



## Defending

If your players can stop goals being scored against them, they can't lose the match. This session develops your players' ability to pressure the opponent and regain possession.

### Warm Up

**Setup** 20x20yard box with two players working together

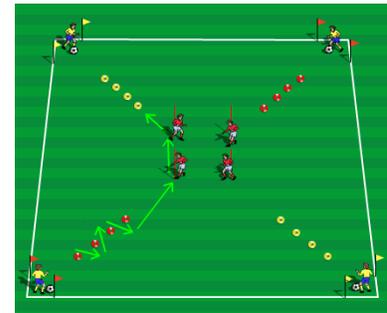
**Description** In pairs with a ball between 2, players are encouraged to dribble freely within the defined area. At first reds take possession, dribbling and performing turns etc. Yellow follow as though they are defending. Rotate working player every minute



### Speed Agility & Quickness (Inc. Dynamic Stretching)

**Setup** 20x20yard box with internal 7x7yard box & markers

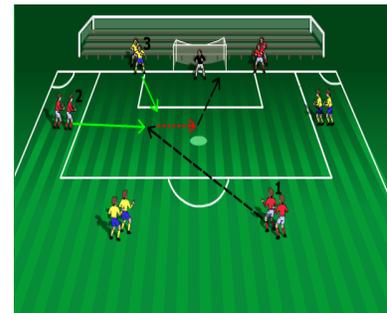
**Description** Players turn and complete a fast feet exercise through the cones before receiving a serve. The players must perform a pass, volley or header to complete the task. Players continue to move around the square. Rotate every 1min. Practice is repeated.



### Drill

**Setup** Use the goalmouth area with players setup as shown

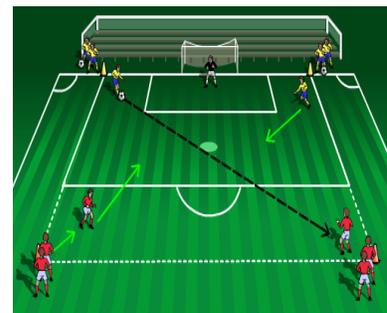
**Description** Player 1 plays to Player 2. Player 3 comes in as the defender. If player 3 wins the ball, he can score a point for his team by passing to player 1 of his team. The other team (who are all in opposite positions to the first team) then take their turn.



### Development

**Setup** Extend 18yard box by 12yards

**Description** One of the defenders plays a long diagonal to the attackers. A 2v2 situation is created in the middle area. Long diagonal balls are put to alternate corners with each turn. Emphasis should be put on defenders making the challenge and support.





**Game Related Practice**

**Setup** Extend the 18yard box in sections as shown

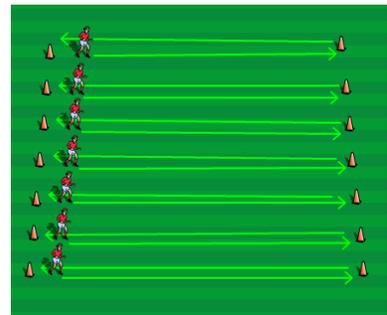
**Description** Reds attack the big goal and always has a minimum of one player in each wide channel. Yellow defends the big goal and tries to score in the two mini goals. Yellow's stay in centre to stop direct shots at goal. This will force the reds to go wide as shown.



**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**