



Drill Name: Team Shape Defending Activity

Set up :

Set up players playing 6 v 6 with Target players and use half of field using a confrontation line for defenders.

Instructions:

Start and restart the ball at the top midway point and attack the goal. Focus on the defenders and their shape to see if they are applying what you have worked on. On occasion have one of the center defenders if not both provide communication for all defenders to push up to confrontation line to push players offside. When the defenders or midfielders win the ball they quickly find their target player for a point.

Coaching Points:

Focus on the defenders defensive shape and how they move up and back together. Applying immediate pressure and cover as well as balance. Shifting and communicating as well as angle of approach and angle of cover.