

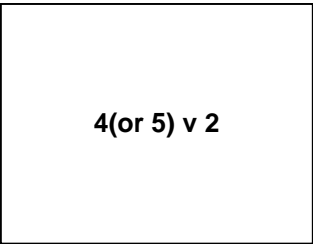
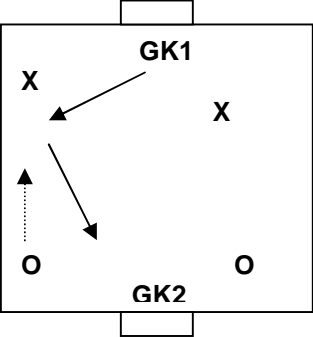
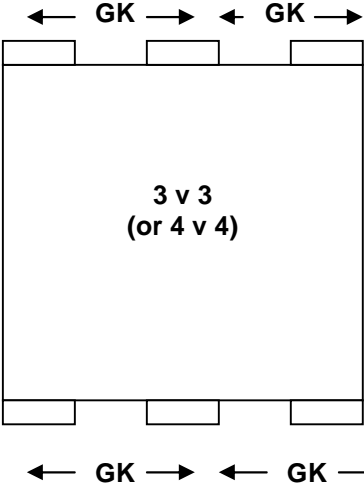


SESSION PLAN

Session Title 13 + Defending

Objectives To Develop Organization in Defence

To Improve Communication

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>5 v 2 keep away. Five attackers possess the ball whilst two defenders try to steal it. The defensive players switch after three minutes. <i>Scoring: Each time the attackers make five passes they get a goal. Defenders score by stealing and making three passes.</i></p> <p>2. 2 v 2 to goals</p> <p>Play begins when GK1 passes to X's who are then looking to score on GK2. If ball goes out of play then start by dribbling or passing in from where it went out. Reset after an attempt on goal. Alternate which team starts with the ball.</p> <p>3. 3 v 3 to Wide goals</p> <p>Normal scrimmage but can score in either of the two/three wide goals. After the goal the defending team (team that just scored) retire to their own half until the ball is passed in by one of the players in the attacking team. They can then apply pressure. Two GK's must defend three goals.</p> <p>Variation:</p> <ul style="list-style-type: none"> • Players must dribble through the goals <p>4. Regular scrimmage</p>	  		<p>Pressure 'Surf' position</p> <p>Small steps and bent knees Communication Work together Make play predictable</p> <p>'Surfing stance' Pressure from 1st defender Direct opponent away from goal. Patience Angle and distance of cover from 2nd defender Recovery runs</p> <p>Balance: Position of 3rd defender Communication</p>

