



## **Ela Rec 1-4 Pressure/Cover Session**

AGE: U8 / U12 / 12 players

TEAM FUNCTION: Defending

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**OBJECTIVE:** Improve the team's ability to defend with a pressure/cover relationship in the appropriate positions

**TEAM TACTICAL PRINCIPLES:**

**KEY QUALITIES:**

 12

 60 min

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**2v2 Defending Warm Up**

**2v2 Defending to Goal**

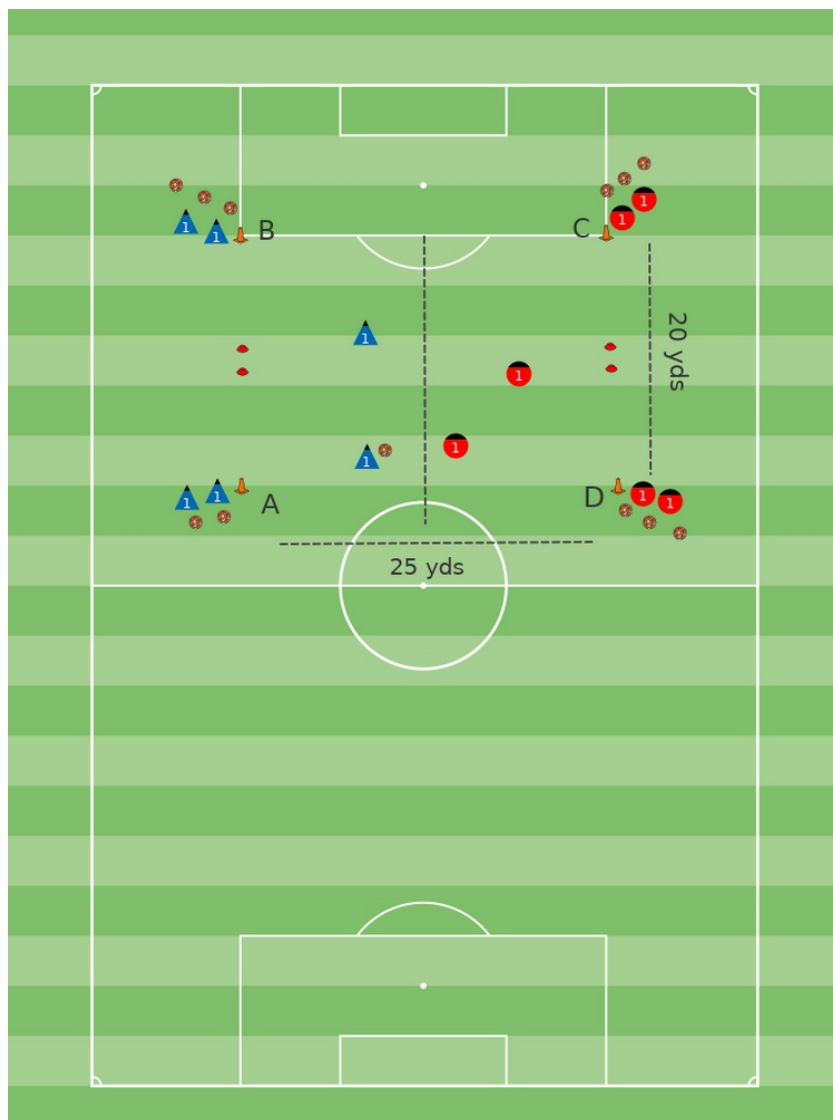
**4v4 with Pressure/Cover Focus**

## 2v2 Defending Warm Up

OBJECTIVE: Improve the individual player's ability to defend with 2 players

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Field set up as shown with a line splitting the field in half. Teams are not allowed to cross half field. Teams score by passing ball through red cone goal on opposite side. Defenders must protect the goal without crossing half field. If the defenders block a shot and keep the ball in play they may try and score on the opposing goal with the same rules. Anytime the ball goes out over a goal line, MAKE OR MISS, the team defending that goal line steps off and two new players for the team step on WITH A BALL. If the ball goes out over a sideline BOTH teams step off and 4 new players step on. Play for 3 minutes.

### KEY WORDS:

### GUIDED QUESTIONS:

### ANSWERS:

### NOTES:

 **TEAM FUNCTION:**  
Defending

 **AGE:**  
U5 / U14

 **PLAYERS:**  
2 vs 2

 **DURATION:**  
11:0 min (3 x 3:0 min, 1:0 min rest)

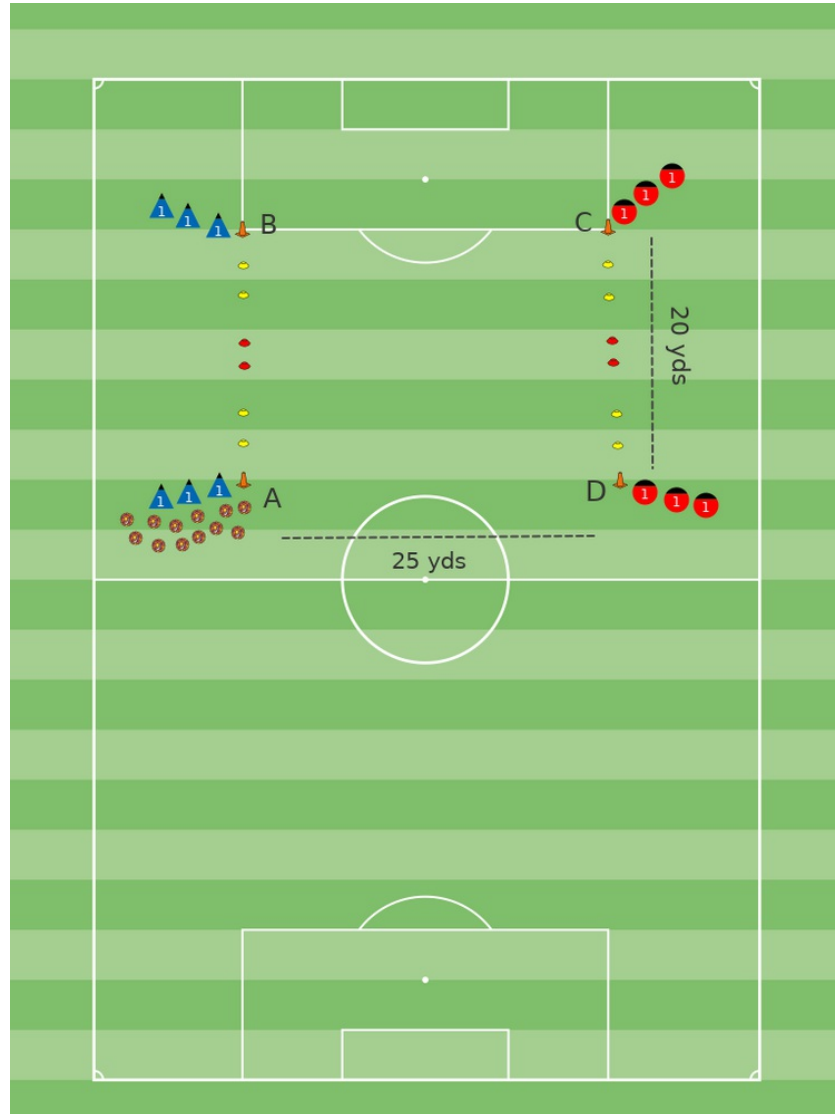
 **INTENSITY:**  
Light

## 2v2 Defending to Goal

OBJECTIVE: Improve the individual player's ability to defend with 2 defenders

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Field set up as shown. Defending team will split amongst cones A and B. Attacking team will be at cones C and D. Defender at cone B will serve ball to either attacking player. Defenders at cone A and B will step on and defend 2v2. Defenders switch lines after each repetition. Attackers return to the same line. Attackers score by passing OR dribbling through any of the cone goals on the opposite side. The outside yellow cone goals are 1 point, the middle red cone goal is 3. IF DRIBBLING THROUGH THE GOAL IS WORTH DOUBLE. Points are given to the team who conceded the goal. Defenders may score in the opposite direction if they recover the ball. Play for 3 minutes and rotate roles. The team with the lowest score at the end of two rounds wins.

### KEY WORDS:

### GUIDED QUESTIONS:

### ANSWERS:

### NOTES:

 **TEAM FUNCTION:**  
Defending

 **AGE:**  
U5 / U15

 **PLAYERS:**  
2 vs 2

 **DURATION:**  
15:0 min (4 x 3:0 min, 1:0 min rest)

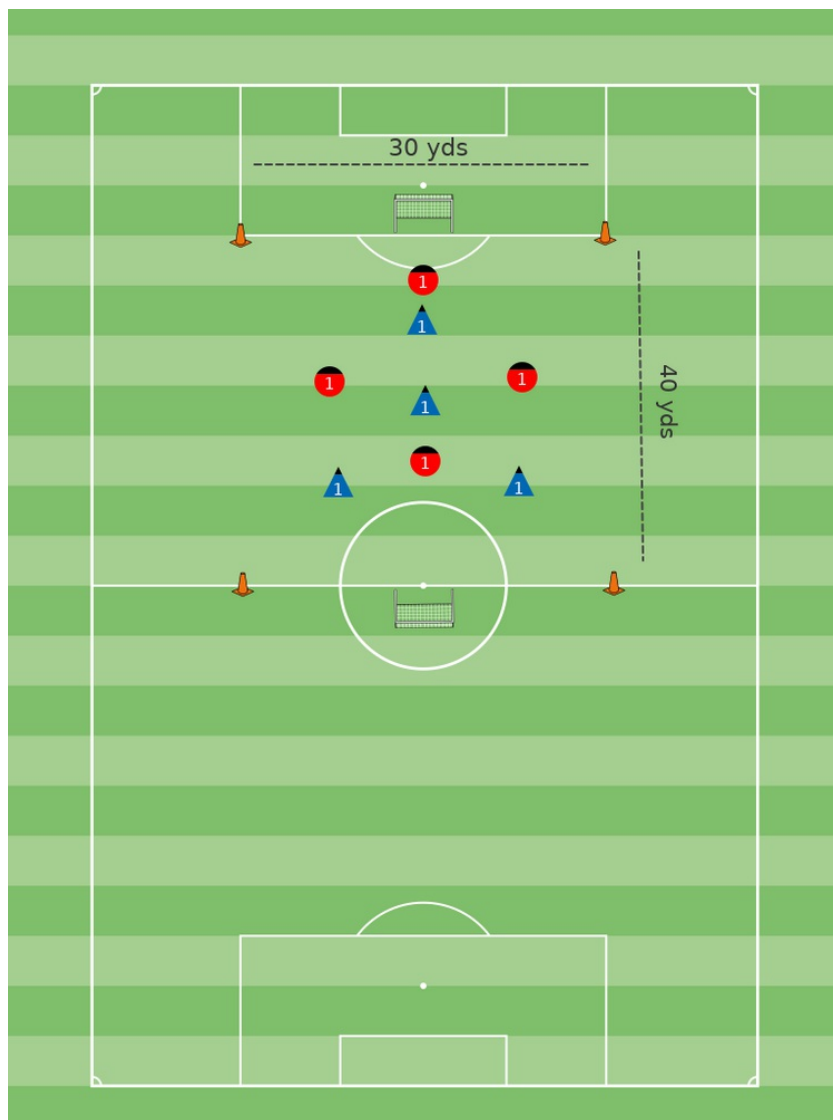
 **INTENSITY:**  
Hard

## 4v4 with Pressure/Cover Focus

OBJECTIVE: Improve the team's ability to utilize a pressure/cover relationship in game situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Field set up as shown. The team you are working with (the triangles in the diagram) should set up with 2 defenders, 1 midfielder, and 1 forward. The other team should set up in a diamond shape. Play a normal 4v4 game. All goals count as 1. If the team in the diamond can successfully dribble IN BETWEEN the two defenders on the other team it counts as 3 goals. Play for 3 minutes. Coaching points should focus on the relationship of the defenders on the triangle team WHEN THEY ARE DEFENDING. You can add GKs if numbers require.

### KEY WORDS:

### GUIDED QUESTIONS:


### ANSWERS:

### NOTES:

 **TEAM FUNCTION:**  
Defending

 **AGE:**  
U8 / U12

 **PLAYERS:**  
4 vs 4

 **DURATION:**  
13:30 min (4 x 3:0 min, 0:30 min rest)

 **INTENSITY:**  
Hard

**Ela Rec 1-4 Pressure/Cover Session**

**OBJECTIVE:** Improve the team's ability to defend with a pressure/cover relationship in the appropriate posit...

**TEAM TACTICAL PRINCIPLES:**

**KEY QUALITIES:**

**AGE:** U8 / U12 / 12 players

**TEAM FUNCTION:** Defending

**DURATION:** 60 min

**Five Elements of a Training Exercise**

1. **Organized:** Is the exercise organized in the right way?
2. **Game-like:** Is the exercise 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 proper coaching, based on the age and level of the player?

**Training Session Self-Reflection Questions**

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

**NOTES:**