

DEFENDING IN CHANNELS

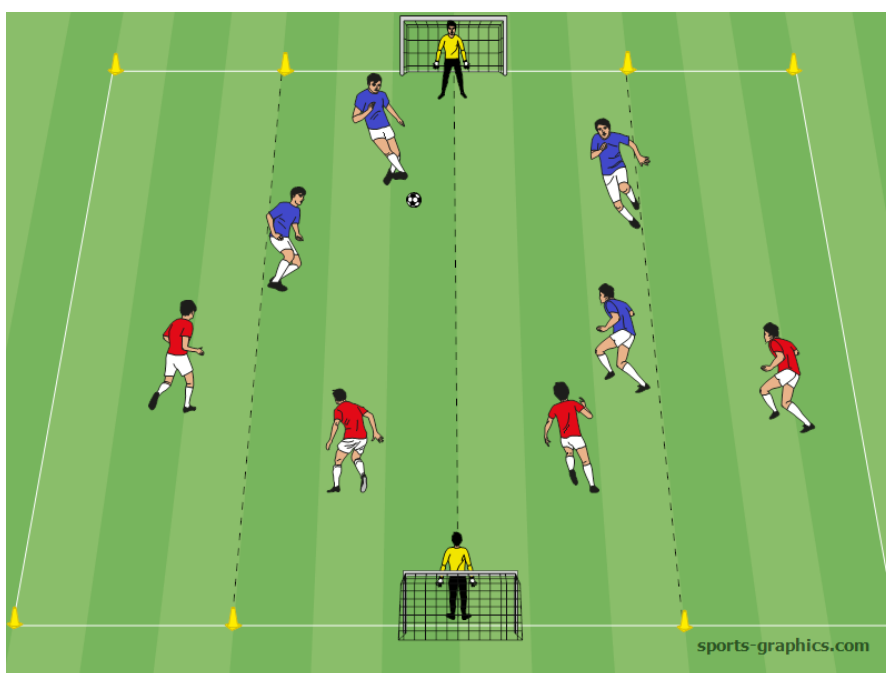
Defend as a unit in a small sided game

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



Set up a 40x20 playing area with a goal and goalkeeper at each end.

Size of playing area can be adjusted if necessary.

Set up four channels running across the area and assign a defender to each.

Attackers will come at the defenders as a 4v4 and attempt to score against the keeper.

Attackers are allowed to roam the area.

Defenders are only allowed in their channels, or in the channel to their right or left.

There can never be more than two defenders in any one channel at a time.

Defenders must work as a unit to stop attackers having scoring opportunities, and must look at their own structure when pressing to win the ball.

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

- How to counter attack when opposition is out of balance.
- 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.
- Defending players should spread out in all directions but remain oriented toward the ball.
- For optimal coordination, players have to coach each other.
- Quick transitioning to counter attack.
- Quickly identify and block potential passes.
- Try to double-team the player with the ball.

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