

## Session Planner



Date of Session: 4/4/13

Theme: Defending from the front with transition to attack

Description of Practice: 10v8 Phase of Play

Organisation: Full Width of Pitch and shortened in length

2-4-1-1 Vs 1-4-4-1

Key Observation Factors:

Starting Positions – narrow and compact, make it difficult for opposition team to play through passes

As center back moves forward in possession one center forward makes a curved run to cut off a pass to Second Center back, the second striker engages second center back

Wide midfielder on opposite side tucks in

The rest of the team move in relation to this trapping the ball on one side of the pitch

Communication from players behind is key

Opened body shape when defending see ball and opponent

Notes;

100% concentration needed, Communication between players is vital