

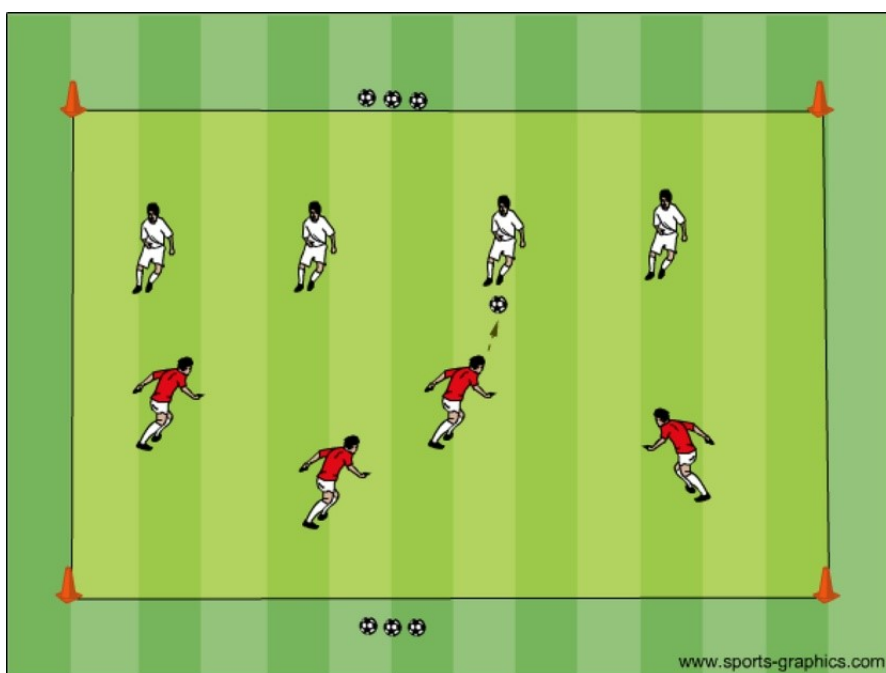
4v4 TOUCH FOOTBALL RULES

Shadow play practice - when to cover space and how to shuffle across to keep balance

TACTICAL

Defending

Defending as a Unit



Set up a 35x25 playing area.

Play 4v4 using touch football rules.

The attacking team pass the ball by hand between themselves.

As the ball moves across the playing area each defender reacts to the movement of the ball.

Change roles after a set period.

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.
- To defend as a unit.
- To improve basic defending objectives based on defensive principles.

KEY FACTORS

- Communication
- Concentration
- Good body shape (low and side on)
- Nearest man to close ball quickly
- Patience

FOCUS AREAS

- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- Cover, support, pressure, compactness.
- Emphasise how this shape resembles playing as a back four and the importance of defending zones not leaving gaps by moving as a unit across and back.
- Make play predictable.
- Teamwork and communication.

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