

POINTS MAKE PRIZES

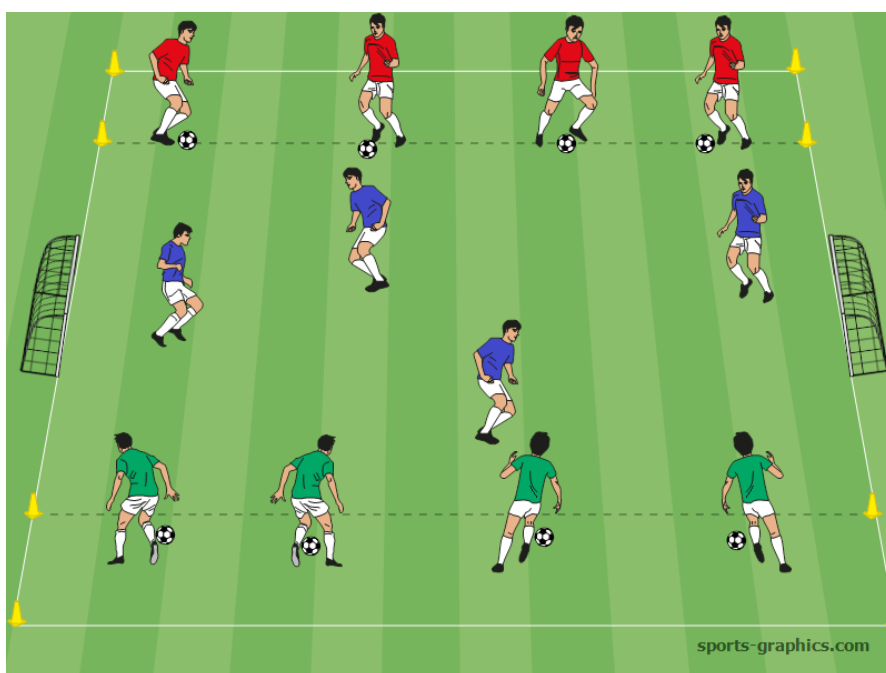
Improve team balance and compactness when overloaded

TACTICAL

PSYCHOLOGICAL

Defending

Making Play Predictable



Set up a 40x25 area with a goal at each side and a 2-yard wide zone along each end. Adjust size of area as necessary.

Arrange players into three even teams.

Two attacking teams (green and red) have a ball each and start in the end zones.

Allow attackers to decide which players (only one or two at a time) from each side go first.

Attackers dribble across the area.

If they reach the line at the other side they can turn and have a shot into either goal.

One point for each goal.

Two points for defenders if they intercept and score.

Rotate the teams after the four balls are used by each team.

Defenders must work together to stop players from reaching their end zones, as

well as stopping goal scoring opportunities.

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.
- Forcing play to make play predictable.
- To defend as a unit when in balance.

KEY FACTORS

- Communication
- Concentration
- Good body shape (low and side on)
- Make play predictable
- Patience
- Stay compact
- Win the ball if possible

FOCUS AREAS

- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- Defending players should remain compact.
- Distance from ball when pressing.
- Emphasis on players making decisions on their own team defensive arrangements.
- Every movement needs a reaction to close any gaps.
- Observe body position (low and side on).
- Observe the session from different vantage points and make any key points quickly and precisely.
- Pressure, cover and balance.
- Speed and angle of approach to ball.
- To improve individual defending in 1v1 situations.

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