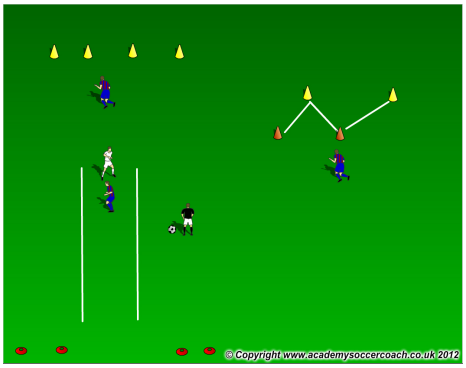
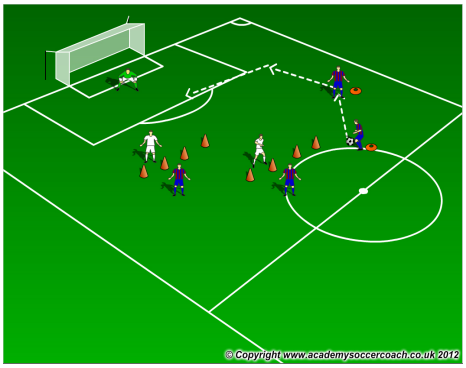
Soccer Champions Coaches' Clinics

Interactive Session Plan ™

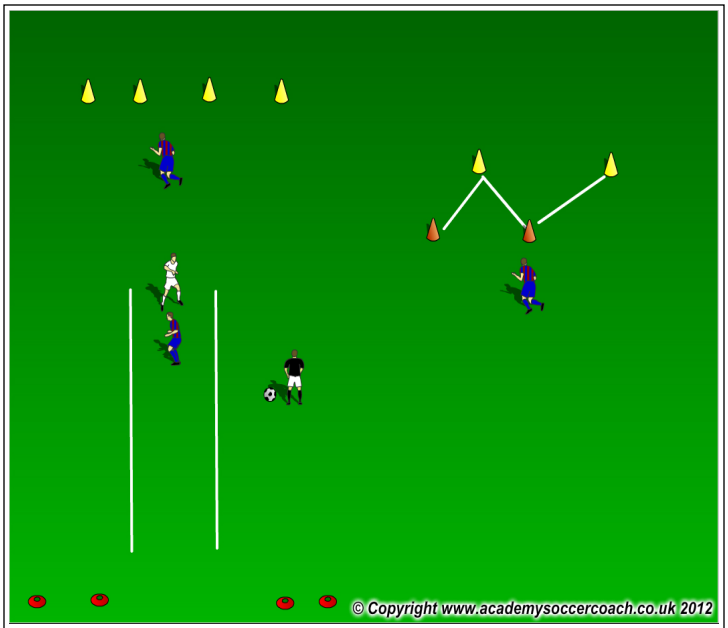
Coach	Dick Bate	Session date	2 Mar 2013	Team/Age Group	Adults/First Team

Theme	Working with Defenders	Time available: 60 mins

	NOTES
	Series of defending practices to develop agility and defending skills. Related to pressing the ball and tracking opponents runs
	Screening a target (opponent in a game) Quickness and agility necessities. Working for 12 secs each bout.
	Combination of agility,quickness and defending skills / tactics Turning ability and defending crosses from both sides of the pitch. Body preparations to defend the crosses. Variety of crosses delivered.
Click to insert session diagram	

Progressions

Progression 1 notes



Stance,feet patterns and quickness of shifting feet.

Work with two players facing each other for no m,ore than 8 seconds.

Gradually change the shape of the cones to develop

diagonal,lateral and vertical shifts of body.

Introduce different starting activities before working off the cones.

Different speeds and directional changes from the defenders tracking the running attackers

Progression 2 notes

Combination of pressing the ball and screening the central flag.

Changes of body stances and timing of the movement relating to the ball.

Changes of direction to replicate the movements made by defenders in response to ball movements.

Additional Notes / Key Coaching Points

Print Session