TRAINING OBJECTIVE(S):
To improve team defending and recognition of when to defend late vs. defend early

I. WARM-UP
Intensity: LOW
Duration: 12min
Intervals: 3
Recovery Time: 2min

ORGANIZATION (Physical Environment / Equipment / Players)
Grid size: 24x22. 2 teams of 8. Phase 1: All players restricted to their zone. Phase 2: One defender can leave central zone to defend in the other zones

COACHING POINTS / KEY CONCEPTS

II. SMALL-SIDED ACTIVITY
Intensity: MED
Duration: 15min
Intervals: 4
Recovery Time: 

ORGANIZATION (Physical Environment / Equipment / Players)
6 att: (3/6/2/11/9/7), 4 def: (3/5/4/2/GK). 2 def. mid. (6/8) enter field to support attack when ball won by defending team. Att. (3/6/2) limited to 3 touch

COACHING POINTS / KEY CONCEPTS
- Shape of back 4 tracking checking and penetrating runs.
- Principles of defense
- Role of the goalkeeper behind the back 4

III. EXPANDED ACTIVITY
Intensity: MED
Duration: 20min
Intervals: 3
Recovery Time: 

ORGANIZATION (Physical Environment / Equipment / Players)
Att: (3/6/2/11/9/7) Def: (3/5/4/2/6/8). Deep offside line to urge deep defending. Progress to offside line being last def., to urge confrontation higher up the field.

COACHING POINTS / KEY CONCEPTS
- Vertical compactness between midfield and back lines.
- Recognition of when to drop and delay, when to step and press high.

IV. GAME
Intensity: HIGH
Duration: 20min
Intervals: 2
Recovery Time: 

ORGANIZATION (Physical Environment / Equipment / Players)
9 v 9: 1-4-2-1 (being coached) vs 1-3-2-3

COACHING POINTS / KEY CONCEPTS
As above applied in the 9v9 context.