Team: SF Coach: -

Date: 30-11-15 Hour: 11:00h Season: 2015 Month: 3

Week: 4 Session number: 1





		Learning contents and aims	OFFENSIVE REFLECTION GUIDELINES	DEFENSIVE REFLECTION GUIDELINES	EC	EF	Series	Rep.	Tp Inv.	Tp refl.
Problem 1	0.1 - 0.2)	- Readjusting role immediately (O.1.1) - Analysis of the environment (O.1.1) - First security pass (O.1.1) - Take the ball off recovery zone (O.1.1) - Indentify free men (O.1.1) - Evaluate risks in the passes (O.2.2) - Use tense and low passes (O.2.2) - Players at different heights and halls - Adequate the speed of the ball movement depending of the game necessaries (O.2.2)	- Readjusting role immediately (D.1.1) - Prevent the first security pass (D.1.1) - Prevent the ball leaves the loss area (D.1.1) - Players next to loss area have to steal the ball immediately and avoid that the opponent found ways to progress (D.1.1) - Harass the player in posession of the ball and the potential receivers (D.1.1)	EC1	R2	9	9	5'	1'
	D.I - D.2	D.I.I. Pressing after loss. D.2.2. Hustling zone defense.					•	ò		
Problem 2	0.1 - 0.2	O.2.4. Defensive balance in the positional attack.	- Readjusting role immediately (O.1.1) - Analysis of the environment (O.1.1) - First security pass (O.1.1) - Take the ball off recovery zone (O.1.1) - Indentify free men (O.1.1) - Use tense and low passes (O.2.2) - Players at different heights and halls	 Readjusting role immediately (D.I.I) Prevent the first security pass (D.I.I) Prevent the ball leaves the loss area (D.I.I) Players next to loss area have to steal the ball immediately and avoid that the opponent found ways to progress (D.I.I) Harass the player in posession of the ball and the potential receivers (D.I.I) Control the around space and get into focus the opponents (D.2.2) Guide the opponent to areas where it's more probably that they lose the ball (D.2.2) Reduce to the maximum the space between our lines (D.2.2) 	EC2	R2	1	4	4'	1'
	D.I - D.2	D.2.4. Offensive balance in the defense of the positional attack.	- Maximum width and depth - Creation of associative pass triangles			0	0 0	•		
Problem 3	Team B Team A	O.1.3. Counterattack. O.3.1. Duels. O.3.2. Cross, shoot to goal and reject. D.1.1. Pressing after loss.	 Use few touches (O.1.3) Avoid unnecessary IxI (O.1.3) Avoid the offside (O.1.3) Change the direction and the rhythm (O.3.1). Announce one movement to make another different (O.3.1). Change the dribbling and the way out profiles (O.3.1). Prioritize to finalize when there are options of shoot (O.3.1). 	 Readjusting role immediately (D.1.1) Prevent the first security pass (D.1.1) Prevent the ball leaves the loss area (D.1.1) Players next to loss area have to steal the ball immediately and avoid that the opponent found ways to progress (D.1.1) Desire of pulling back (D.1.3) Block the internal passing lines (D.1.3) Defensive line lateralization and pull back anticipation (D.1.3) Use the offside (D.1.3) Temporize adjusting the distances (D.1.3) 	EC2	R6	1	10	6"	30"
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		O.I.3. Counterattack.	- Search for depth as first objective (O.1.3) - Avoid unnecessary IxI (O.1.3)				•	o o		
		D.I.3. Defense to a counterattack.				_	Ó			
Problem 4	Team A	O.2.3 Positional attack of the last defensive line. O.2.4. Defensive balance in the positional attack.	 Dynamism to find reception spaces (O.2.3). Search of interior passes (O.2.3). Use the sequence support-rupture and vice verse (O.2.3). Occupy the intervals (O.2.3). Run with ball to fix and pass (O.2.3). 	 Readjusting role immediately (D.I.I) Prevent the first security pass (D.I.I) Prevent the ball leaves the loss area (D.I.I) Players next to loss area have to steal the ball immediately and avoid that the opponent found ways to progress (D.I.I) Guide the opponent attack to the side (D.I.3) 	EC3	R3	1	2	10'	2'
		D.I.I. Pressing after loss. D.I.3. Defense to a counterattack.)		
	Team B	O.I.I. Offensive transition O.I.3. Counterattack.	 Keep players on central lane (D.2.3) Reduce the horizontal and vertical line distances (D.2.3) Prevent that the opponent can receive the ball towards our goal (D.2.3) Activate control and communication (D.2.3) The goalkeeper's position has to be close enough to the defense (D.2.3) 	- Readjusting role immediately (O.1.1) - Analysis of the environment (O.1.1) - First security pass (O.1.1) - Take the ball off recovery zone (O.1.1) - Search for depth as first objective (O.1.3) - Quick and vertical dismarks (O.1.3)		o	° °	ه م	Ö	
		D.2.3. Last line of defense. D.2.4. Offensive balance in the defense of the positional attack.								