

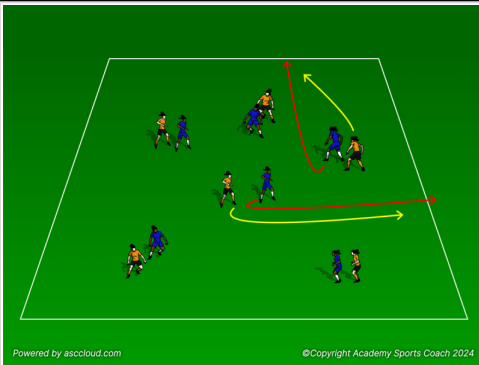
## Session Plan

5 December 2024

### Objectives

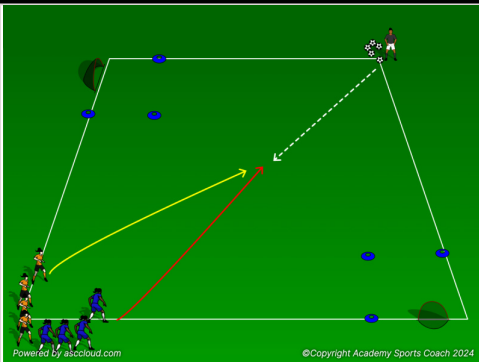
Defending (and Attacking) individually and collectively.

### Activation



Post dynamic warm up, players are paired up and designated "attacker" and "defender" inside a 30 x 30 area. 45 second game of tag with a twist. The attacker is the leader and moves around the area freely, moving and changing direction. A point is scored if the attacker can change direction to unbalance the defender and break any line (by running through it) before being tagged by the defender. The defender is encouraged to read the body language of the attacker and react quickly to the cues to press and tag! If the defender tags the attacker before they reach the line, the defender wins a point. Switch roles after each round. Potential progressions; add a ball, or add a twist! Now allow the defender to shout "man on" before the attacker reaches the line that initiates a role reverse, now the attacker has to tag the defender before they reach the line!

### Part one. Positioning 1v1 game to pugg goals

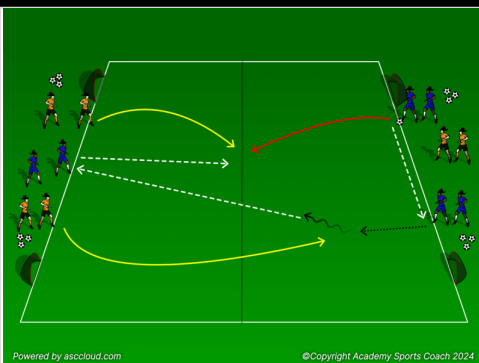


1v1 in a 12 x 12 area use flat markers to indicate scoring zone in front of each pugg goal.

Attacker sprints into the box to receive ball and can attack any goal, must score inside the attacking zone for a point. Defender follows and presses the attacker to prevent the attacker from turning and scoring. If defenders win, play the ball to the server.

Make it easier: Color code the goals and as the coach plays in the initial pass, call out a color for the attacker to score in - this will provide the defender an advantage to protect one goal Vs two.

### 2v2 training game with a target player

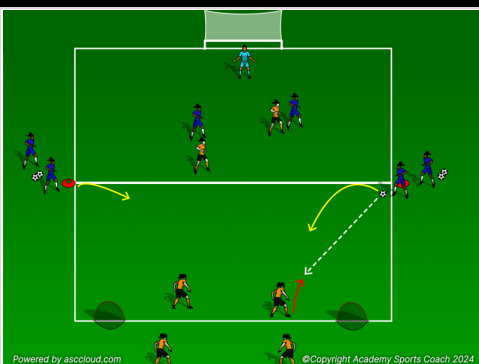


20 x 15 area with two goals on each side. 2v2 continuous game. The game starts by the attacker (blue) playing a square pass to their teammate.

The team in possession can use outlet (stays off pitch and cannot score). Must connect before shooting in either goal. The outlet player can move along the line to support.

The defenders (orange) must press the attacker receiving the ball quickly while the second covers and screens passes into the outlet player. If defending team win the ball, attack quickly! Play forward to find their outlet player and attack the opposite puggs.

### Final training game 4v4 to goal



4v4 to goal and counter goals. 40 x 36 with a halfway line. 2v2 in attacking half. Game starts with a defender passing the ball forward to any attacker.

The attacker can dribble or pass to penetrate and try to create goal scoring opportunity under 15 seconds. The defenders must quickly organize the initial press and force delay the attacker from playing forward.

If the defenders win the ball, they can score in either pugg. The game restarts if a goal is scored or the ball goes out of bounds.

Possible progression: Attacking players can play a pass back to a 5th player to create a 5v4 advantage. Defenders will be challenged to press and cover to eliminate the additional player and prevent shots.