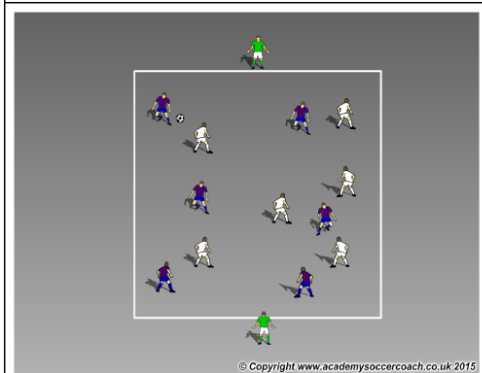
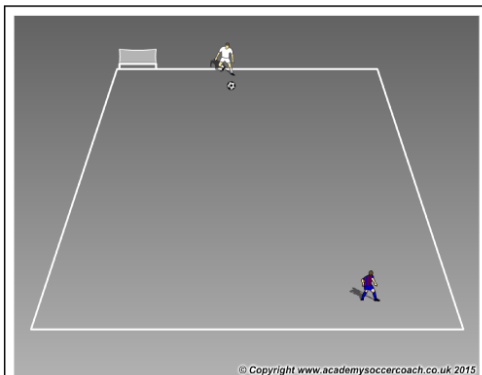


Coach

Session date

Theme



### NOTES

#### Defending

Organization: 10 x 20 yard area, Players 1 v 1.

- Defender passes to attacker then arcs run to protect goal and apply pressure.
- Angle of approach
- Awareness of target
- Force opponent away from goal
- Win the ball

#### Possession

Organization: 30 x 35 yard area, Players 7 v 7 including GKs.

- Players must pass to the Gk to score a point.
- Nearest player presses the ball to prevent forward pass
- Reaction from players offering support and cover
- Transition

#### Game

Organization: 2 Goals on half way line plus 2 goals at either end of field. Players 7 v 7 including GKs.

Directional practice - Teams can score in wide and central goals

- Angle of approach
- Apply pressure
- Force one way
- Support and cover

### Additional Notes / Key Coaching Points