

RECOVERY RUNS 2v2

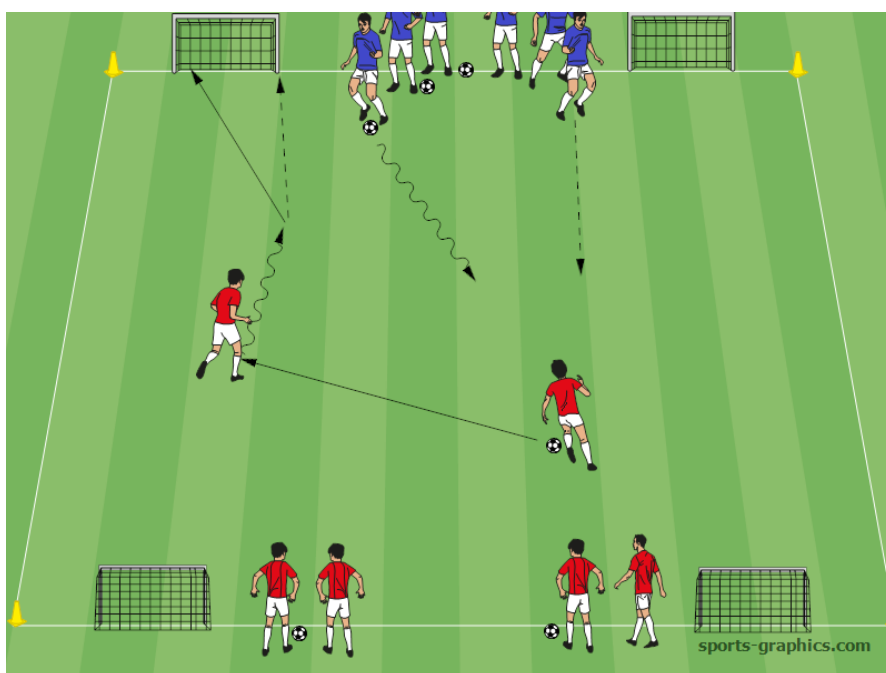
Develop defending principles in a skill related practice

TACTICAL

PSYCHOLOGICAL

Defending

Defending as a Unit



In a 30x20 playing area set up two goals at each end.
Size of playing area can be adjusted if necessary.
Arrange players in pairs at each end of the area with a ball per pair.
To start, two players come out with a ball (red) and once they get to the opposite end one has a shot at goal.
As soon as that shot is made, the player must touch a goal post before recovering to help their partner defend in a 2v2 situation made as a pair from the opposite end begin play.
Give the defenders an incentive, if they win the ball, they can score in the opposite end.

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.
- Cover, support, pressure, compactness.
- Forcing play to make play predictable.
- How and when to win the ball.
- Individual/team responsibilities.
- To understand how to affect the result based on attacking and defending principles.

KEY FACTORS

- Close ball quickly
- Communication
- Concentration
- Light on the feet
- Make play predictable
- Nearest man to close ball quickly
- Stay compact as a unit
- Win the ball if possible

FOCUS AREAS

- Achieving (and maintaining) compactness both centrally and wide.
- Always cover the attacking player.
- Attack the ball carrier as soon as possible.
- Covering support, balance, recovery.
- Defensive shape with correct distances to apply pressure, cover and balance.
- Observe the session from different vantage points and make any key points quickly and precisely.
- Quick transitioning to counter attack.
- Role of pressing player.
- Work on identifying passing lanes.

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