

Showcase Defending (14-18)

Category: Tactical: Defensive principles

Difficulty: Academy Sessions

Small sided game (20 mins)

Set Up: As players arrive organise into small sided games and play

Aim:

Coaching Points: Look at 1v1/2v2 defending.
Pressure/cover/balance.



Zone Defending (20 mins)

Set Up: Split players into three teams as shown. 2 attacking teams and 1 defensive team in the middle zone. Attacking team must play 3 passes and play through middle zone to the other side. Two defensive players can press the attacking team creating a 5v2.

Aim: Defend the middle and force attacking teams to play wide through shaded areas.

Coaching Points:

- Make play predictable and force play wide
- Keep shape and staying compact
- Screen players cutting off pass to other attacking team.
- Be patient and communicate.



Defence v Attack (20 mins)

Set Up: Split players into 2 teams. The attacking team are trying to break down the defending team and score. If the defensive team win possession they can transition and score in any of the 2 small goals.

Aim: Defend as a unit and show away from goal. Lock the team down one side of the field. Defend any crosses into the box

Coaching Points:

- Keep shape and stay compact
- Make play predictable
- Screen player cutting off pass to No.9
- Force play wide and lock down options.
- Read visual cues
- Patient, Delay & Communicate.



Scrimmage (20 mins)

Set Up: Regular game

Aim:

Coaching Points: All previous coaching points apply.

