



Defending in the final 1/3

Category: Tactical: Defensive principles
Difficulty: Moderate

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Individual-Adult Member

Description

OBJECTIVES

Improve awareness of players positioning on park with relation to play

Reinforce defensive principles - Delay, pressure, cover, balance

Improve communication and coordination of back 4 and midfield as a unit.

(This is the same for 4-4-2 and 4-3-3 as I want the attacking team to have an overload to be able to challenge the defending team)

Warm up (5 mins)

ORGANISATION

16 players

Set up 2 squares 10yds x 10yds

2 players at each cone

Supply of balls at each square

ACTIVITY

Start off with ball being passed clockwise around the square using 2 touches. A to B, B to C etc

When the ball is passes to someone the player opposite applies pressure to the ball without trying to win it. (When a ball is passed to B, the player at D will press the ball, ball goes to C and A will press etc)

PROGRESSIONS

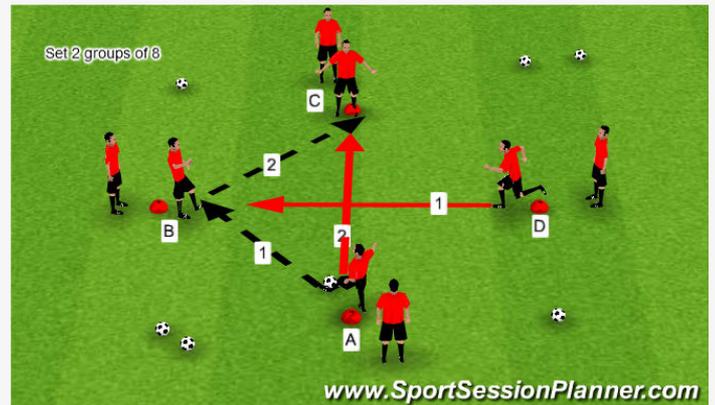
1. Change direction.

2. Player with ball will dictate which direction it goes (always left or right). This will test concentration so players have to be alert and ready to press the ball.

COACHING POINTS

Be aware of 1st touch and ready to press ball once pass is made.

Cover ground quickly and slow down on approach.



Component 1 (10 mins)

ORGANISATION

Area 40yds x 25yds split into two 20yds x 25yds.

16 poles to make mini goals(3yds) on the end lines.

8 Red players, 8 blue players with a supply of balls behind each mini goal.

ACTIVITY

Directional game getting players to be aware of their defensive duties and encourage quick transition to attack when the ball is won.

Play 1v1 against player directly opposite and score by dribbling through opponents mini goal. There will be 2 groups going at the same time in each area (shown in box A).

Start with red team passing to blues who attempt to score, if red wins the ball the game continues and they try and score in blues mini goal.

Play until goal is scored or ball goes out of area then the players rotate with the 2 outside players.

Rotate attacking teams every 4 attacks (2 for each player).

PROGRESSIONS

1. Play 2v2 using 2 mini goals at each end and score by passing or dribbling through the goals.(Shown in box B)

2. Remove centre cones and play 4v4 using all the mini goals

COACHING POINTS

1V1

Keep body between ball and goal.

Get pressure on ball and force towards sideline.

Body position - side on, low centre of gravity.

Be patient.

2v2

Defender closest to ball applies pressure and 2nd defender covers at angle to deny scoring pass.

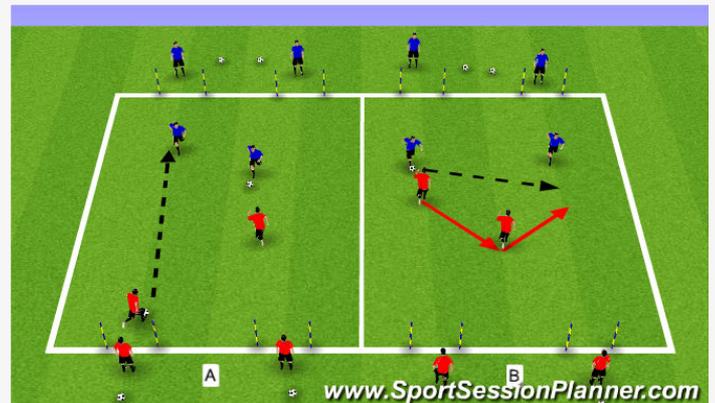
Defenders communicate and adjust position quickly in relation to play.

Do not cross over, pass player on and adjust positions.

4v4

Pressure, cover, balance.

Communication.



Do not cross over, pass player on and adjust positions.
When to apply pressure and when to protect goals.

Component 2 (10 mins)

ORGANISATION

Play 8v8 no goalkeepers on half field (only the width of the box) with a goal on the half way line.
Supply of goals in each goal.

ACTIVITY

Play 8v8 with no goal keepers in area and score by hitting the back of the net directly (no bounces).

PROGRESSIONS

1. Add shape 3-3-2
2. Add condition, Team scores a goal they keep possession.

COACHING POINTS

Work together to deny space and get pressure on the ball.
Recognise when to apply pressure and when to drop off.
Communication.



Phase of play (10 mins)

ORGANISATION

Set up goal at back of centre circle to play a little longer than half field with 2 mini goals in wide areas.
Coach Red team - set up Gk-4-3 to play against Blues 2-4-2.
Supply of balls by the Blues goal.

ACTIVITY

Game always starts with Blue defenders passing in.
Blues try to score while Reds attempt to win the ball and score in any of the goals over the half way line.

OPTION

Ball played to attacking wide midfielder and full back closes down space and forces down the line, Centre backs and opposite full back adjust to give cover and balance.

Midfielders close space to provide cover inside and deny ball into strikers.

Alternative

IF the Blue wide man is getting crosses into the box or getting into the box THEN full back should show inside towards covering midfielders.

COACHING POINTS

Communication from goalkeeper and central defenders in particular.
When ball played to wide midfielder close down quickly and at an angle which will force opponent to dribble down the line.
Central defender provides cover and gives instruction to full back.
Other full back and centre back drop and tuck in to provide balance to deal with runners in to the box.
Midfielders adjust position in relation to the ball, denying space inside the full back and preventing ball to strikers.



Phase of play

ORGANISATION AND ACTIVITY AS BEFORE

OPTION

Striker comes short to receive ball to feet so the central defender steps in to get tight while the other defenders tuck in and provide cover and balance.

Alternative

IF striker drops into midfield area THEN centre back communicates with centre midfielders to adjust shape and pick up the striker, the centre back drops off again to maintain defensive shape.

COACHING POINTS

Communication from goalkeeper and covering centre back.
Centre back recognising when to apply pressure to deny turn.
Body position - touch tight, side on low centre of gravity.
Decision making - win ball or stand up.
Other centre back and full backs adjust position to provide cover and balance.
Midfielders close down space to limit options to striker.



