

DEFENDING THE GATES 4v4

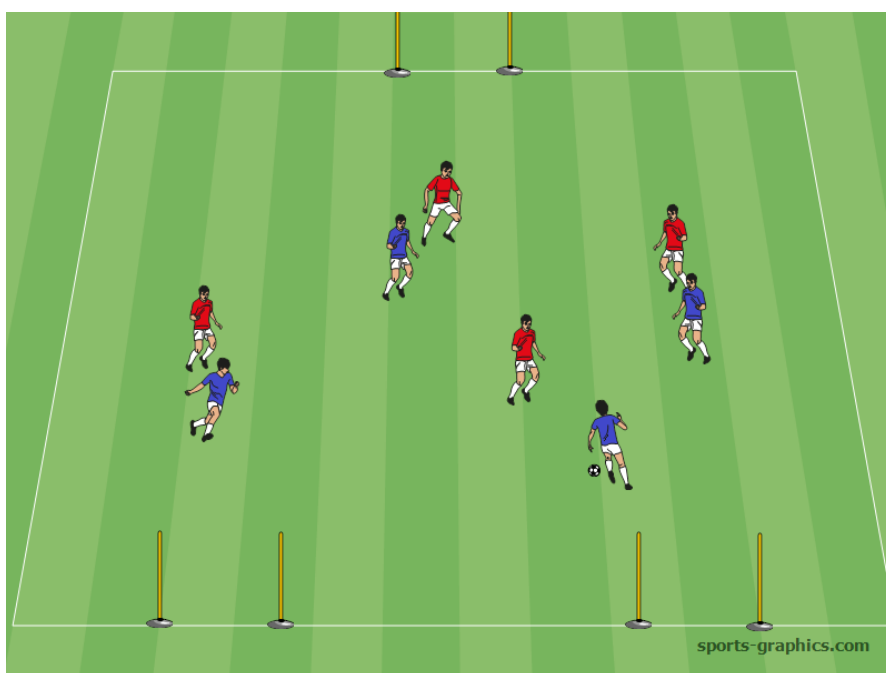
Defending in a modified Small Sided Game

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a playing area 25x20.

Set up two gates/goals at one end, and one at the other end of the area.

Players are organised into two teams of four.

One team defends a central goal. One team defends two goals.

Change roles after a set period of time.

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 defending skills (jockeying, tackling).
- To defend as a unit.
- Understanding positional play when in possession and when the team is out of possession.

KEY FACTORS

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

FOCUS AREAS

- Always cover the attacking player.
- Angles and distances of support to the pressurising defender.
- Attack the ball carrier as soon as possible.
- Be prepared to stop play (freeze) to reconstruct a situation to show players good methodology or incorrect play.
- Body shape must force the attacker to go inside or outside dependant on the second defender to make play predictable and to allow good covering position behind. The second defender must continuously communicate.
- Defence formation should stay compact.
- For optimal coordination, players have to coach each other.
- Quickly identify and block potential passes.
- Try to double-team the player with the ball.
- Work on identifying passing lanes.

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