



Topic

DEFENDING 2 - SMALL GROUP DEFENDING

Objectives (5 W's)

Who: All Players **What:** Speed angle and distance of approach, Body shape, Foot work , Type of tackle, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover, Pressure in the Hotzone **Where:** In the central and flank channels of the defensive half
When: When the opponent is close to your goal area
Why: To deny penetration and shooting opportunities

Organization

Duration Intensity

- Area: 15Wx20L yard grid with a small goals on each endline
- The defender will pass the ball to one of the attackers and try to keep him/her from scoring, by working together to pressure and cover

Coaching Points

Activity Time Rest Intervals

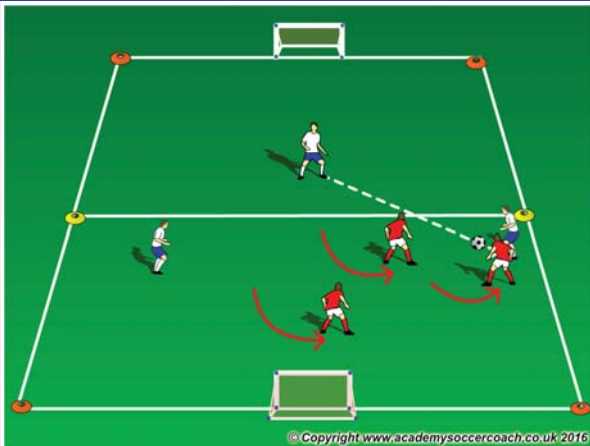
• What? Technique of Defending:

- ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
- ~ Foot work: Stand, balance and position of the feet
- ~ Angle/Distance of Cover, What does he/she say to the pressing defender?

Warm-up / Orientation 2v2 to Small Goals



Orientation 3v3 Defending to Small Goals



Organization

Duration Intensity

- Area: In a 20Wx30L yard grid with small goals
- When a Red player loses the ball the team has to defend to win the ball back immediately.

Coaching Points

Activity Time Rest Intervals

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackles (Poke or Block) - Angle, speed and distance of cover
- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

Organization

Duration Intensity

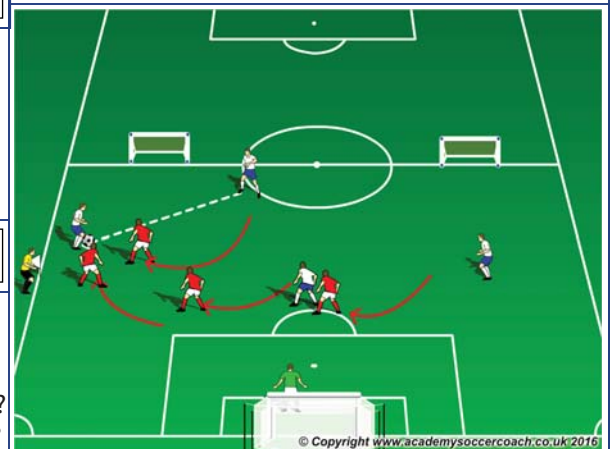
- Area: In a 30Wx40L yard field with a regular goal and 2 counter goals
- Play to score in the opponent's goal. All laws apply.

Coaching Points

Activity Time Rest Intervals

- **What? Technique of Defending** - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player.
- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

Learning 5v4 to Goals



Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L field play 7v7. All FIFA Laws apply. Encourage defenders to work together to regain the ball

Coaching Points

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.