

Creative Defending (8-11)

Category: Functional: Defender
Difficulty: Academy Sessions

Warm up (10 mins)

Set up: 1v1 Defending Tag Game and Warm-up 15x20
Aim: 2 Players in 1 square - Have to tag each other as many times as possible on knees. One starts as attacker, the other as the defender, once attacker tags defenders knee they switch roles.
Coaching Points:
-Low to the ground
-force players into corners
-awareness.



Technical 1v1 (10 mins)

Set up: Continual 1v1 in channel.
Aim: Stop attacking player stopping the ball on the end line.
Coaching Points:
- Speed to the ball (high press)
- Slow down on approach (to arms length)
- Low to ground
- Side on (to show to weaker side)



Technical 2v2 (15 mins)

Set up: 2v2, 2 defenders, 2 attackers,
Aim: 2 defenders working together to stop attacking players, if defenders win the ball they attack opposition end line.
Coaching Points:
- Defender's mentality to go and press ball early
- Defender's shape of run should make play predictable while blocking path to target.
- Defender to slow down as approaching attacker.
- Body shape (show attacker towards your team mate)
- Communication (who's got who)
- First one to the ball press second player cover.



Tactical/Game Related (25 mins)

Set Up: Continual 4v4, 4 defenders v 4 attackers.

Aim: 2v2 3v3 4 V4 (dependent on numbers) defending the middle and staying narrow, defenders play inside the defensive box, Attackers can only score in the 18 yard box. If defenders win the ball they can play to the other players waiting to attack.

Coaching Points:

- Defend as a compact 4
- communication
- pressure/cover
- force players wide.



Scrimmage (15 mins)

Set Up:

6v6 including GK regular scrimmage.

Aim:

Let the players have freedom to play.

Coaching Points:

Individual coaching - avoid stopping the whole scrimmage

