

DEFENDING AS A UNIT

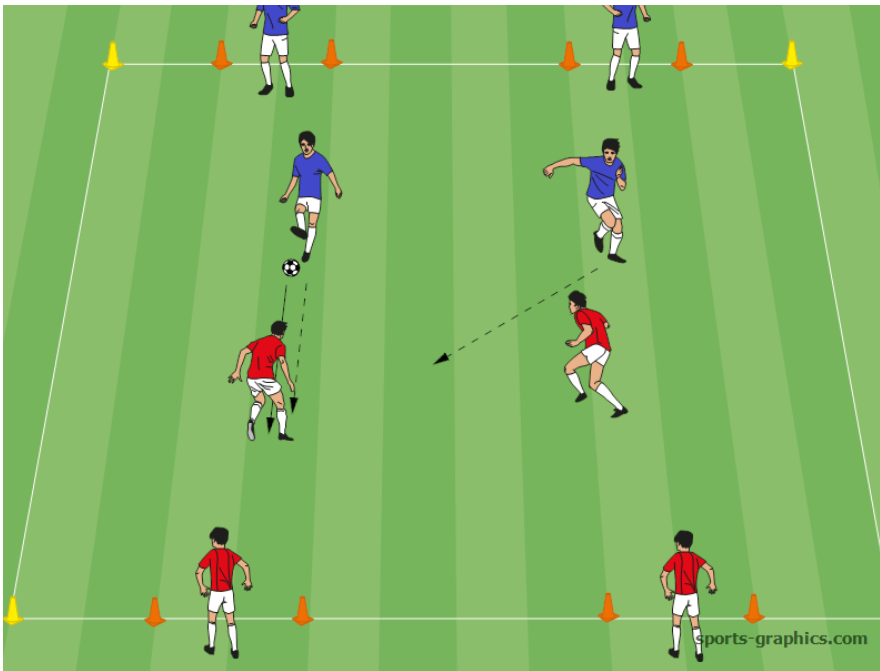
Develop defending principles in a skill related practice

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a playing area 15x15 with two target gates at each end. Playing area can be adjusted if necessary.

Set up 2v2 in the middle with four potential target players.

The blue players (defenders) play the ball into the red players and then look to prevent the red players in passing to either of the other blue players that are positioned on the outside between the gates.

If the defending team win the ball they try and score through the opposite gate where the other two red players are positioned.

Players who successfully reach the end (passing the ball into a gate) remain in the area and play again, the other teams swap.

If neither team are successful and the ball goes out of play, the two players on the outside of each team replace those in the

middle.

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

- Basic defending as a unit.
- Individual defending skills (jockeying, tackling).
- To improve basic defending objectives based on defensive principles.

KEY FACTORS

- Close ball quickly
- Communication
- Concentration
- Good body shape (low and side on)
- Light on the feet
- Make play predictable
- Nearest man to close ball quickly
- Patience

FOCUS AREAS

- Angles and distances of support to the pressurising defender.
- 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.
- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- Communication - coaching one another.
- Defending distances and angles between the attackers to make play difficult and more predictable.
- Defending players should remain compact.
- Good individual defending technique (jockeying, positioning and tackling).
- On regaining possession the defenders should attempt to counter attack quickly.
- Work on identifying passing lanes.

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