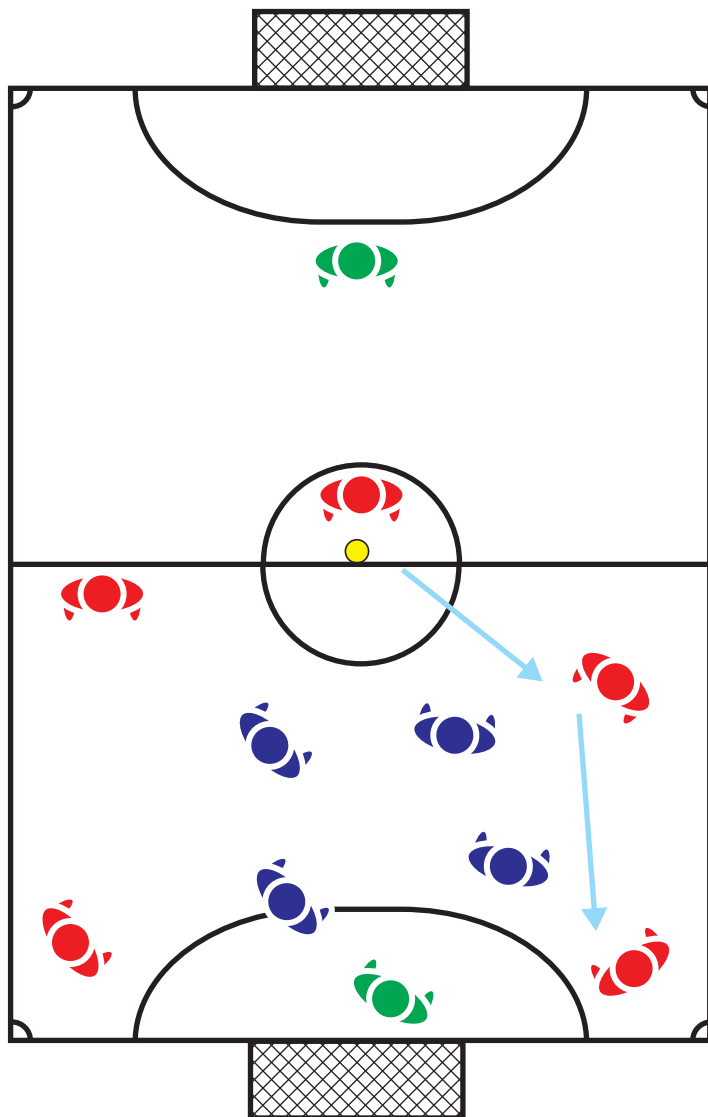


# Session Title: Defending Out Numbered

Date: 14/01/24



## Games:

Play 5v4 till the end - if you score on a transition, within 5 seconds get 3 goals

<b>Phase</b>	Week 14 - Working On Defending 2v1 / 2v2 / 5v4 - How, When & Why
<b>Time</b>	6 min games then change losing team
<b>Players</b>	12 Players - multiple teams
<b>Organisation</b>	2v1 full court - player who shoots becomes defender. 2v2 full court - play till ball goes dead - play continuous 5v4 when in possession, when lose the ball becomes 4v5, attacking team always advantage  Prog 1: Player entering court starts high in the oppositions half
<b>Key Coaching Points</b>	Make it a 1v1 first by body position Be patient but must win the ball, when? Defensive lines - how many & why? Recover to own half quickly, why? Don't chase the ball cover the middle

1st Hour - CC/EE/EST fun warm-up

2nd/3rd Hour - AW warm-up

4th Hour - CC/AW warm-up

Max time for warm ups 15mins

Include EE & EST when available

