

Defending Session

Category: Tactical: Defensive principles
Difficulty: Academy Sessions

Am-Club: Kickers FC
Gordon Ferguson, Blaine, United States of America

Description

Passing Practice (15 mins)

Plan -

When we lose the ball in the opposition half, we struggle to regain possession quickly.

Session Objectives -

To teach the team how to press with high tempo so we can win the ball back quickly in the opposition half.

What -

Transition to defend by pressing the ball.

Where -

In the oppositions defensive third

Who -

Our #9,7,11,10,8,6.

When -

As soon as we lose the ball.

Why -

So we can counter attack.

Set Up

Create a playing area of 35x20

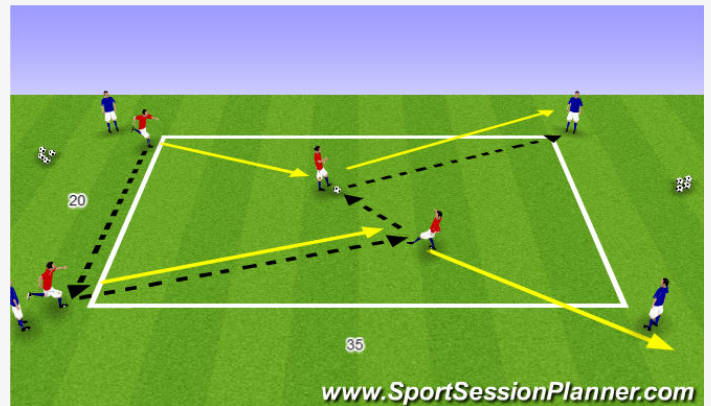
How to Play

Play always begins with a switch across the 20 yard line. Ball is played in to middle players who play a 1-2 and play out of the opposite side.

FIFA 11+ exercises while waiting.

Progressions

If you can win the ball from middle pair - they owe 5 press-ups which accumulate!



3 v 3 transition (25 mins)

3 v 3 transition to full goal and small goals

36 x 44 yards with a full size goal and GK at one end and three small goals at the other end

Exercise

teams play 3 v3 on the pitch

extra teams of 3 behind 3 goals

attackers on the pitch try to score on full goal.

after score or miss the GK feeds the defending team who must

play themselves out and pass in to one of the small goals

attackers can win the ball and score again and repeat the sequence

defenders score the attackers now become the defenders against

three new attackers

2 pts for full goal

1 pt for small goal

Progression

Long service to defensive players to begin play

Attackers start at gates and react to service

Sets

4 min./ 1 min. x4

Points

effective decisions to either defend space or player quickly

effective decisions to either attack with combination or space to goal quickly

transition rate

accurate passing and finishing

communication and organization of group



Match Play (25 mins)

Match play
6v6 - 8v8

