

Defending in Pairs

OBJECTIVE:

TEAM TACTICAL PRINCIPLES: Delay, Pressure/cover/balance, Get compact

WHAT Learn how to be in good covering positions for team mates that are pressing the ball

WHEN: When a team mate goes to pressure the ball

WHERE: offensive-third, middle-third, defensive-third

WHO: All players

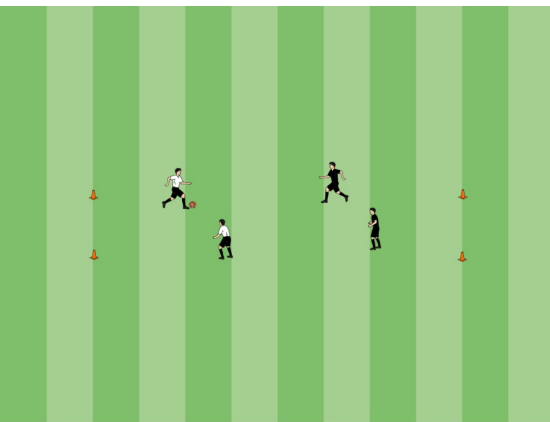
WHY: To provide cover to reduce space for the opposition team

David Brown

AGE: U9 / Senior / 14 players

TEAM FUNCTION:

DURATION: 90 min

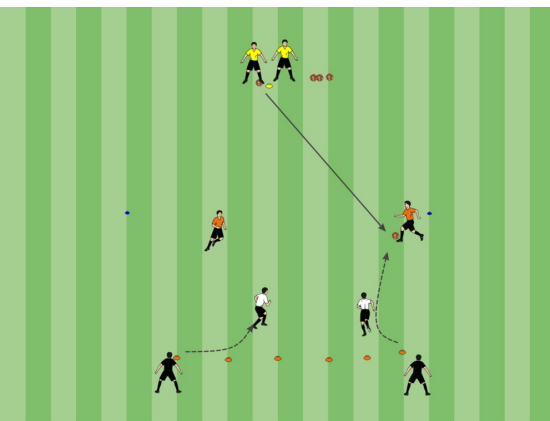


2v2 Arrival Game

EXERCISE RULES: Allow players to play 2v2 scrimmages when they arrive.

FOCUS TEAM OBJECTIVE: To allow the players to get used to 2v2 situations

NOTES:

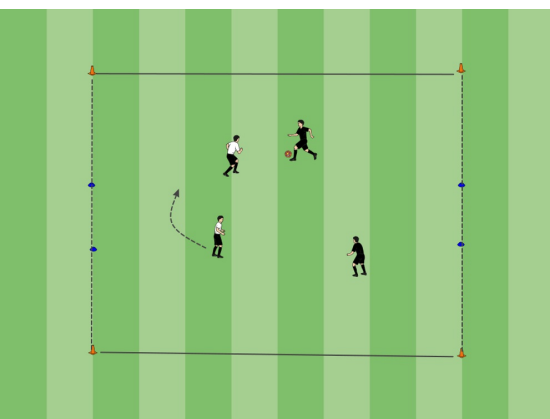


2v2 Technical Defending Practice

EXERCISE RULES: Split group into teams of two. Players on yellow cone pass to either of the blue players. Blue players turn, and aim to dribble over orange line. The two defenders on orange cone must work together to stop the attacker dribbling over the line

FOCUS TEAM OBJECTIVE:

NOTES: First defender pressures, using the techniques learnt in individual defending session. Second player covers the first player. Do not be in line with first player. Be in a position to cover the pass and the dribble from the player in possession

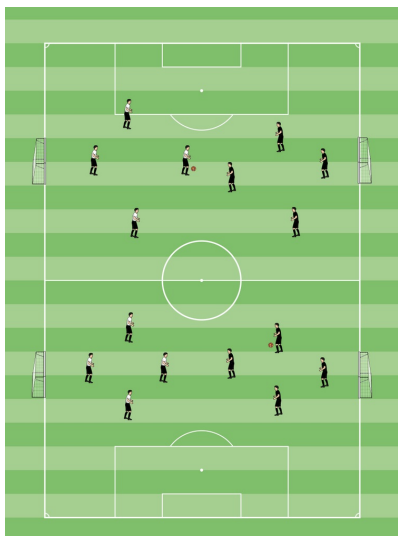


2v2 End Zone with Goal

EXERCISE RULES: Players go back to their 2v2 fields. 1 point for dribbling over end zone, 3 for dribbling through cone goal. Players should be looking to have one defender press and one cover the pressing defender.

FOCUS TEAM OBJECTIVE: To improve the players understanding of covering defenders

NOTES: Cover space. Look at pressure players body shape. Don't be in a line Why do we not want to be in a line? How do I know where a good cover position is? A pass or dribble can take both players out the game. Able to press the player without the ball if they receive a pass., able to pressure player if they dribble past first defender, able to cover the goal.

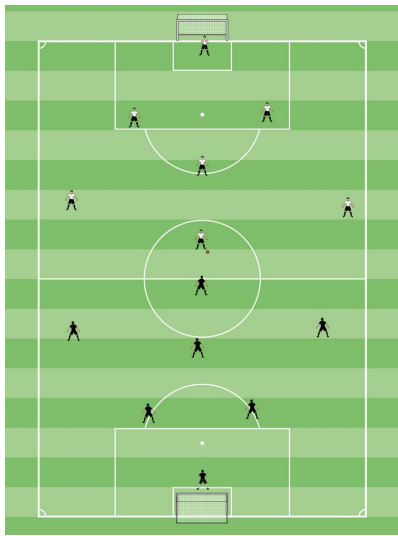


Small Sided Scrimmages

EXERCISE RULES: Aim for 4v4s. Use half the field, going across the field.

FOCUS TEAM OBJECTIVE: Practice the learned skill in a small sided environment

NOTES:



7v7 Scrimmage

EXERCISE RULES: Play a regular 7v7 scrimmage

FOCUS TEAM OBJECTIVE: To practice the learned skill in a game scenario

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?