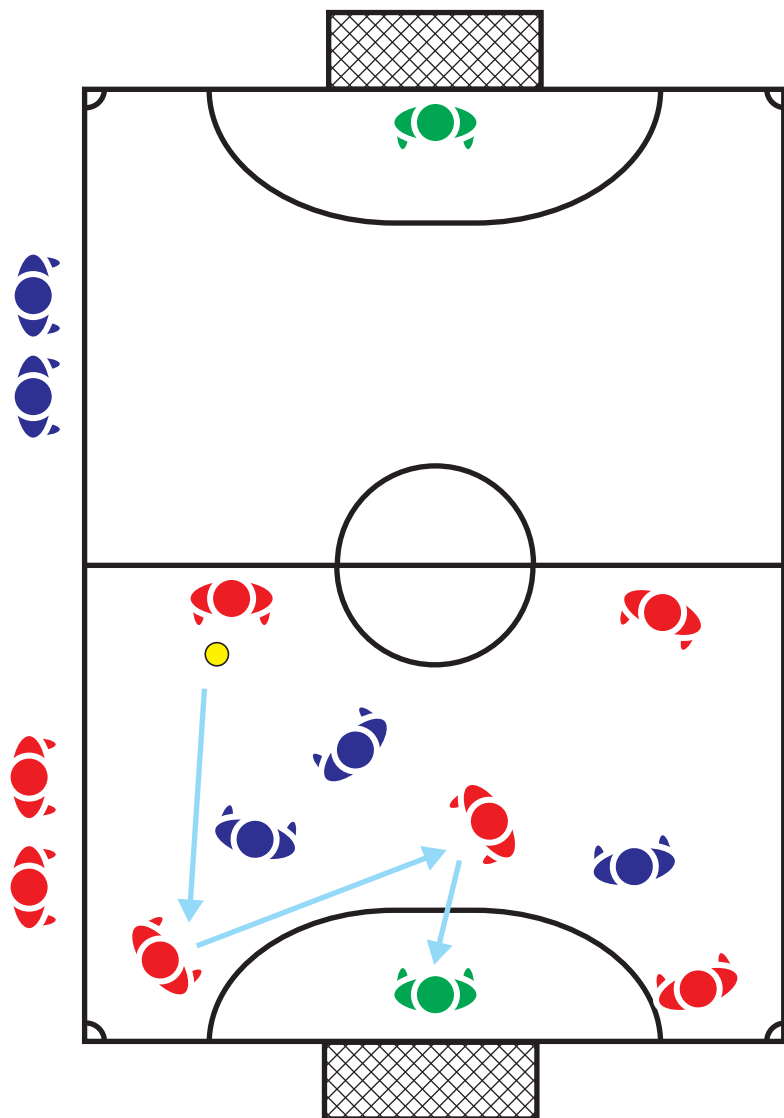


Session Title: Defending Outnumbered 2

Date: 21/01/24



Games:

Goals must be scored in the D, if come from winning the ball in own half you get 3 goals.

Phase	Week 15 - Defending Outnumbered 2 Shape, Recover, Patience, Desire
Time	6min games then rest and reset
Players	12 Players - two teams with subs
Organisation	Start with 1v1 defending on quarter of a court, then swap to other quarter - repeat twice. Play 5v3 with GKs, when in possession have 5 outfield players, and only 3 defenders - lose possession 2 drop out, and two come on. Prog 1 - Make players coming onto the pitch start in oppositions half. Prog 2 - If delay for 30 seconds another defender comes back on to make 5v4.
Key Coaching Points	Shape - when lose the ball retreat to own half Patience - don't chase the ball - why? Communications - who, why and what? Observation - 360, what does this mean? Hard work - don't give in, what could happen?

1st Hour - CC/EE fun warm-up

2nd/3rd Hour - AW warm-up

4th Hour - PW warm-up

Max time for warm up 15mins

Include EE, EST, LP & others when available

