

Individual Defending

OBJECTIVE: To improve the individuals defending technique

TEAM TACTICAL PRINCIPLES: Pressure/cover/balance

WHAT Improve the individuals defending technique

WHEN: Whenever the player is the closest defender to the ball

WHERE: defensive-third, offensive-third, middle-third

WHO: All players

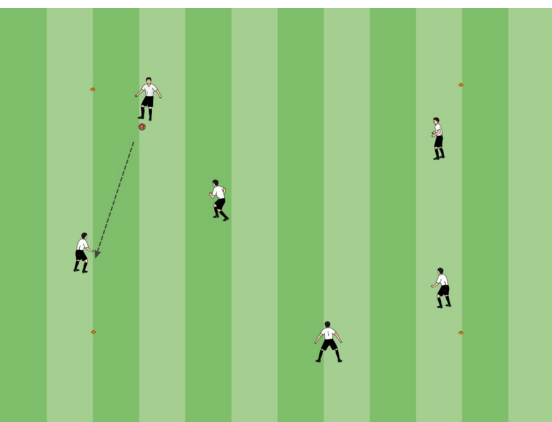
WHY: To aim to win possession back as soon as possible

David Brown

AGE: U9 / Senior / 14 players

TEAM FUNCTION:

DURATION: 90 min

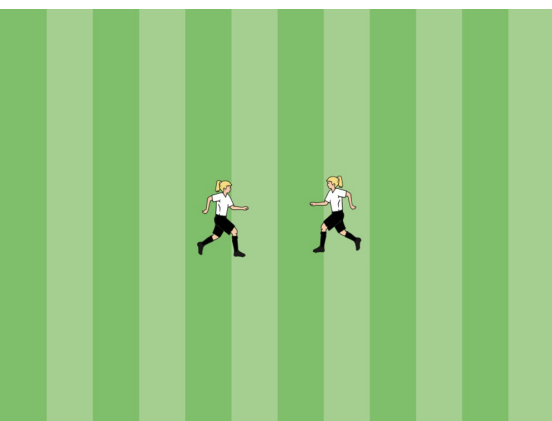


Passing Rondo

EXERCISE RULES: Either a 4v1, 5v1 or a 4v2, dependent on the players level

FOCUS TEAM OBJECTIVE: Improve the players ability to pass and move to keep possession

NOTES: How do we avoid getting in the middle? How do we move to help a team mate out? How do we stand on the outside of the rondo? Pass to open players. Move to an open passing lane In an open position to see as much of the area as possible

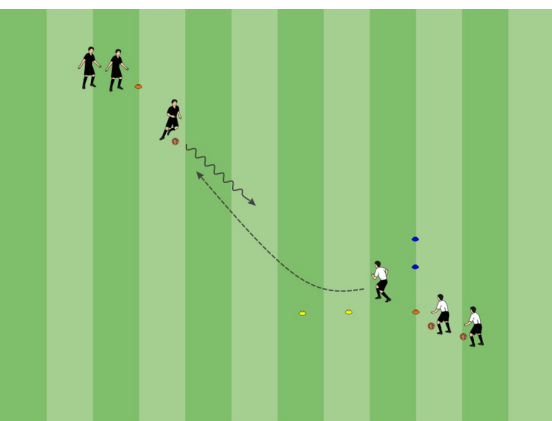


Knee Tap Game

EXERCISE RULES: Players get into pairs. Players are trying to tap their partners knee, Everytime they tap the knee, it is a point for the player. After 1 minute, switch pairs. The game gets players naturally into a defensive position. Side on, bent legs, low to ground

FOCUS TEAM OBJECTIVE:

NOTES:



Individual Defending Practice

EXERCISE RULES: Defender passes the ball out to attacker. The player in line behind the defender, shouts a color goal for the players to attack or defend. If defender wins ball, aims to dribble out of area

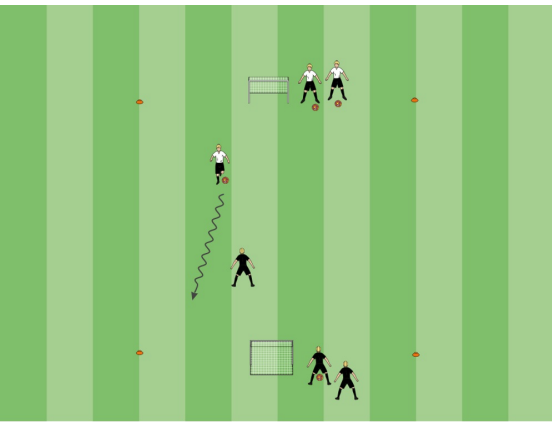
FOCUS TEAM OBJECTIVE: Defenders are following the 4 S principles when pressing: S - Speed - speed of approach. Fast to deny space S - Slow down - Slow down when beginning to get close to the attacker to stay in front of them and deny space S - Side on - Get side on in the approach to deny the attacker from going past the defender S - Sit down - Defender gets into position of bent knees, NOTES:

1v1 Defending

EXERCISE RULES: Defender passes the ball out to the attacker. This creates a 1v1 game like scenario. Encourage the defender to press the ball and win it back when the opportunity arises

FOCUS TEAM OBJECTIVE: Improve the players individual defending in 1v1 scenarios

NOTES: Defender aims to force attacker wide and back to keep them away from the goal. Get side on to show the attacker away from the goal. Wait for opportunity to win ball back; big touch, turn back, bad touch

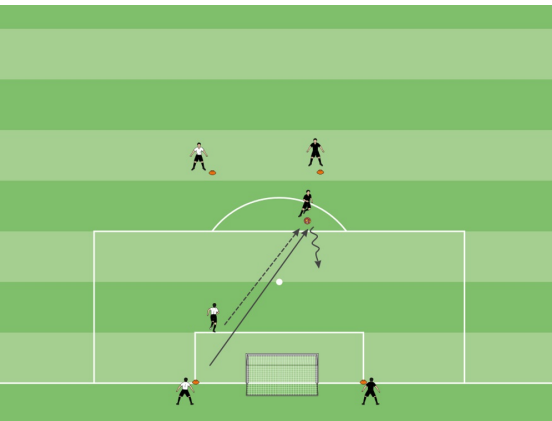


1v1 Defending to Goal

EXERCISE RULES: Defender passes out to attacker to create 1v1 scenario. Defender is trying to stop the attacker from scoring. Then dribble out the area with the ball. Defenders continue to work on 4 S principle. Speed of approach to close space very important

FOCUS TEAM OBJECTIVE: To improve individuals defending in the defensive third

NOTES:

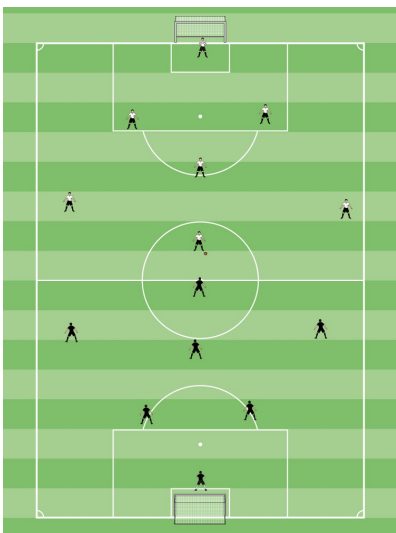


7v7 Scrimmage

EXERCISE RULES: Play a regular 7v7 scrimmage

FOCUS TEAM OBJECTIVE: To practice the learned skill in a game scenario

NOTES:



Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?

3. What could you do better?