

TRIANGLES

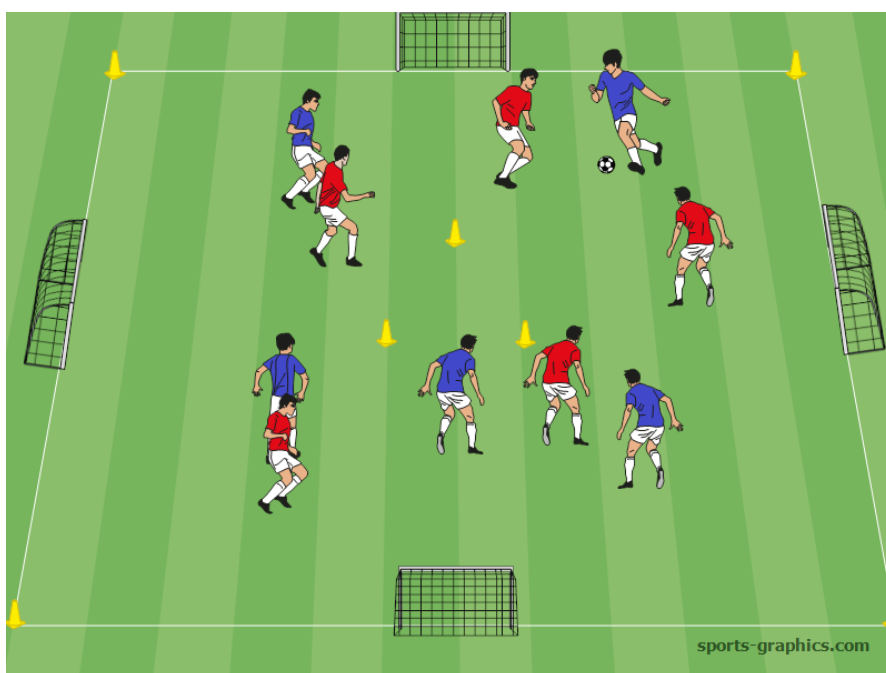
Defend as a unit in a conditioned game

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a 40x40 playing area with a small goal on each side and a marked triangle in the middle.

Adjust the size of playing area if necessary. Arrange two teams with equal players and one ball.

One team defends the four goals while the other team defends the triangle.

The ball starts with team trying to get into the triangle. If they succeed in dribbling into the triangle they score a point.

If the team defending the triangle intercepts the ball they can score into one of the four goals.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Ball oriented defending and support.
- Cover, support, pressure, compactness.
- How and when to win the ball.
- Individual defending skills (jockeying, tackling).
- Individual/team responsibilities.
- To defend as a unit.
- Understanding positional play when in possession and when the team is out of possession.

KEY FACTORS

- Close ball quickly
- Communication
- Concentration
- Light on the feet
- Make play predictable
- Nearest man to close ball quickly
- Stay compact as a unit
- Win the ball if possible

FOCUS AREAS

- Always cover the attacking player.
- Angles and distances of support to the pressurising defender.
- Attack the ball carrier as soon as possible.
- Attempt to intercept passes.
- Cover, support, pressure, compactness.
- Defending distances and angles between the attackers to make play difficult and more predictable.
- Defensive shape with correct distances to apply pressure, cover and balance.
- Encourage good communication between players.
- Observe the session from different vantage points and make any key points quickly and precisely.
- Quick change of attitude from attacking to defending.
- Quick transitioning to counter attack.
- When to mark players and when to mark space.

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