

Foundation Defending (5-8)

Category: Technical: Defensive skills

Difficulty: Academy Sessions

Foxes Tail (15mins)

Set Up:

Each player has a pinnie tucked into the side of their shorts, on the coaches command the players try and steal as many pinnies as they can from the other players. If they steal other pinnies then these too should be tucked in the shorts - the player with the most pinnies at the end wins the game

Aim:

For players to jockey and be 'side on' keeping their pinnie away from other players, this will mean they naturally get into a defensive jockey position where they have low centre of gravity, one foot in front of the other and move backwards defending their pinnie

Coaching Points:

- Defensive key points
- Jockey
- Side on
- Defend the pinnie



Defending (15mins)

Set Up:

Two players are the defenders (for younger ages call these the foxes) and they are looking to kick as many balls out of the area, however they must make sure that no player is able to dribble between them. Once the defenders kick a ball out that person without a ball starts to defend too (becomes another fox) once a second player becomes a defender, then they should partner up and defend as another pair

Progression - defenders must link arms as a pair to make, communication is key for safety

Aim:

Players to defend and press a ball together, understand that they cant let anyone run between then with the ball - meaning they should narrow up and how outside

Coaching Points:

- Defending (technique)



1v1 / 2v2s (20mins)

Set Up:

1v1 for the first 10minutes then 2v2 for the next 10 minutes of the practice

In both practices defenders should show away from the middle and the goal. This means taking them into wide areas. If the defender wins the ball they must pass the ball into ether goal

In the 2v2 the defenders must make sure that no player is able to run between them with the ball - meaning they are showing wide away from goal. The players shouldn't defend on the same line

Aim:

For players to understand how to force play into the outside of the area and once they are in the wide area try to win the ball. In the 2v2 its important for balance and cover. If a player does get beat then the coach needs to coach the recovery runs

Coaching Points:

- Defending as an individual (technical key points)
- Defending as a pair (key points)



Scrimmage (20mins)

Set Up:

SSG game to finish. Pair players up and make the game a competition between them to see who scores the most goals, players can tackle anyone as normal however they may pay more attention to their partner and make sure they dont score

Aim:

Coaching Points:

