

In pairs passing and moving in area on go player with the ball has to try and dribble past defender through gates behind defender.

Progression

into teams of three, coach will call out colour and they have to attack goal the other two colours defend together and try to stop attacker.

Coaching points

Pressure ball

Patience

Body shape

Force away from goal

Force towards support



2 v 2 defending together (20 mins)

Set Up: 20 x 15, 2 v 2 defenders pass the ball to attacking players.

Attacking players try to attack the ball into the space behind defenders, defenders try to win the ball and score in the goal.

Aim: Stop attacking team from penetrating, working as a pair.

Coaching Points:

When to pressure

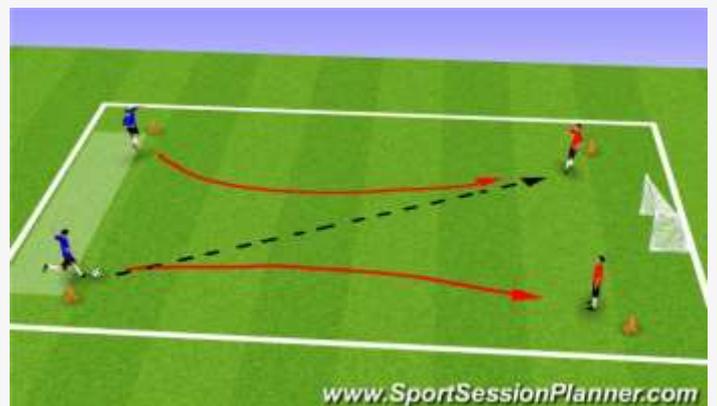
When to delay

cover behind the pressure - be 45 degree angle behind as to be able to cover behind and beside the pressing player.

Communication

Visual cue

Angle of support.



Split the line (15 mins)

Set Up:

Players attempt to play 3 passes then split the defender and pass to the opposite side. If the defending team wins the ball they switch with the team that they won it from. the defending team can only win the ball in their zone.

Coaching Points:

1) 1st defender pressures the ball and leads the line of defenders

2) Covering defender is at an angle behind pressure and third defender offers balance to ensure both side of field can be covered if ball is swithched.

3) Keep the defensive shape tight communicating and working together.

4) As the ball moves the players closest to the ball pressures quick closing down.

Progression:

1) Players can high pressure in the box to win the ball.



Defend as a Unit (20 mins)

Set Up:

Grid as diagram

5v4

Organization:

Player plays into blue who combine to break the line and play to blue target player (T).

If T receives the ball he then plays back into blue who then combine again to score in goal in opposite direction at other end. Defending team must react and regain shape to defend in opposite directions each time. If defending team win the ball they get a point by getting ball over T's endline.

Coaching Points:

Pressure on the ball

Cover and concentration behind at angles

Deny passing lanes.

deflect into width, make play predictable

Communication

3 looks where is (T)



Scrimmage (15 mins)

Set Up: 7v7 Half field split team equally.

Coaching Points:

Reinforce defensive principles: Pressure, Cover, Delay, Balance, Compactness

- Organization of "midfield" defenders
- Touch tight inside shoulders. Be ready for the possibility to step in and intercept (What's trigger?)
- Don't allow the player to turn, force play back

