

Each session should be split into **FOUR MAIN** components:

Purpose:

PASSING PRACTICE	~10 minutes	Warm up, and introduction of session focus
POSITIONING GAME	~ 10 – 15 minutes	Possession game
GAME TRAINING	~ 20 – 25 minutes	Realistic match situation. Correct players and positions
GAME	~ 20 – 25 minutes	Game – Observe the players and team. Did the session work?

AREA: 1/3 – ½ field

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

CORE SKILL: DEFENDING

ASPECT: DEFENCE - WINNING THE BALL BACK IMMEDIATELY

PASSING PRACTICE – AWARENESS

SET-UP:

Set up a 30m x 30m area
Split into two even teams.
Position a player on each side of the area, with the same colour wall players facing each other.
All other players positioned in the middle.

EXERCISE:

1. Each team has a ball, which they must work from one end to the other.

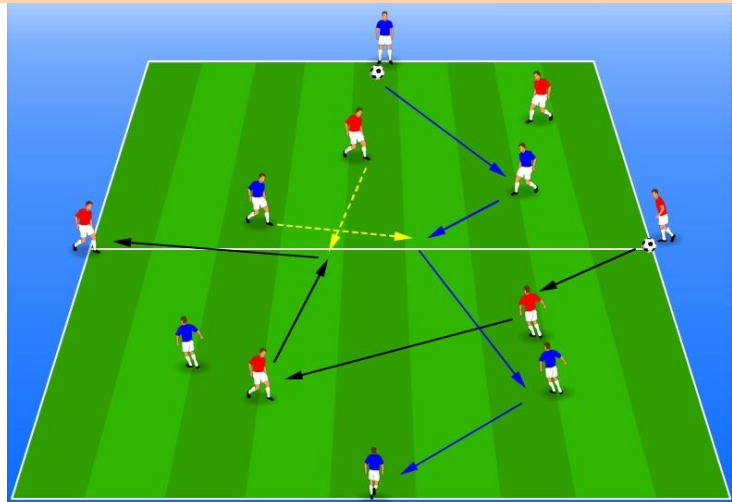
PROGRESSIONS:

2. The wall player must drive into the area, being replaced by the player that passed to the wall.

3. Blue vs Red – However the defending team can only intercept the ball

COACHING POINTS:

Body positioning - Can you see the ball, and the wall player?



COACHING POINTS:

Ensure the correct striking the ball technique
Positioning - Can you support the ball carrier?

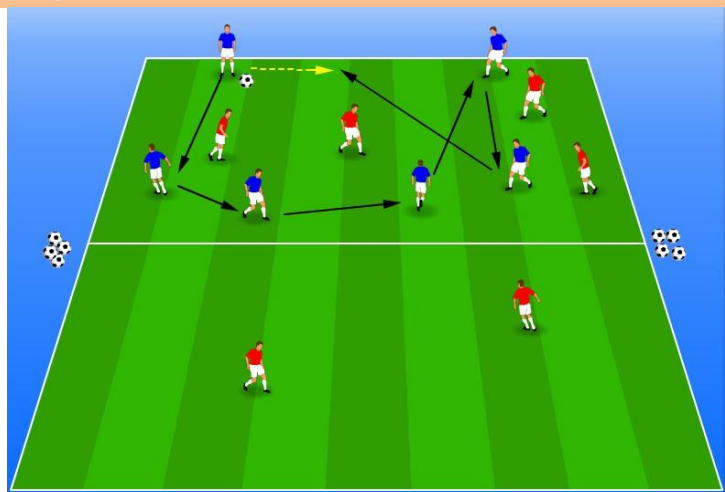
POSITIONING GAME – PASSING TO MOVE FORWARDS.

SET-UP:

Set up a 30m x 30m area, divided in half
Keep the teams as per before.

EXERCISE:

1. The team NOT in possession must leave 2 players in their half of the field.
2. The defensive team must win the ball back, before switching it to their half of the field.
3. At this point, the blues move over to retrieve the ball, leaving two players in their half.
4. There is always a 4 vs 6 in the half with the ball
5. Run 3 minute intense games, before allowing players a 1 minute rest.
5. Use the 1 minute break periods to question or show the players the coaching points.



INTRODUCTION OF THE 'BULLSEYE'

COACHING POINTS:

The closest player to the ball must **PRESS** the ball carrier (1st defender).
The next closest player(s) must provide defensive **SUPPORT**. Cutting off any immediate passes, creating a 2 vs 1 (2nd defender).
All other team mates must quickly get into their defensive **SHAPE** to cut out forward passes or options.

FOOTBALL CUE: Press the ball carrier WHEN the opposition:

- Take a poor touch
- Their body is facing backwards
- Their head is down
- They are receiving a bad pass

The BULLSEYE

Blue circle = 1st defender(s)

Purple circle = 2nd defender(s)

Yellow circle = Defensive shape (make the field small/tight)



GAME TRAINING – 6 vs 6 / 7 vs 7

SET-UP:

A field of 30m x 40m

Set up two small goals, or a line which players must dribble over to score a point.

Same two teams as before.

Context – Middle third of the field.

EXERCISE:

1. Players are to compete in a small sided game (6 vs 6 or 7 vs 7)
2. Aim is to score in the small goals.
3. Play 3 minutes games, with 1 minute break
4. Observe opportunities to COACH the points provided, and highlight good behaviours

PROGRESSION:

5. Provide players with positions in each half of the field (3 / 3), the attackers MUST stay within their half of the field.



TEAM TASK:

Can you limit the opposition playing forward?

GAME – HALF FIELD MATCH

SET UP:

Using half a field. Set up one big goal on the half way line.

EXERCISE:

Using the same teams, allow the game to play.

COACH REFLECTION:

Do players look to be understanding the different roles of 1st and 2nd defender?

Does the team appear to work in more unison defensively?

Does the team continue to stay COMPACT?