

Name:

Team:

Date:

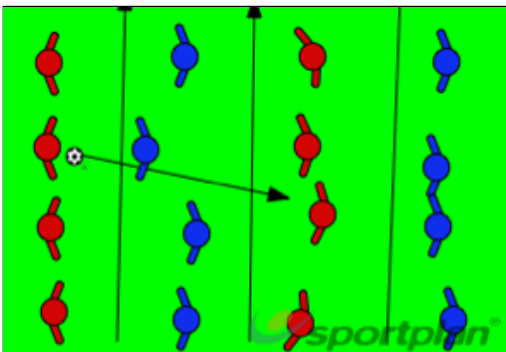
Mesocycle:

Microcycle/Day:



TRAINING OBJECTIVE(S):

To improve team defending and recognition of when to defend late vs. defend early



I. WARM-UP Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

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

Attacking players try to split defenders with pass. Horizontal compactness. Pressure / cover / balance. Staying "connected". Communication: verbal and non-verbal.



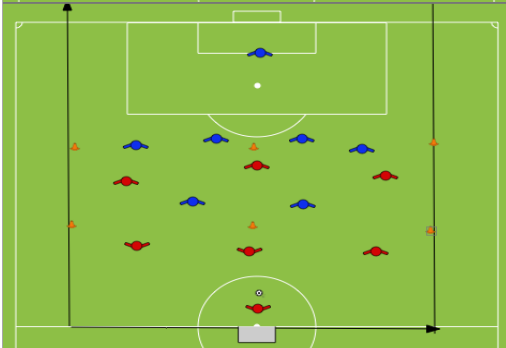
II. SMALL-SIDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

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 3touch

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: Activity Time:
 Duration: Intervals: 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: Activity Time:
 Duration: Intervals: 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.