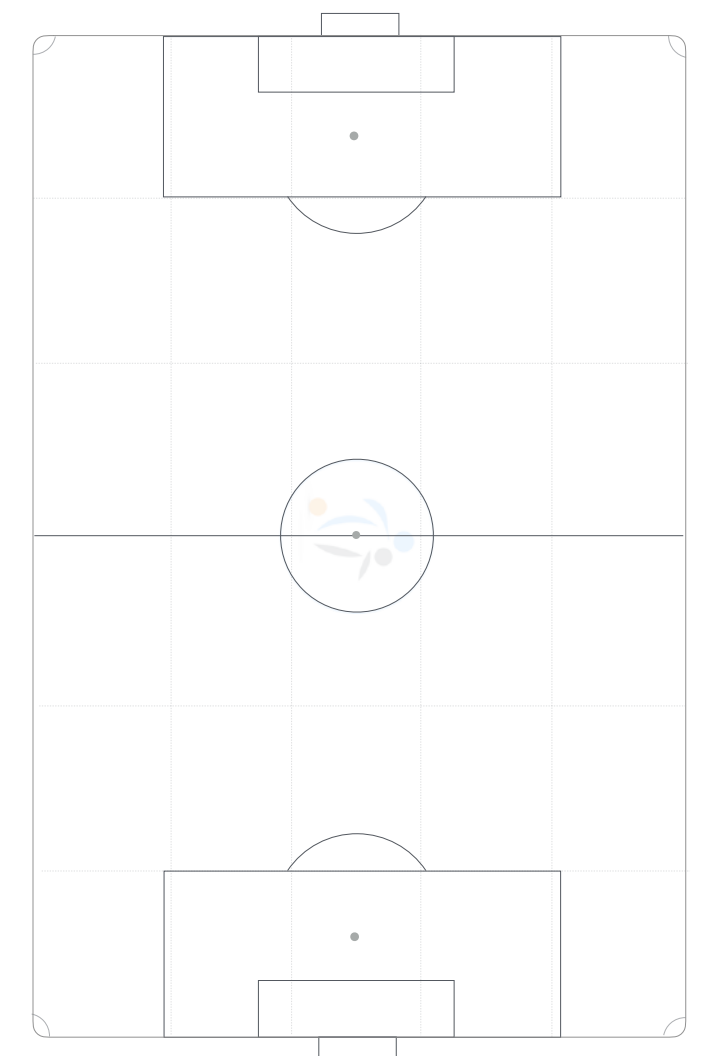
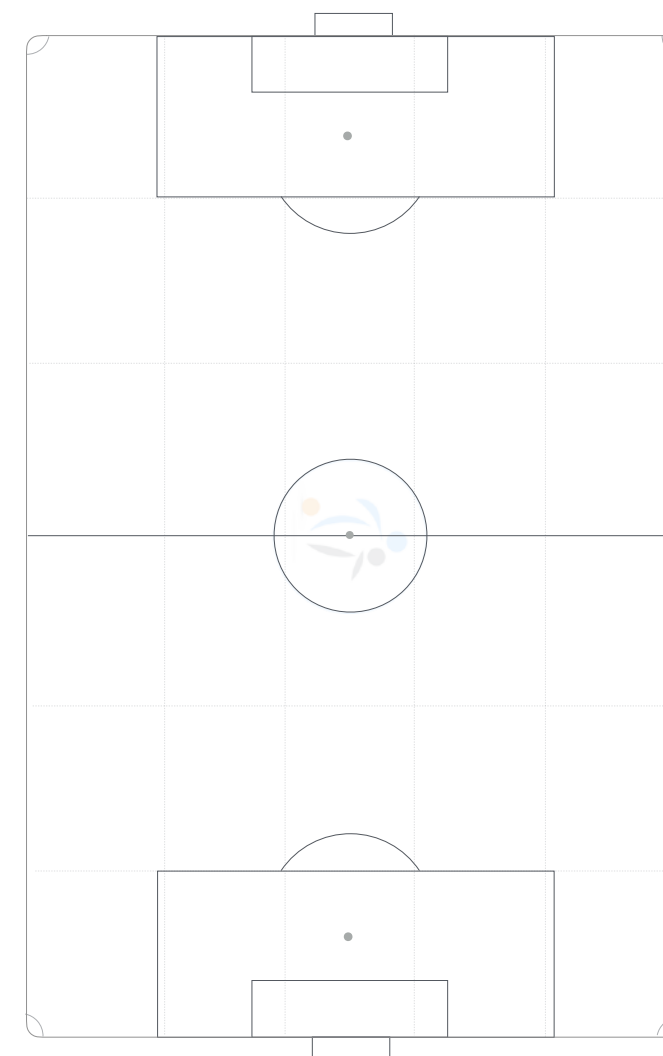


## PROGRESSIONS:

## 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

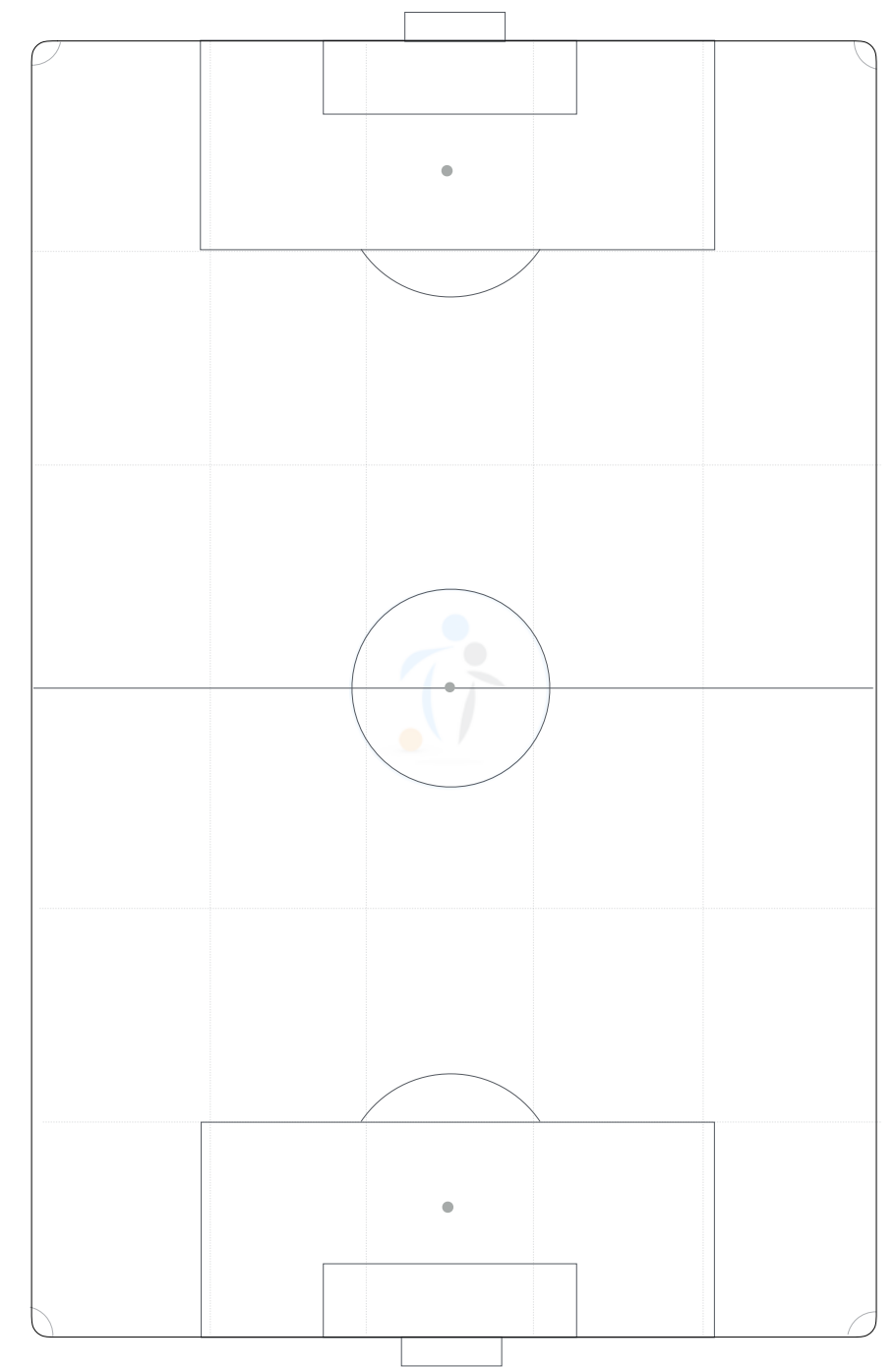
Player Trios initials	Objectives

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?

