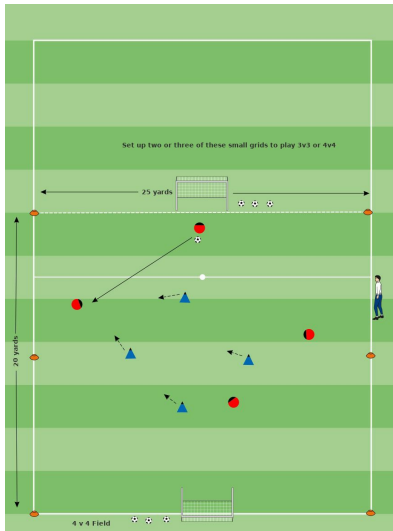
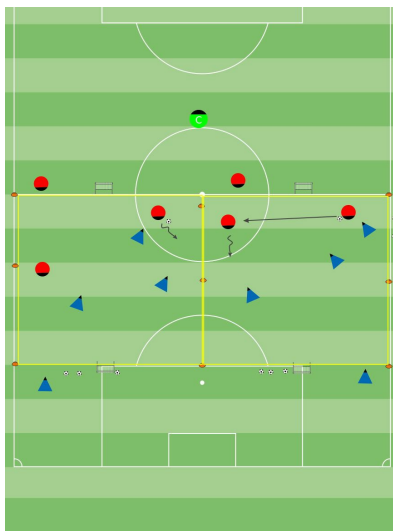


KEY QUALITIES:

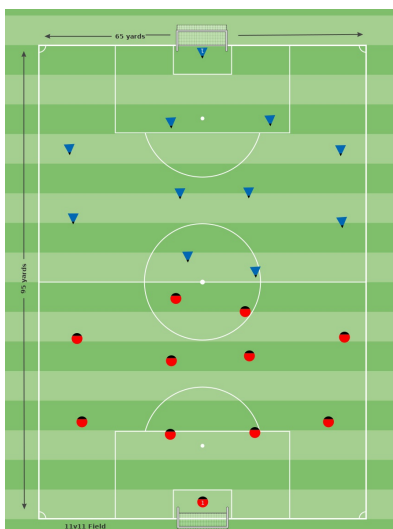
DURATION: 90 min



NOTES:



NOTES:



NOTES:

Week 4: Defending - Preventing Build Up in Own Half (11v11)
OBJECTIVE: Prevent build up in own half
TEAM TACTICAL PRINCIPLES:
KEY QUALITIES:

Amy Feigl
AGE: U13 / Senior / 12 players
TEAM FUNCTION:
DURATION: 90 min

Five Elements of a Training Activity

- 1. **Organized:** Is the activity organized in the right way?
- 2. **Game-like:** Is the activity game-like?
- 3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
- 4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

- 1. How did you do in achieving the goals of the training session?
- 2. What did you do well?
- 3. What could you do better?