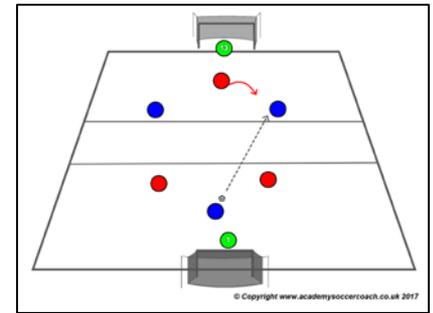
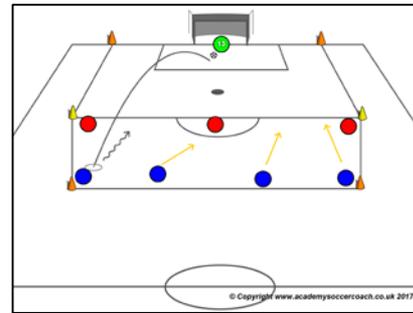
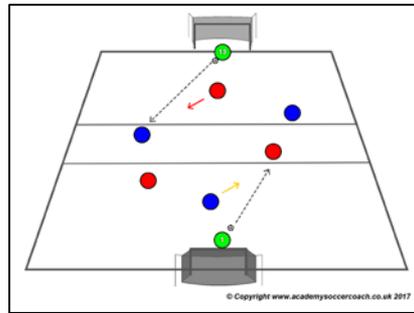
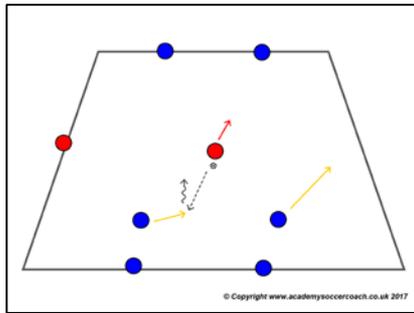


AGE or GROUP:	THEME:	FORMAT:	DATE:
U15/16's - Defenders	DEFENDING: Out numbered	A → T / S / SSG	10-3-17

4 Corners:	Key Questions:	Differentiation:	Buzz Words:
Defending – Out numbered	1. Can I regain ball quickly?	S – step	DELAY DENY
Decision making – when/where to defend	2. When/where do I defend	T – task	
Communication when defending	3. Who defends first?	E – equipment	CONTROL PINCH
Speed & tempo of defending	4. What is the 2 nd man doing?	P – players	

Practice 1: Activation activity	Practice 2: Technical D.O.	Practice 3: Skill D.O.	Practice 4: SSG D.O.
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Organisation:	Organisation:	Organisation:	Organisation:
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Defending out numbered 1v2.
Blues try to attack 2v1 and get ball to opposite end, then the other team of blues attack.
Red defenders try to regain ball and travel out of the grid for a 3 points.

GK starts the practice with a throw out into the middle zone.
Once attacker receives the ball, blues/reds attack.
If the defenders regain ball they travel to the middle zone and stop for a 5 points.

GK starts the practice by throwing/kicking the ball out the an attacker.
Blues attack 4v3.
The reds defend 3v4.
If reds regain the ball back they travel out over the end zone line for a 7 points.

SSG – 4v4.
GK plays the ball out to the defender and tries to play into the 2 blue attackers to score.
If reds regain the ball the play goes in opposite direction.
If reds keep a clean sheet within a time limit (10 mins max) they are awarded 10 points.

Key Coaching Points:	1. DELAY	2. DENY	3. DEFLECT	4. DEFEND
	Stop ball progressing forward	Spaces/gaps of penetrative ball	Show attacker away from goal or into 2 nd defender	Defend → attack