

Description

excellent exercise for working your back four - many repetitions are needed - work only the width of the 18yd box so the players don't get too disconnected from each other - great for players learning to play as

Screen 1 (25 mins)

Organization - grid set up so that we defend the width of the 18yd box to halfway line - defenders in the same colour playing against the attackers - 4 defenders playing against 4 attackers - players not involved are resting - rotate the defenders every 4 reps - attackers change after every rep - coach on the side

Field Set up - grid set up the width of the 18yd box to halfway line - collection of pumped up footballs in the net so the keeper can start the exercise

Detail - keeper starts the practice by playing the ball to the halfway line to the attackers - the four defenders push up and defend in a straight line coming forward - basic principle of one player press the ball, the other three drop and cover the space behind the pressing player - the attackers can move anywhere they want - important not to coach the attackers unless it is an attacking practice - focus on the defending - the closer the ball is to our goal we force the attacker wide - defenders must stay with runners after the attacker has passed the ball - do not play offside!! - back four pretend they are all connected by a rope so they learn spacing and distances - this exercise takes many reps to get it right - the coach must be patient and understand the basic defending principles

Progressions - add more attacking players to challenge the defenders - add defending midfielders working on the same shape/principles

Competencies - not overcommitting - being patient when defending 1v1 - recognize and respect the space in behind where you are as a defender - communicate as a back four - keeper must be giving instructions from behind - recognize how close/far away from your goal and how close you need to be to the attacker - as a back four keep the line as high as is safely possible

