



Playing Out Defence

One of the most attractive and effective ways of scoring goals is to use the entire team. This session focuses on getting the ball up the park and creating opportunities to score.

Warm Up

Setup 40x40yard box with 4x 10x10yard boxes in corners

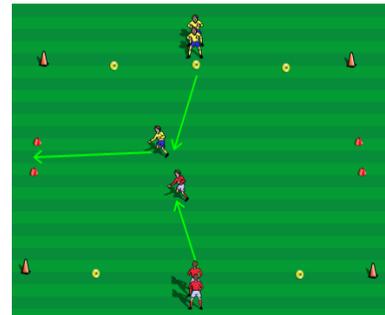
Description Players are in groups of four. Three players look to keep possession, one player acts as the defender. The ball must stay within the box and play is continuous. On command, players move as a group clockwise, anti-clockwise and diagonally.



Speed Agility & Quickness (Inc. Dynamic Stretching)

Setup 20x10yard area

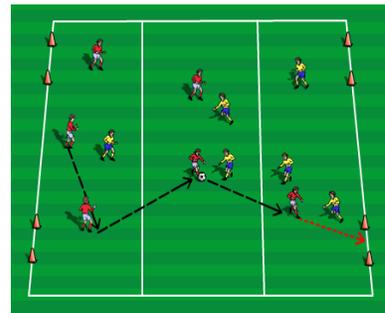
Description Players are placed in two groups and run against each other. On command, Yellow sprint in and try to fake the direction of their run. They have to show disguise whilst the red player chases them. This will test the reactions of the players.



Drill

Setup 40x30yard pitch

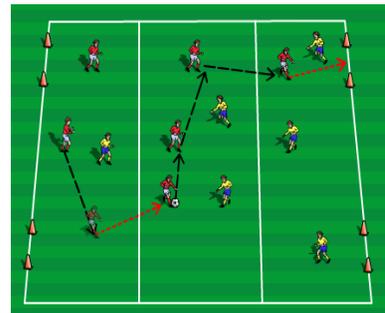
Description Place three defenders against one attacker in both end zones and 2v2 in the middle. Players must remain in their zones and pass the ball through each zone. Teams attempt to score in their opponent's gate goals.



Development

Setup 40x30yard pitch

Description The player who passes the ball forward into their midfield or attacking zones can go forward into that zone to make 3v2 (midfield) or 2v3 (attacking third). Players must return to their zone once the team loses possession.

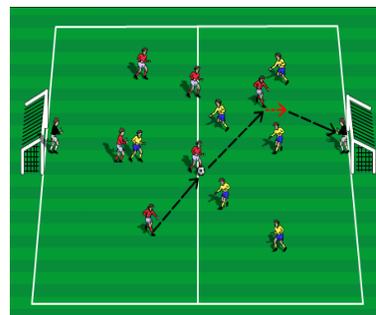




Game Related Practice

Setup 60x40yard pitch

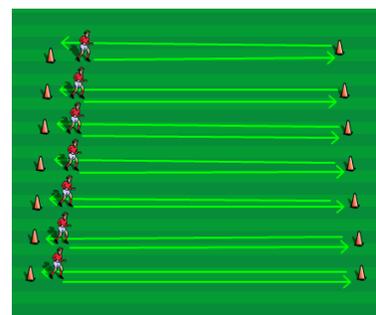
Description Play a small-sided game with a goal at each end. Although you remove the three zones, condition the game to begin with so goalkeepers have to roll or pass the ball out from the back. Instead of playing corners etc, goalkeepers always restart play



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