MEDIUM BLOCK– (JOINING & RECOVERING)

RF

Defending To Counter Centrally To Play In Key Channels Of The Pitch

4 Corners	
Defending Passing & receiving quickly to exploit weak sides Movements – reading, screening, intercepting – switching play Tackling	Decision making to intercept Awareness of players movements Discipline of the screeners Confidence in playing 1-point switches
ABCS	Communication Playing with friends Competition between teams

Session Set-Up

Phase of play 2/3rds of pitch	Supply of footballs	1 Big goal 3 smaller goals	9 Blue bibs 9 Red bibs 1 Green bib - GK

Session Detail

Practice starts with red #5 passing into red #4 who then returns a pass to red #3. Red #3 tries to pass to red #11, but blue #7 intercepts quickly and passes to blue #4 who counter attacks from a central area to key areas (channels) on the pitch where there is a weak situation to exploit.

Blues score by scoring into either wide goals = **5** goals – central goal **3** goals.
If reds score the score is doubled.

Progressions

Swap team around – roles for all
Time on regaining the ball and switching out to either flank to score
Reds must score in the box

Key Questions

How might defending well may exploit the reds weaker side?
What type of ball can be played other than a lofted pass?
Where likely can the blues hurt the opposition the most?

Coaching Points

1. Discipline in being compact as units and team.
2. Both screeners sliding across when required to screen when reds have possession
3. Patience to press but if needed, nearest player presses the ball
4. Supporting by other team players in that unit.
5. After a successful regain spreading out to play forwards after reds have been dis-organised – exploiting weak sides
6. Finishing quality.