



**EMERGING  
TALENT  
PROGRAMME**  
*the pathway to develop Irish football*



### **Foundation sessions for 2012-13**

#### **To be completed before Match 1**

- ~How we play- Attack, Defense, Transition to attack, Transition to defend
- ~Our style of play (See attached document)
- ~Our system- 4-3-3
- ~Opposition styles-4-3-3; 4-4-2
- ~Professional behaviour on/off the pitch-Diet, Nutrition, Hydration, Rest, Injury prevention, Injury care, Injury communication, Time keeping, Gear

### **Practical Sessions**

#### **Defending with transition to attack**

- Front 3/Mid 3 v Back 4/Mid 3
- Front 3/Mid 3 v Back 4/Mid 2
- Trapping @ sides
- Distances to mark players or seal space
- Centre backs picking up runners from midfield

#### **Attacking with transition to defend**

- Back 4/Mid 3 v Front 3/Mid 3
- Back 4/Mid 3 v Front 2/Mid 4
- Full Backs/Wingers co-operation in attack/defense
- Combination play/Blind side running/Third man running
- Encourage 1v1