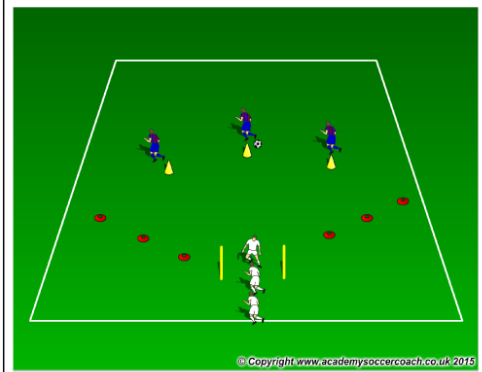
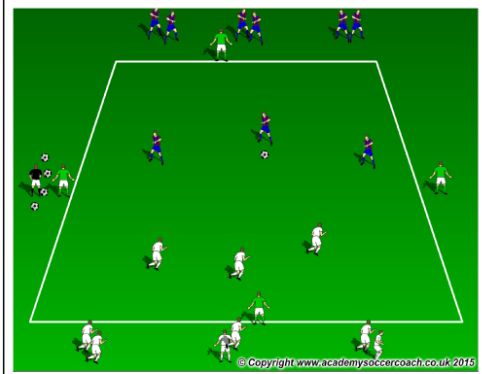


## Interactive Session Plan <sup>TM</sup>

Coach	Dick Bate	Session date	March 5, 2016	Team/Age Group	U17s
Theme	Pressing			Time available	50 minutes



### NOTES

"Sliding " with the movement of the ball.  
 Pressing the ball - holder.  
 Defending role if not pressing the ball.  
 Pressing and tracking opponents.

Teams of 3 players working on defending skills.  
 Pressing an opponent.  
 With what intention ?  
 Feet position, balance and movement against an opponent.  
 Role when "away from the ball" but still defending.

Game with "protected" goals - 6 v 6  
 Who presses who, when, to do what and how !  
 Early decision-making following "reading of the situation."  
 Dangers when pressing and tracking opponents.  
 Awareness of opponents action possibilities.

Introductory practice for pressing and screening opponents play.  
 Screening skills.  
 Closing-down on opponents.  
 Development of session to act as pairs when screening and pressing.