

DEFENDING OUTNUMBERED GAME

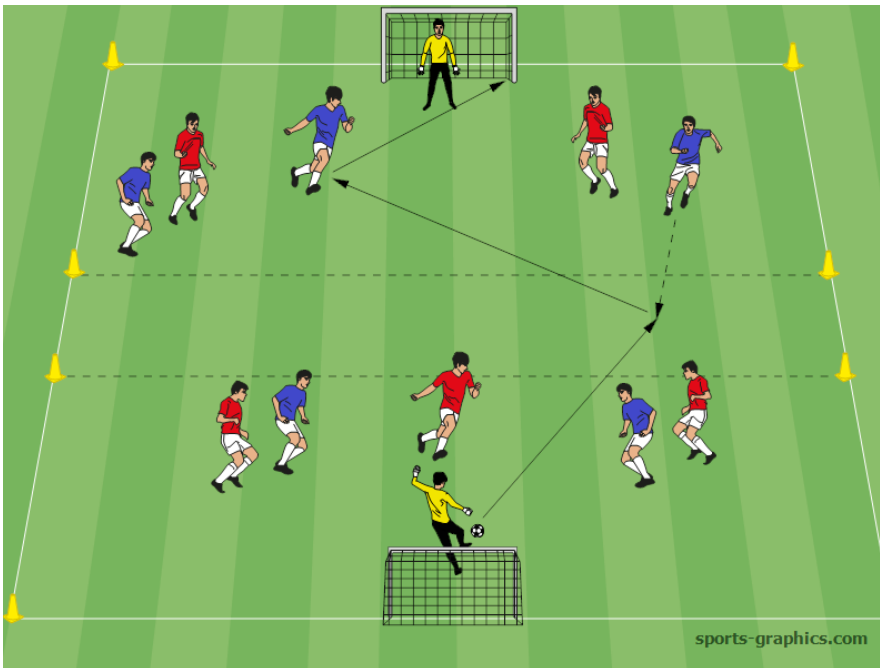
Defend as a unit in a conditioned game

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a playing area 20x35 with a goal at each end.

Set up a 5yd wide middle neutral zone with two outer zones 15yds wide.

Arrange twelve players into two teams with a goalkeeper each.

Players spread out in their areas 3v2 in favour of the attacking team.

One goalkeeper starts with a ball and distributes to an attacking player who will have dropped off into the middle neutral third to receive the ball to set up an attack.

Players must stay in their areas to start.

Encourage goalkeepers to release the ball quickly to set up an attack.

Attacking players should look to get into position early to set up and attack.

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

- Individual/team responsibilities.
- Learning to defend as a pair - understanding positional play.
- To defend as a unit when overloaded.
- To defend as a unit.
- To learn the correct body shape when jockeying.

KEY FACTORS

- 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.
- As good defending is to make play as predictable as possible this practice teaches players how, with good body shape, players can force the issue of where they want the attacker to go with the ball.
- Balanced, controlled 1v1 defending skills.
- Communication, changing roles and working with GK as sweeper.
- Defenders must jockey with feet staggered front and back for balance and speed. Knees should be bent.
- Defending players should remain compact.
- Distance from ball when pressing.
- Intelligent 1v1 defending skills.
- Speed and angle of approach to ball.
- When to pressure and when to concede ground.

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