



Defending

In wide situations, if the defender quickly closes the space, the attacker's options are limited, giving the defender the advantage. This session focuses on reducing the opposition's movements.

Warm Up

Setup 30x30yard box with mannequins

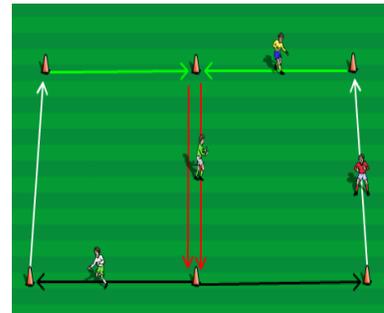
Description Players must complete a set of four runs. On each run the players must show the mannequin inside. Get them to angle their approach to the mannequins working at match pace. Put players in pairs with one taking up the supporting role.



Speed Agility & Quickness (Inc. Dynamic Stretching)

Setup 20x10yard box split in two making 10x10yard boxes

Description Start at one corner. Along the black line, players sprint. Along white line, players backpedal. Players should then perform a bounding movement along the green line and then sidestep along the red line across the central area.



Drill

Setup Use the final third with two channels on either side

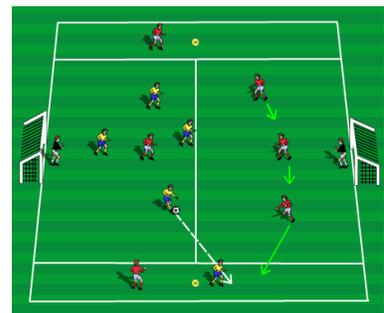
Description The server passes to the wide player and then runs into the penalty area to wait for a cross. As the wide player receives the pass, the full back must close him down and defend a 1v1 in the wide channel. Play will alternate between left and right.



Development

Setup 40x30yard pitch with 5yard channels

Description Play a small-sided game with channels along either side of the playing area. Wide players in these are free to receive the ball. However, after their first touch, the closest defender is allowed to pressure them. Others must shift across to close any gaps.





Game Related Practice

Setup 40x30yard pitch with goals

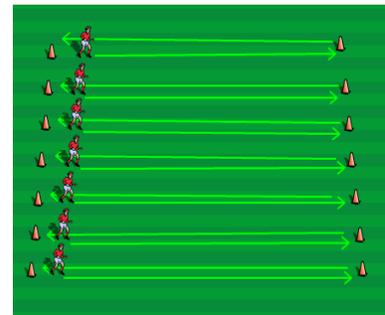
Description Remove the channels and play a normal game. Look out for, and praise, players supporting their full back to “double up” against skillful wide players. Encourage attack minded players to run at the defenders.



Cool Down

Setup Two markers, 20yards apart

Description Players lightly jog performing slow dynamic stretches such as lunges, squats etc. This can be progressed into static stretches. It is important to lower the heart rate gradually and stretch all of the major muscle groups to aid recovery.



Notes