

Skill - Defending (11-14)

Category: Tactical: Defensive principles

Difficulty: Academy Sessions

Juggling (5 mins)

Set Up:

- 20x30
- One ball per player

Aim:

- Players juggle the ball using different surfaces dictated by the coach

- Rotation:

- Thighs Only
 - Feet only
 - Right Foot, Left Foot, Bounce
 - Combination, cant use the same surface twice
- Each round is 2 mins long

Coaching Points:

- Body positioning
- Correct body/foot surface
- Drop the ball, do not throw it in the air
- Can you keep the ball at eye level

Progressions:

- Competition



5 v 2 Rondo - defending focus (15 mins)

Set Up: 5v2

Two teams - Green team has possession, White team sends 2 defenders in to try and win the ball. If White team win the ball they have to play it into their side and the Green team send 2 defenders to win it back.

Competition - Players try to be the first to 50 passes.

Aim: Work as a group to win the ball back ASAP

Coaching Points:

- Quick movement to press
- 1 presses 1 covers
- Communication
- Reading the next pass
- Don't get split



Stopping the split (15 mins)

Set Up:

Three defenders in the middle.

Two must protect the space.

One can go into the possession side to try and win the ball.

Aim:

To have the defending group stop the ball going through them to the other side.

Coaching Points:

- Stay compact.
- Move with the line of the ball.
- Stay connected.
- Communicated.
- Work with the pressing player.



Conditioned Game (15 mins)

Set Up:

Greens try to create opportunities to score.

If the greens score = 2 points.

If the greens shoot on target = 1 point.

If the whites win the ball and can get the ball past the cones = 2 points.

If the white win the ball = 1 point.

Progression: add the 6

Aim:

To stop the opposition creating chances to score.

Coaching Points:

Stay compact.

Move with the line of the ball.

Stay connected.

Communicated.

Work with the pressing player.

Break when the ball is won back.



Scrimmage (10 mins)

Set Up:

Let them play!

