

DEFENSIVE PLAY MINI GAME

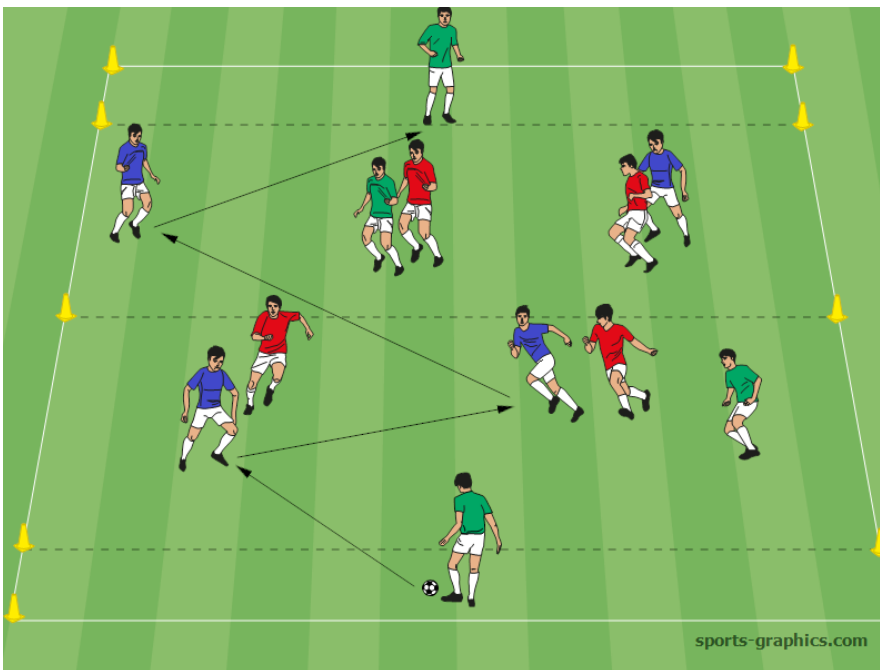
Defending in a modified Small Sided Game

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a playing area 20x30 with a 2yd zone at each end and a centre line.

Adjust playing area if necessary.

Arrange 12 players, 4v4 with two neutral players and two target players in the end zones.

Target player plays into the attacking team who looks to attack the opposite end zone.

Neutral players cannot defend or score.

Target players can move around in their end zones.

This directional practice has the team in possession attempting to move the ball effectively to score by playing a pass into the target player.

After a team scores, the target player plays into the opposing team who look to attack the other way.

Team who is not in possession look to win

the ball and play like a normal game with end zones instead of goals.

Teams can use the neutral players if required however, neutral players only play for the team in possession.

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.



Modified Small Sided Game

LEARNING OUTCOMES

- Cover, support, pressure, compactness.
- Forcing play to make play predictable.
- How and when to win the ball.
- Individual/team responsibilities.
- To defend as a unit.

KEY FACTORS

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

FOCUS AREAS

- Attack the ball carrier as soon as possible.
- Attempt to intercept passes.
- Communication - coaching one another.
- Defending players should remain compact.
- Intelligent 1v1 defending skills.
- Preventing penetrating through passes.

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