



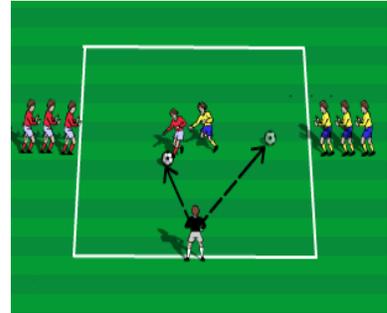
Defending

When an opponent who can dribble well with the ball bears down on your team's defence, it can often lead to a goal. This session focuses on how to deal with this threat efficiently and effectively.

Warm Up

Setup 10x10yard box with two players working

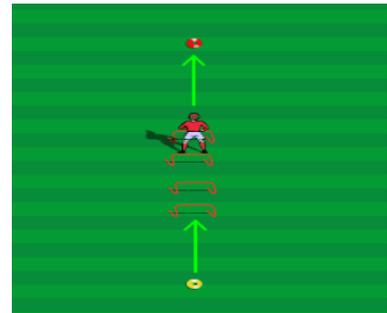
Description Both players must react to the ball and then challenge to win possession. The ball should be fed in through varied passes. The players can use their body strength to hold off their opponent and win the ball but they must not commit a foul.



Speed Agility & Quickness (Inc. Dynamic Stretching)

Setup Two Markers 20yards apart, 4 hurdles in the middle

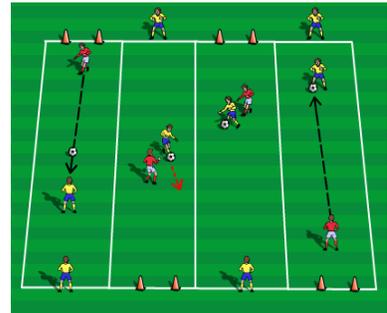
Description Start at one end and run in a straight line over the hurdles. Both feet must touch between hurdles. Exaggerate high knees. Keep your hands pumping from your pockets to your shoulders. Explode into a sprint after last hurdle.



Drill

Setup 8x20yard channel with 2yard wide goals at one end
Players organized as defenders and attackers

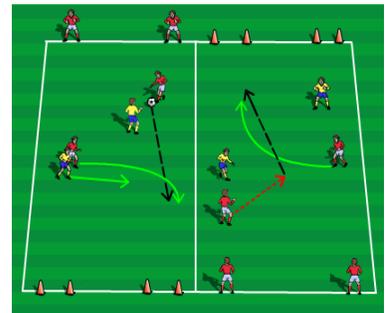
Description The defender plays the ball to the attacker. The attacker must control the ball and drive forward running at the defender. The defender should aim to drive the attacker wide out the area.



Development

Setup 16x20yard pitch with two goals at one end

Description The drill is now progressed to a 2v2 situation. At this point, players are encouraged to work together. In the instance of the defenders, one should close down the player with the ball and the other should provide support. Attackers aim for goal.

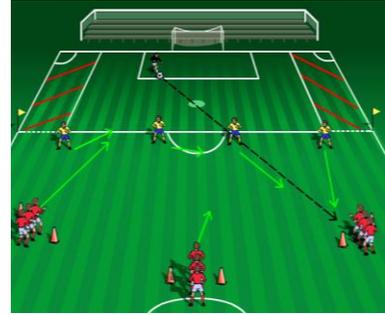




Game Related Practice

Setup Half Field with three goals

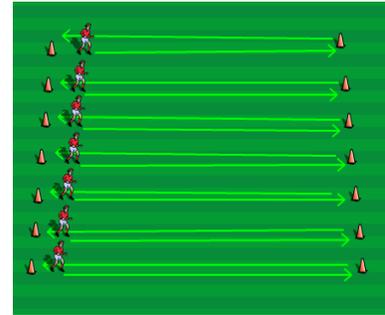
Description Goalkeeper starts play with a goal kick to one of the attackers. Defenders play a numbers up 4v3. Defenders should drive attackers out 18yard box and/or attempt to score by passing to one of the non-active attackers.



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