

Title: Preventing The Forward Pass

Phase: 4, Defend the Goal

Age: Foundation Phase

Intensity: Low

- Technical**
- Tackling
 - Passing
 - Interceptions

- Tactical**
- Att: Penetrating Passes
 - Att: Quick & Clever Passes
 - Att: Combinations
 - Def: Rotations & Pivots
 - Def: Interceptions and Blocks
 - Def: Teamwork

- Physical**
- Strength
 - Quickness
 - Reaction Time

- Psychological**
- Competitiveness
 - Communication
 - Organisation

Area Size: 20x10 Area

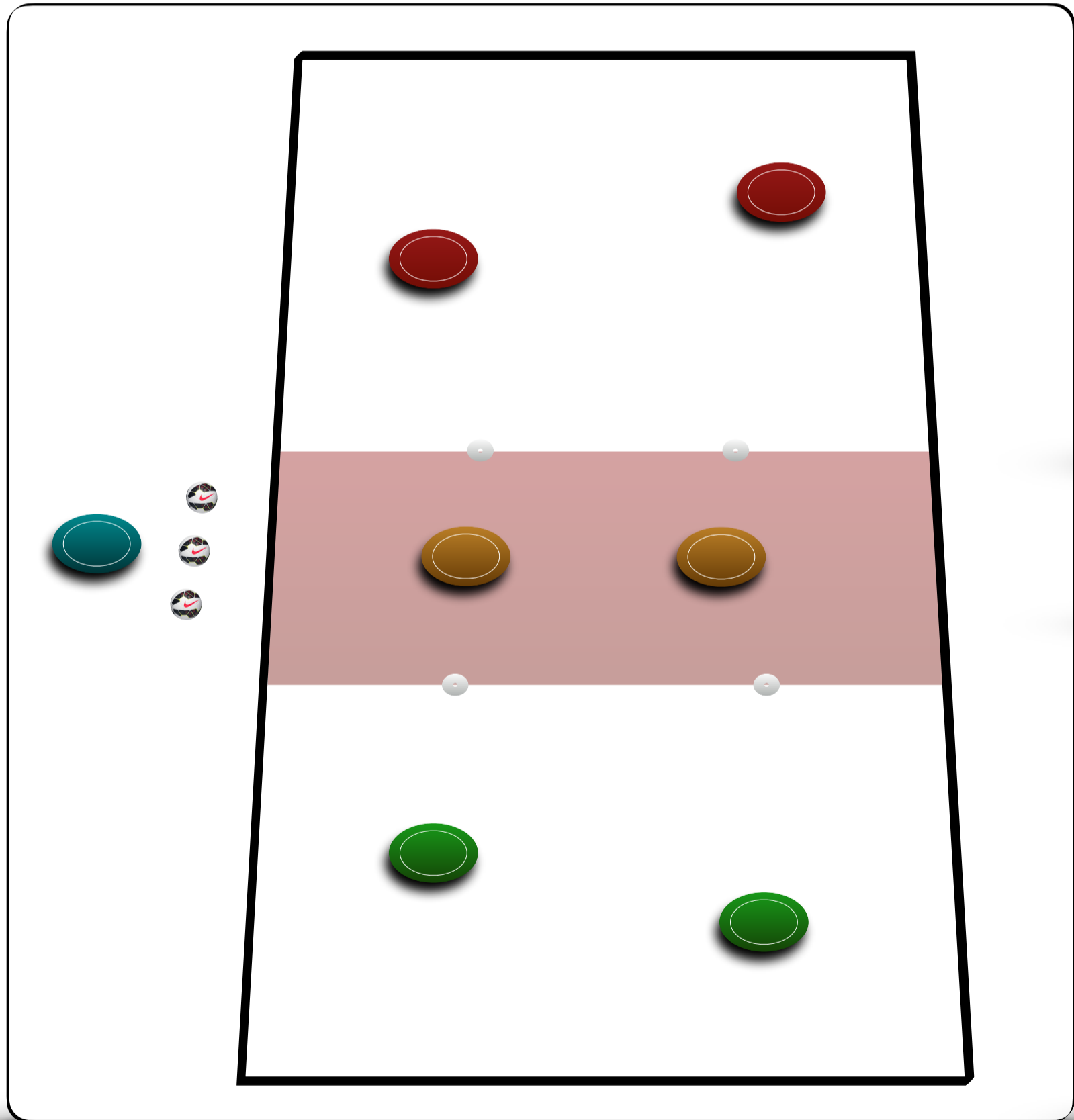
Players: 6 +

Duration: 16 Minutes

Session

Set Up / Organisation

Key Coaching Points



- 1) 20 x 10 Area
- 2) 5 x 10 Central Area
- 3) Equal numbers in each zone

- 1) Rotation play
- 2) Pivoting and balancing
- 3) Making Play Predictable

Progressions

Player Challenges

- 1) Allow 1 of the defenders to engage outside of the central zones
- 2) Take away central zones making it a 2v2 session
- 3) Develop into the 3 team press session

- 1) Are you able to play predictable and easier to defend?
- 2) Can you force play into a reduced area (divide and conquer)?
- 3) Can you work as a team to win the ball back effectively?

Reflective Practice

What Went Well...

- _____
- _____
- _____

What Needs Changing...

- _____
- _____
- _____

Future Considerations...

- _____
- _____
- _____

