

BACK FOUR 4v4 WITH GOALS OUTSIDE

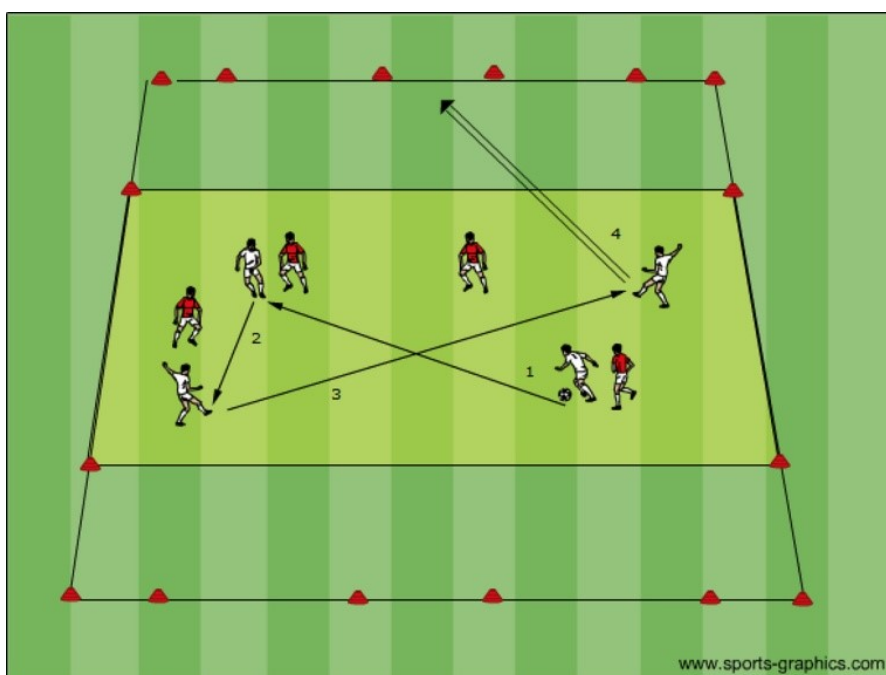
Defending in a modified Small Sided Game

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a 40x30 playing area with 10yd end zones and three small goals 2yds wide on each end line.

Divide players into two teams to play 4v4 inside the area.

Attackers play combinations and try to pass the ball through one of the goals.

The defending team aim to win the ball and score in the opponents three goals at the opposite end of the area.

The practice resumes with the opposing team regaining possession if a goal is scored or the ball is out of play.

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

- 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)
- Nearest man to close ball quickly
- Patience
- Stay compact
- Win the ball if possible

FOCUS AREAS

- Always cover the attacking player.
- Defence formation should stay compact.
- Defending players should spread out in all directions but remain oriented toward the ball.
- For optimal coordination, players have to coach each other.
- Quickly identify and block potential passes.
- Teamwork and communication.
- Try to double-team the player with the ball.
- Work on identifying passing lanes.

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