

Name:

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Topic:

Defending Counter Attack



### **What went well with the training session?**

Both Stages II and III had defenders (9,10,11,7) playing numbers down by 1 or 2 players, however for the majority of training intervals, defenders were able to either win possession or clear the ball out of the playing area preventing the attacking team from penetrating forward. Stage II was an intense pace (maybe to much), with intervals between 10-20 seconds, player rotation was fast, they got a moment to catch their breath and then had to play again quickly, I thought this made the Stage II reality-based and match pace. Playing area was appropriate and play for both sides was directional from the beginning with target goals to dribble thru. Coaching points emphasizing a quick arrival to the ball carrier, bending run to cut-off passing option, not to over run on the approach, and body position were effective immediately stopping the attacking from penetrating as the defending players learned and executed these coaching points.

### **What improvements would you make to the training session?**

I tried to use as few cones as possible to avoid creating a landing runway on the field, perhaps not enough as I didn't have a width boundary and the players seemed like they would have been more comfortable with a boundary, although perhaps that's a good thing, not sure. In my beginning instructions, I did not clearly explain I wanted defenders to dribble forward if they were able to win the ball from an attacker, or why I wanted them to do that. In general I think the biggest improvement I needed to make was to spend a little more time explaining the game scenario we were training for. For Stage II I should had placed cones to define a width boundary then removed them for the Stage III expanded activity.

### **How do you think the players responded to your topic and your coaching style?**

The players definitely seemed a little confused in the beginning but they quickly grasped the training objective after a few quick coaching points. I've coached boys more than I have girls and for this session I had 4 girls around 12 years old. They were my defenders and the focus of my coaching points, I felt that perhaps my coaching style was a little intense and aggressive for them, however they did respond well and effectively shut down the coaches team from counter attacking rather well I thought. I went back and read my reflection from the first weekend in March and see that I tend to yell to much. I can get overly excited when coaching and need to relax a little bit and calm my voice down. I think controlling my voice volume and intensity will be a long term habit to try and break and improvement upon. Overall I thought the players were focused and executed what I was requesting of them.