

DEFENDING SESSIONS

Session 107: Practicing Defending; 1st And 2nd Defender

Session 108: Working On Defending Using A Basic Shadow Defending Idea

Session 109: Teaching Basic Footwork For Defending

Session 110: Four Color Cone Defending Drill

Session 111: How To Defend Effectively

Session 112: Defending In A 2 v 2 Situation

Session 113: Recovery Runs In Defense

Session 114: Defending In A 3 v 3 + Keepers Situation

Session 115: Front Foot Defending

Session 116: 1 v 1 Defending Confrontations

Session 107: Practicing Defending; 1st And 2nd Defender

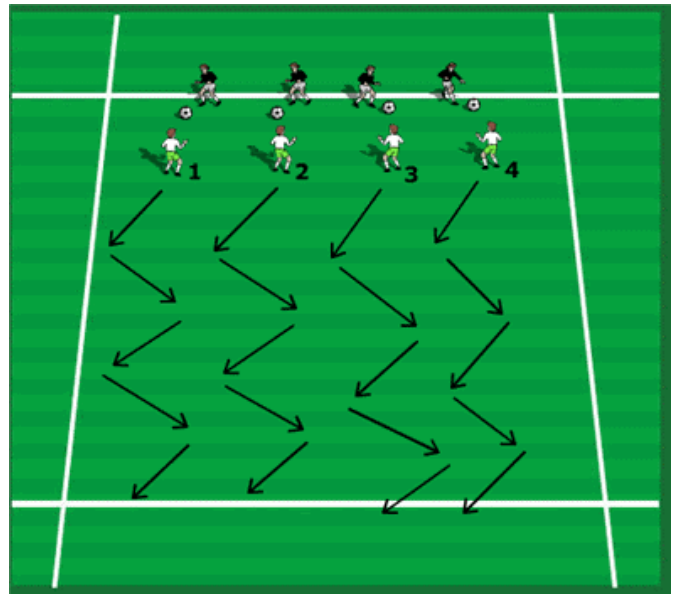
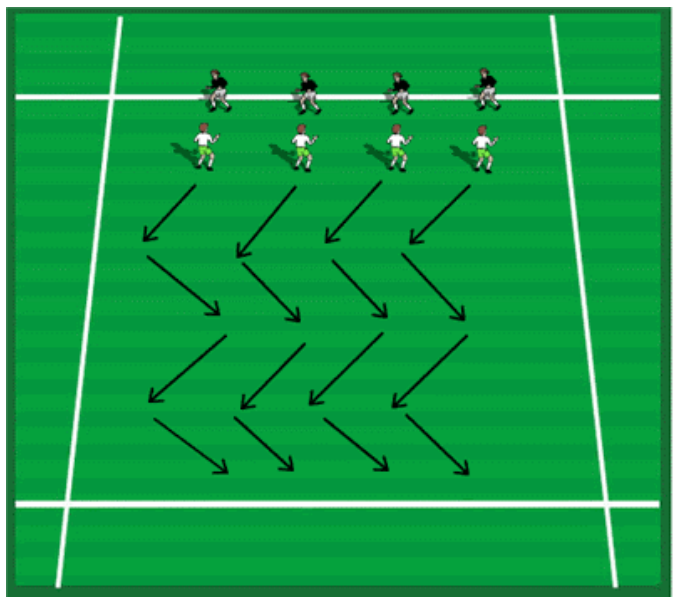
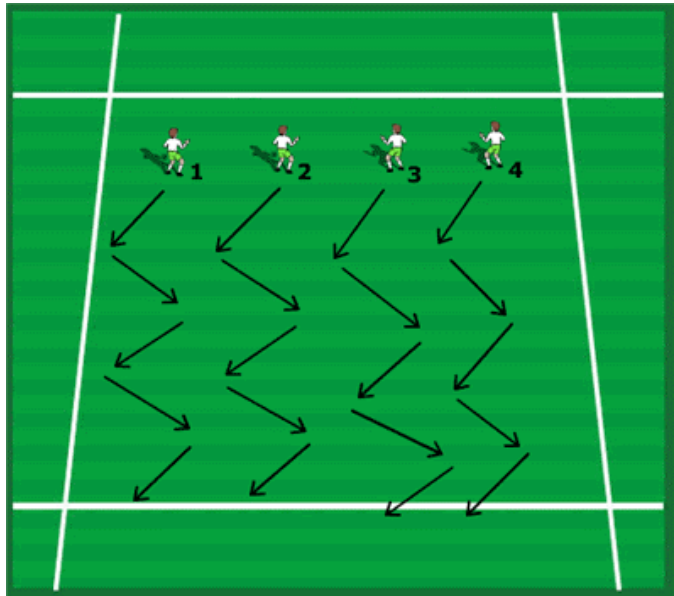
Players are sideways on running backwards to other line changing sides in defensive mode. Increase pace.

Shadow heading and running back on coaches command.

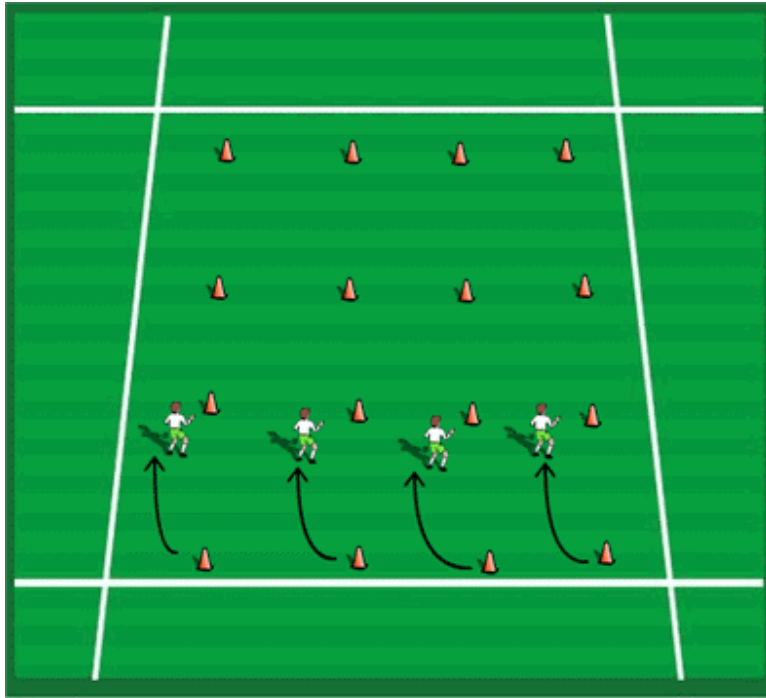
In two's, one running moving side to side, the other running backwards changing sideways on stance checking opponents run.

A ball between two working as above, working back and forward, defender shadowing the ball not winning possession.

Practice feinting to tackle with your front foot, forcing attacker to protect the ball.



Session 108: Working On Defending Using A Basic Shadow Defending Idea



Individual Pressing

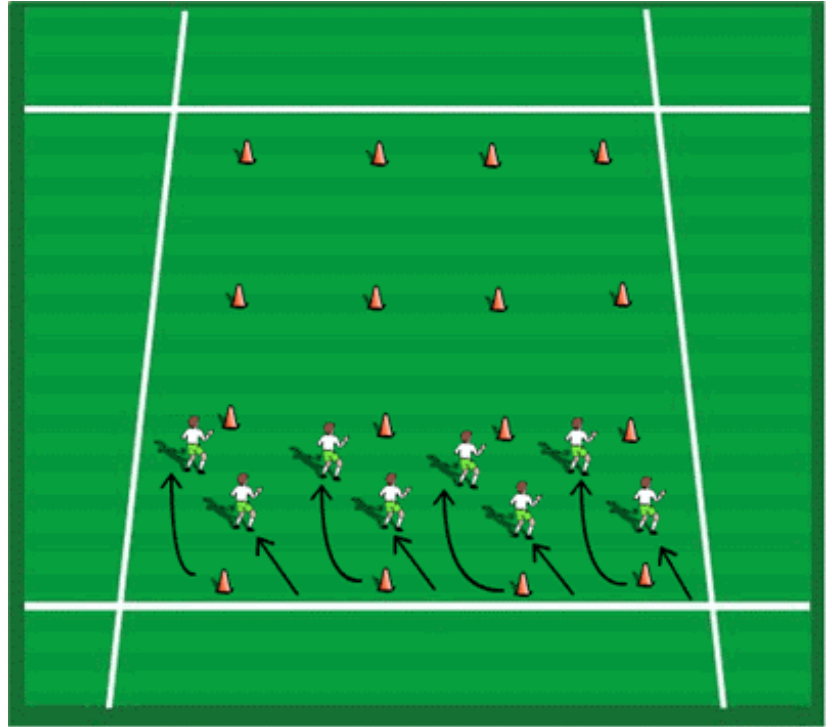
1. Here the individual players close the player (represented by a cone) down forcing them to go to their right by a curved run. Insist on the players talking by each calling “pressure”.
2. Each group of four (but working individually) go to the next line of cones (representing the opponents) in sequence. Once they get to the cone they stop and you as the coach can adjust their positions if need be to show them how to get it correct, it may be distance or angle problems for example. Have them touch the cone with their hand so they have to bend down and get low as they would when defending in a 1 v 1 situation.
3. Going to the second set of cones ask the players to show the opponent to the left so the curved run is to the right. All the way up go, right, left, right then on the next one left, right, left so the players are having to think about the direction they force the player when defending.
4. Players can call “press right” or “press left” as they close the cone down that represents a player.
5. Introduce players first touching the cone, then dropping back, then feinting to tackle (I call it “having a bite”) with the front foot and dropping back into position.

Working In Units Of Two

In Two's: Working on the pressing player (1) and the supporting player (2) together now using communication from the support player asking the pressing player to show the opponent one way or the other (though the coach dictates in this clinic for ease of organization).

Each time they change a set of cones the pressing and support players change positions, call "switch", the support player (2) becoming the pressing player the next time and so on.

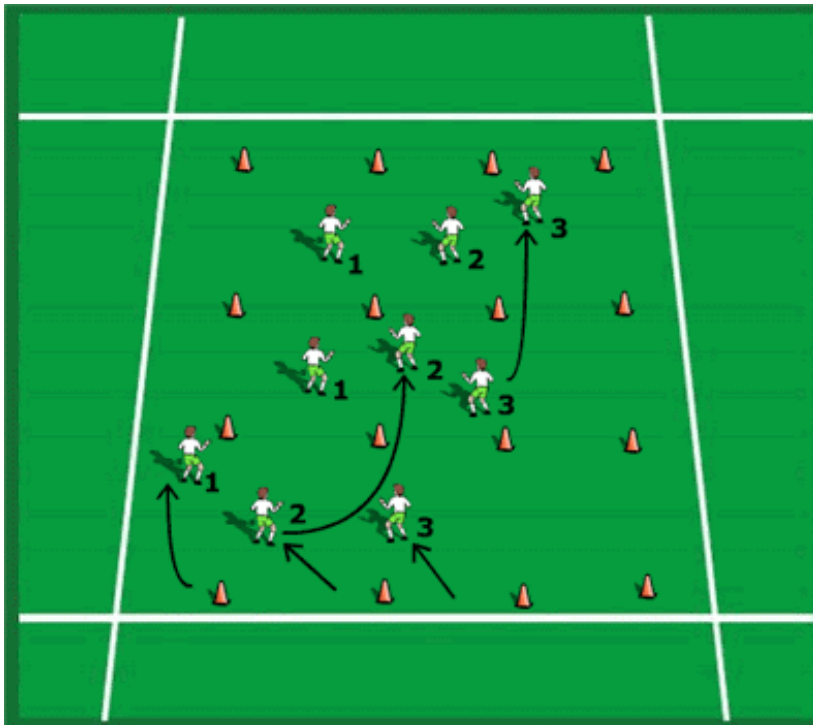
Working on angle, distance and communication between the two players.



Working In A Unit Of Three

In Three's: as a defensive unit. Pressing player, support and covering player. Set up groups of three players only this time. Working on 1st, 2nd and 3rd defender positioning. Each player takes their position based on the player closest to them.

On the first run the pressing player is (1) support (2) and cover (3), on the second run the pressing player is (2), the support player depends on which way the pressing player shows the opponent and the covering player adjusts off them. Players squeeze up and across the field and take their shape from the pressing player.

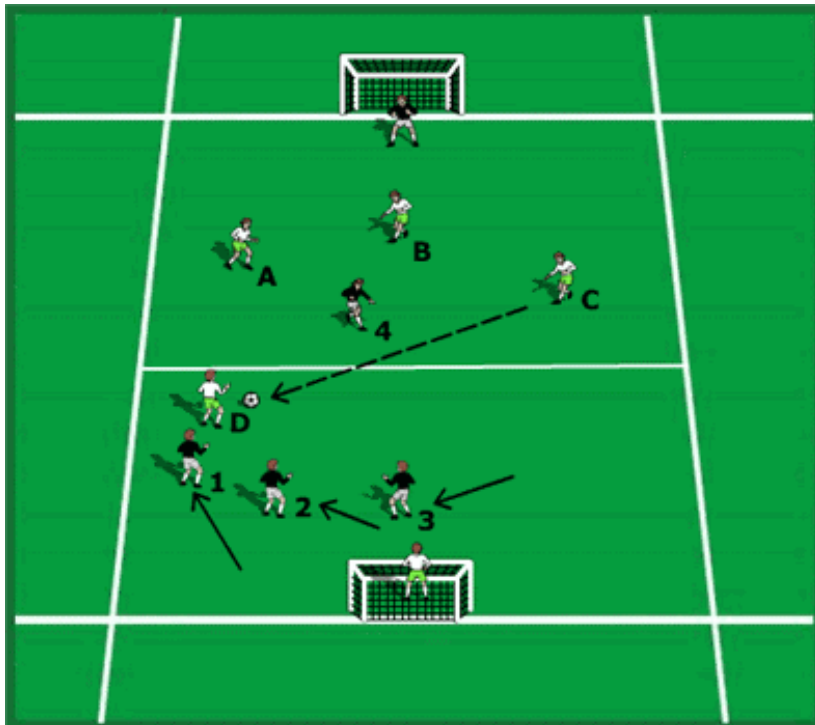
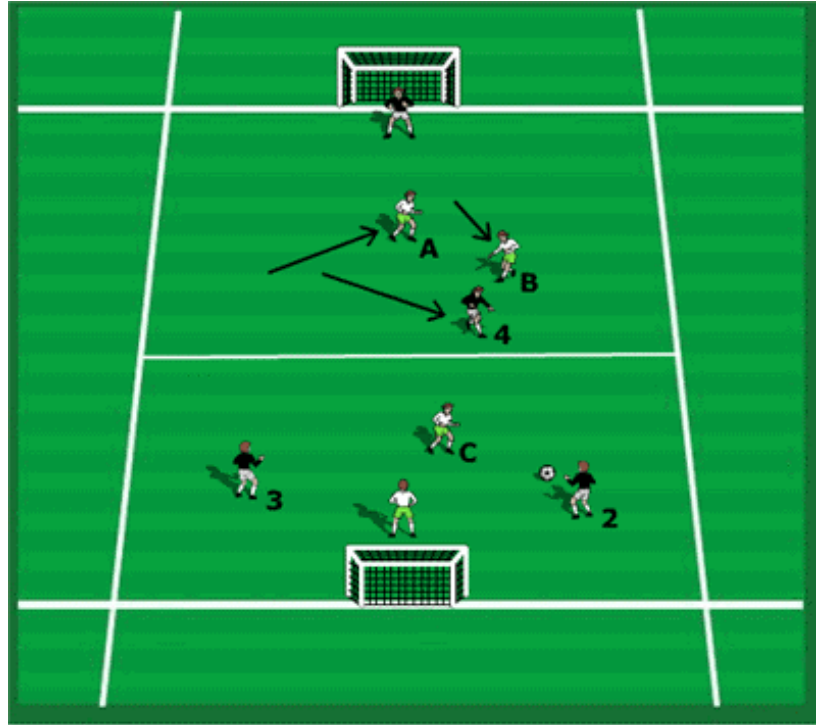


Two V One In Each Half

2 v 1 in each half; players need to learn when to decide to pass the sole striker on as they change zones.

Here we see the adjustment of the players when (4) (who was marked by A) moves across the field and is passed on to (B) who closes down (4) and (A) drops back into a support position behind.

Ensure the players talk to each other as this happens so there is good communication between them.

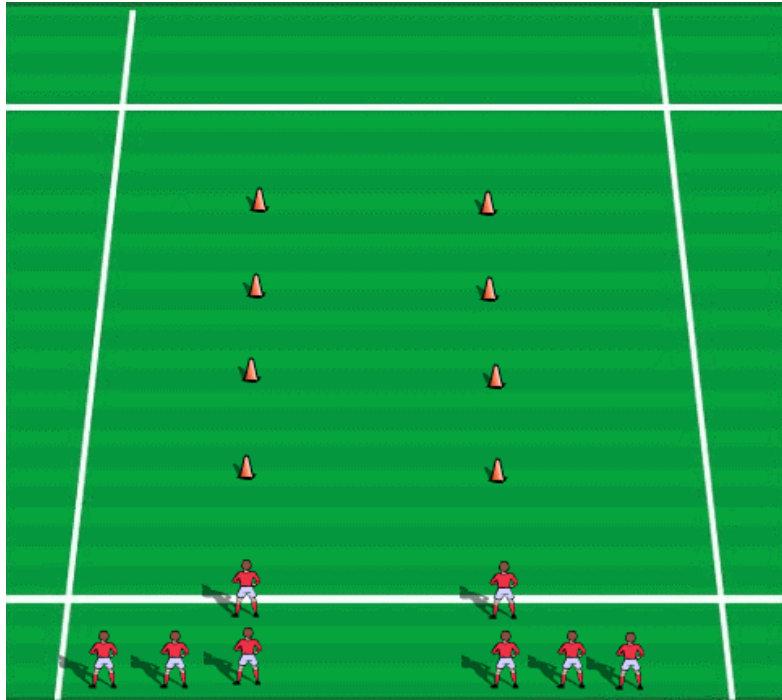


Three V One In Each Half

Same idea as the 2 v 1 the closest player picks the attacker up as the three defenders are marking zones.

Pressing player (1) shows attacker (D) inside to the supporting players and not outside where it could become a 1 v 1.

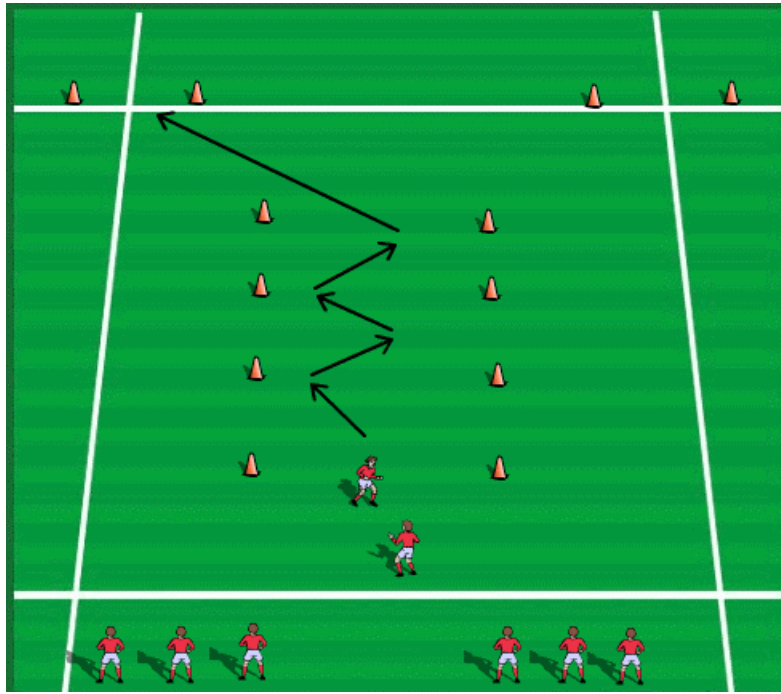
Session 109: Teaching Basic Footwork For Defending



Warm Up

Working on agility, balance coordination and speed; doing small group defending. This training can be used with different age groups and can also be used with different age groups working together because there is no contact at all. Much of it is suitable for ages from U8 to U18.

1. In pairs joggling up and down. Two rows of cones in straight lines.
2. Backwards then forwards coming back to the start. How many fingers does the coach have in the air (when playing defenders need to check left shoulder / right shoulder because the ball is one place the attacking player is somewhere else, so always checking both).
3. Zig – zagging backwards left and right, looking at the fingers still as they do this then jog forward and back again. They have to keep checking, left shoulder and right shoulder because the ball may be on one side and the player they are against is on the other side of them.

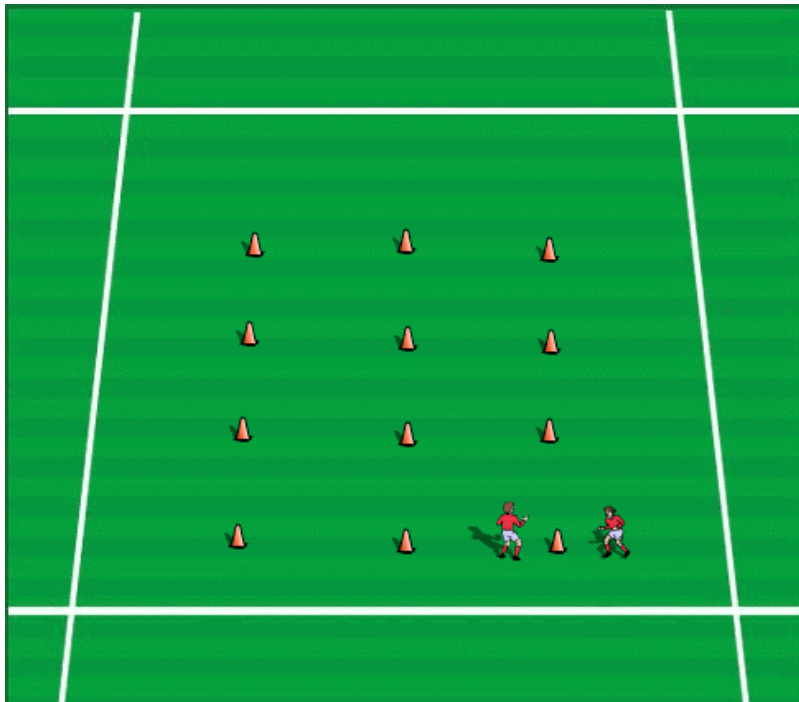


1. In 2's; defender / attacker moving left to right, right to left; make the defender change his feet and his hips. The defender is always turning their hips as they shadow the movement of the attacker, and again the coach holding fingers up. Attackers go quicker, defenders have to change the shape of their feet and hips; so getting very side on and running backwards (or running with the body more sideways than backwards); but still running backwards against the attackers movements.
2. The First and back foot must be open and pointing backwards ready to go. Have them glance at their foot as they are going back to make sure they are getting it in the right position each time both left and right. The 2nd and front foot comes back and down to the ground quickly and then becomes the first foot and so on.
3. The Back and first foot pointing backwards towards where the defender is going to run opens it up for running more quickly; and may give the defender an extra yard in the race which can make the difference between success and failure. Whilst is only a slight adjustment the end product can be much bigger in terms of successfully beating the opponent.
4. Defenders are at their most disadvantaged when they have to turn one way in a 1 v 1 and the attacker runs at them with or without the ball on either side of the defender and that is when a defender is at their slowest. To help them shift their feet and hips quickly do these movements: Defenders get caught when the attacker goes to one side or the other and defender is in the moment of changing sides.
5. **First Foot Practice Action** - So going backwards and on their own again, lift the leg up like a groin stretch; 90 degrees angle; rhythm is up, 2 3, up 2, 3 (2, 3 being short steps backwards then changing sides). Open hips up and plant the foot down. So; do it slowly to start, lift the leg up and drop the foot down and hold it for a moment then 2,

- 3, then speed it up as you get used to the movement. Now it is not so high but more quickly moving back side to side still showing the bent knee positions.
6. When actually playing; the leg of course will not go as high like that; as it is exaggerated to show the leg position but it is designed to highlight what the foot, hips and leg should do on turning. The player will have to stay low and go fast in the game situation. Players show this as quickly as possible now in the practice. **PLAYERS MUST HAVE VERY QUICK FEET RECOVERING BACK.** When doing the first step with the first foot, the movement with players running backwards is the one to practice as we have just done. Once the first one has been positioned correctly, now we have to deal with the movement of the 2nd foot.
 7. **Second Foot Practice Action** - Think it through in your mind where the feet go (and then do it in practice) and you will see that the 2nd foot, based on the position of the body half way through the recovery movement; is going forward in the recovery run to catch up with the first foot. So now we practice this movement running forward and not backwards. Now it is the same leg lift, 90 degrees or more, like the groin stretch again, and outside to inside.
 8. So it is the same rhythm; leg lift up high, plant the foot down, 2, 3 short steps now being forwards, (then changing the direction); and not backwards this time; because in actual fact that is the motion of the 2nd foot / leg. This is an over and across motion; like stepping over a hurdle one foot at a time. Now players are running forward lifting the leg up side to side, outside – inside groin stretch position. This helps bring the hips around quickly. Now get the feet down quickly and do it low and quick. Open up and get across is the routine.
 9. So think about it again, first movement of the first foot going backwards is opening up the foot and the hips, the second movement of the 2nd foot is turning and sprinting against the player so that leg has to come around quickly too. Do this, that is both forward and back actions; on a regular basis (every day if possible if you take your sport seriously). Hence, the focus has to be on the feet and the hip positions when recovering against an attacker.

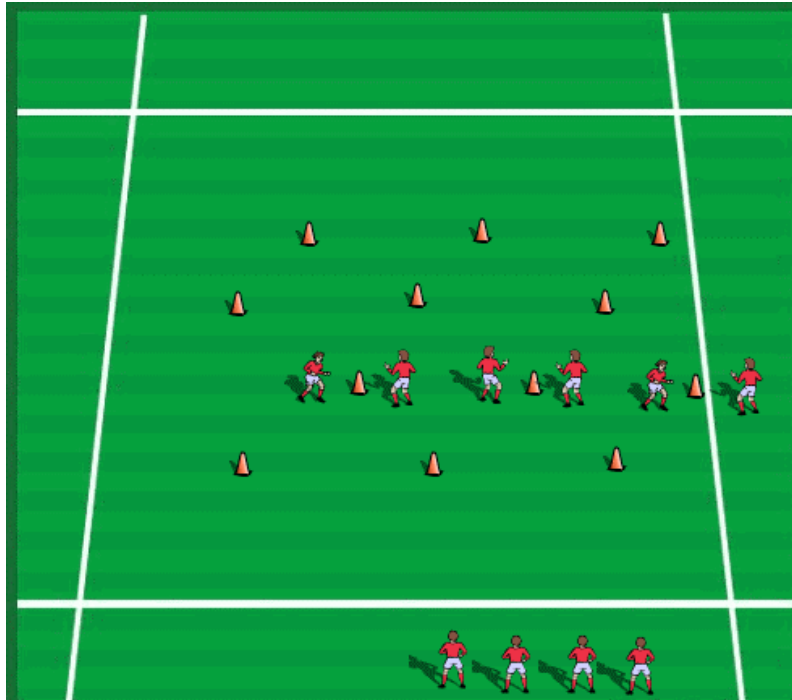
In pairs using two target goals: side to side defending then the attacker breaks to one of the two goals with the defender chasing the attacker down. Defenders must turn their hips sideways when attacker is running at them to keep with them so running side on. Defenders also must know what is on their back side as well as knowing where the ball is so constantly looking around as they drop back. Shift the feet quickly and open up to hips and the body. Defenders must be able to do this laterally, backwards and straight, at different speeds, with different footsteps; and against different turns; and they **MUST** learn how to **SHIFT** side to side quickly, and to **TURN** quickly.

Session 110: Four Color Cone Defending Drill



Four cones, red, blue, yellow and white, coach calls different colors players have to adjust side to side to get there quickly. 5 to 6 seconds each pair. Defenders are now shifting quickly and against the movement of the attacker when the attacker decides to shift the ball one way or the other. Only do it for 5 or 6 seconds because in games defenders only stay down there like this for that time period generally. How quickly can they do it?

Change Cone Set Up



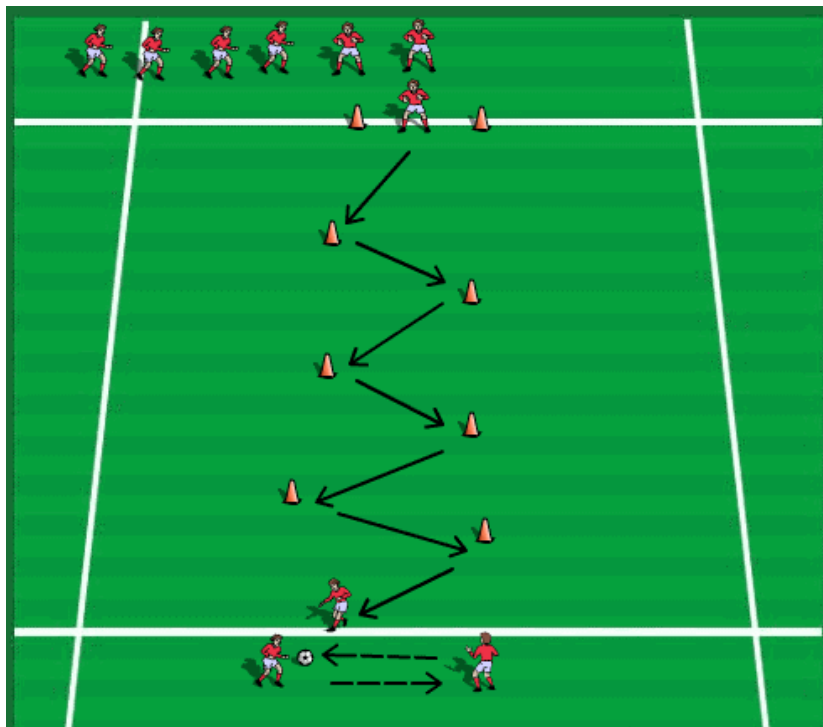
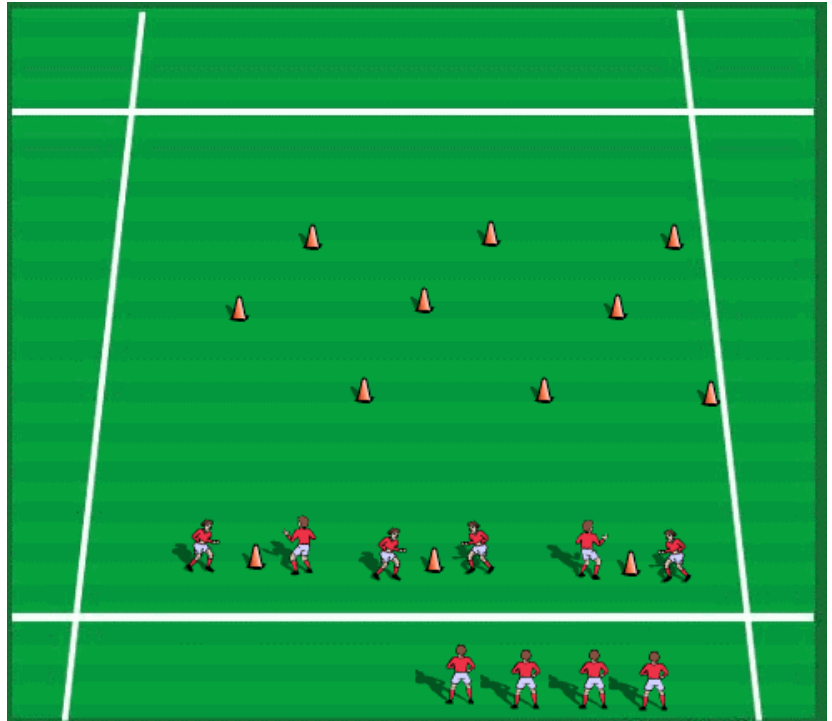
Defenders do not just move laterally but they move in different directions such as diagonally and also forwards and backwards. Move the cones so they are at angles to each other. So in pairs and again calling the color, the same routine but a different cone set up so running in different directions and at different angles.

Progression: Open it up so distances are longer.

Do three pairs at once all starting on the same color.

The head forward and the “sitting down” position. Maldini of AC Milan gets into this position with his knees tucked in, like skiers do. If going to shift to the left; then the right leg does the work, if to right; then the left leg does the work. Getting into this position is physically hard work also.

Longer distance (one outside cone to the other) then can cross legs over and run a couple of strides and on the last two strides do the shifting style side to side. So run a couple of strides first then the feet go side to side as opposed to crossing.



Now side to side to each cone; pressing inside the cone. Have the left foot in line with the left cone, right foot in line with the right cone showing inside.. Check that the feet are right so run at each cone, hold, check, and then go again to the next one. Next show outside so get your right foot just about level with the left cone, your left foot the same with the right cone. You might give half a yard but no more because if you give more the attacker will cut across and inside you. It can be a curved run if you have time.

Showing outside; get the foot, “just about”, level with the ball.

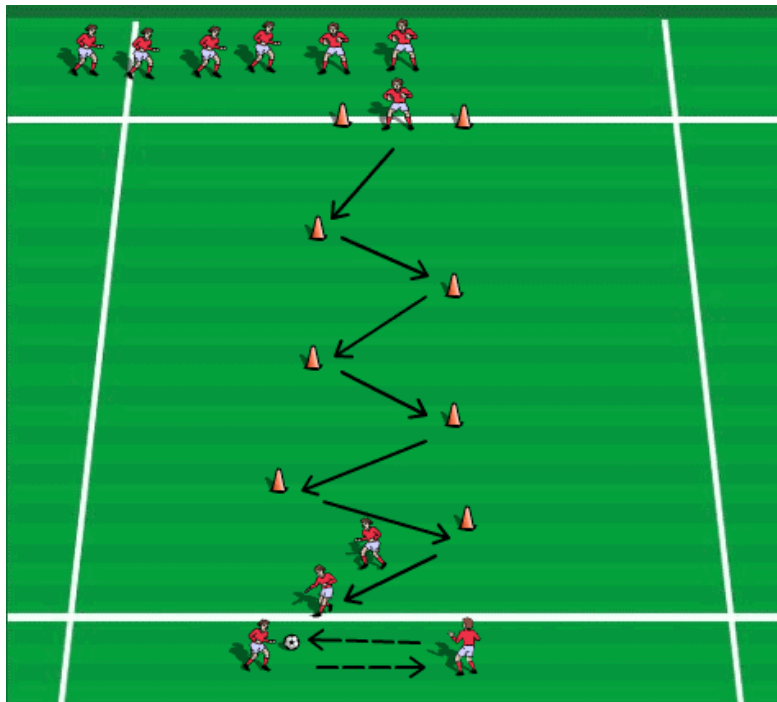
Two Passers positioned at the end of the Balls.

Instructions: On the first run, defenders press each ball and show the ball (the dribbler) to the outside. On the 2nd run the defender shows the ball to the inside. At the end of the run, the defender presses a couple of one touch passes made by the two end players, then goes back to the end of the line to start again.

Coaching Points:

1. Speed of the ball is important and “putting on the brakes” just before each ball is key too.
2. Do not cross legs in transition.
3. “Sit Down” (bend legs) when pressing.

Progression: Now 2 defenders working together press and support.



Instructions: This time the 1st defender has a 2nd defender, a covering player, behind. On the first run, defenders press each ball and show the ball (the dribbler) to the outside. On the 2nd run, the defenders show the ball to the inside. Check the 2nd defenders position each time. Ask the players to show you where they think their support position is. At the end of the run, the defenders press a couple of one touch passes made by the two end players. In this case they switch over being the pressing player and the covering player.

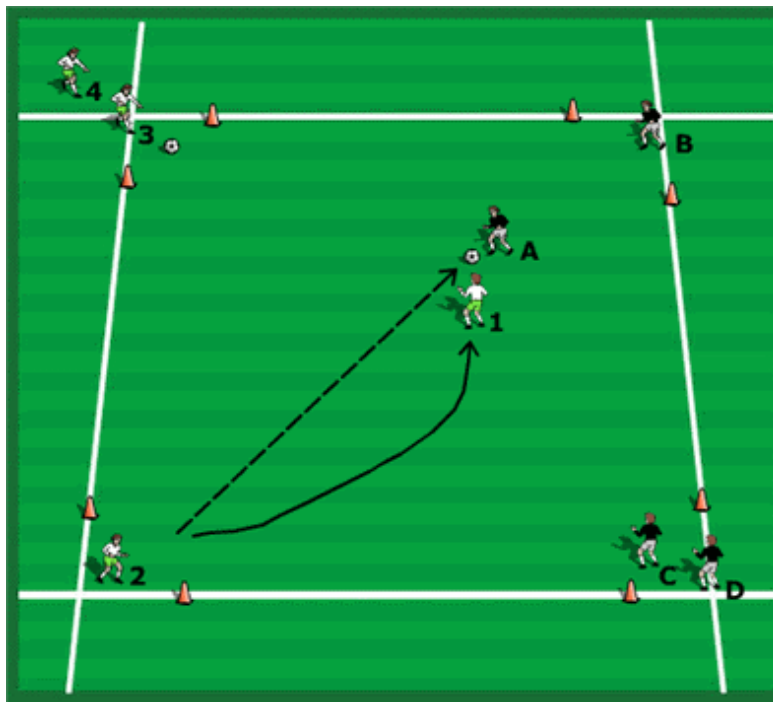
You can do it two ways, the first defender is always the pressing player, or between each cone they alternate.

Session 111: How To Defend Effectively

Coaching Points Of Individual Defending – Closing Down

1. Travel as fast as possible as the ball travels to close down opponent.
2. Close the opponent down with a curved run forcing the player the way you want them to go (if you have time to do so).
3. Slow down the last few yards, get balanced, bend knees, sideways on stance forcing the play your way, and slow the attacker up (making play predictable).
4. Feint to tackle – use your front foot this forces the opponent to protect the ball and ultimately look down at the ball and away from you the defender (also prevents awareness of where support players are in a game situation). Try to steal with front foot.
5. Watch the ball not the player so you aren't thrown by body movement.
6. Stay on your feet and be patient, your chance will come to win the ball if you go to ground you give the initiative to the attacker

Defending In A 1 V 1 Situation



Think about the way you want the player to go, it can be onto your opponents weakest foot or to the side you are strongest and most confident to tackle on. It can depend on the side there is less space to work in for the attacker to restrict their movement and options and to make play predictable.

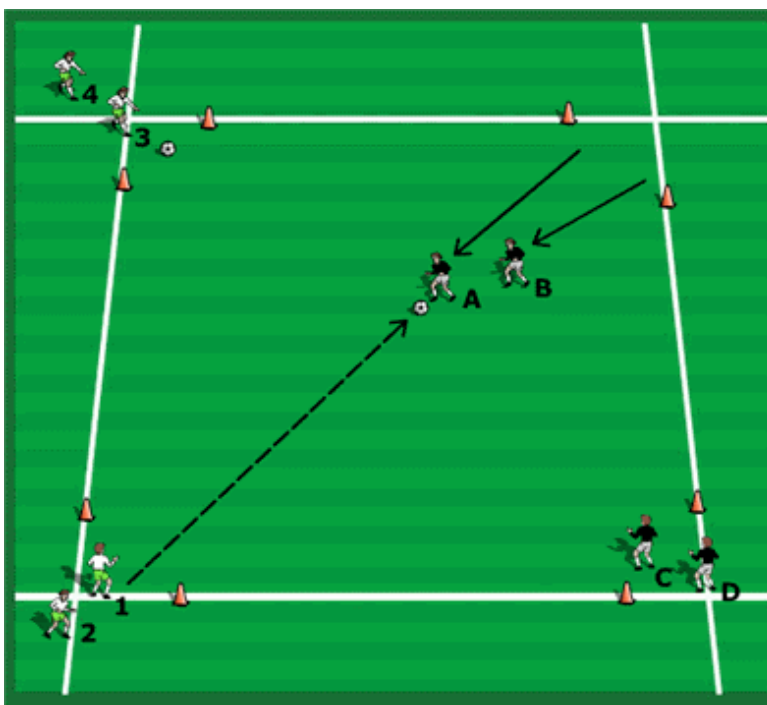
Encourage the players to not only win the ball but also to maintain possession of it if they can. In this session they can win it and try to score into the other goal as a reward for

gaining possession. In this instance both players will get a chance to practice defending in the same sequence.

Session Plan:

1. Receiver (A) tries to score through defender (1)'s goal. Work both sides and alternate numbered players and lettered players.
2. All players get the chance to attack or defend.
3. Encourage and praise good defending.
4. Correct the faults.
5. Step in and demonstrate to show the players what is needed if required, demonstration is better than explanation.

1 V 1 Preventing An Opponent Turning



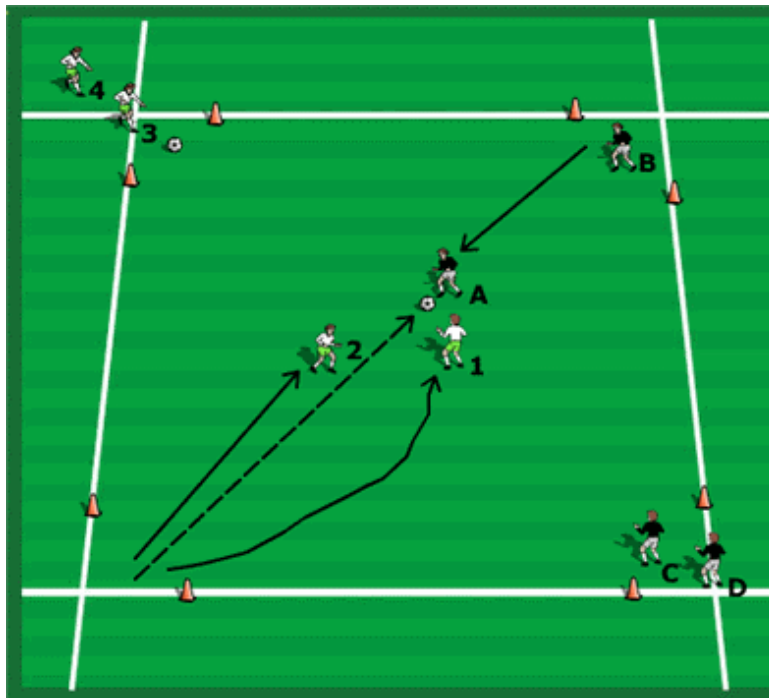
(1) passes to (A), (B) closes down and stops (A) from turning and scoring. Previous coaching points but also gets touch tight to attacker. You can judge the distance by actually touching the back of the player.

Move with the player to maintain the same distances between you, if the attacking player goes back away from your goal, keep the same spacing between you by moving with them, not allowing them to turn and face you by increasing the distances between you both. If the distance between you are too far away the attacker can and will turn and face up to you creating a 1 v 1 situation which is a great advantage to the attacker. Too close and the attacker can spin off you using the feel of your body as momentum to spin away quickly into space behind you.

The time to tackle is when the attacking player is half turned and consequently not protecting the ball with their body. Until then be patient and wait for the moment to strike. If you result in forcing the attacker to pass the ball back you have done your job effectively but if it results in you either taking the ball off them by kicking it away or better still winning the ball and maintaining possession you can then turn defense into attack.

Defending With A 2 V 1 Advantage

Pressure And Support



Session Plan:

1. (1) passes to (A) and closes down quickly with (2) in a support position.
2. Here (1) closes down (A) with a curved run forcing the attacker to have to play towards the supporting player (2) thus creating a 2 v 1 situation in favor of the defenders.
3. The two defenders between them should be able to create a situation where they can win and also maintain possession of the ball.

Coaching Points Include:

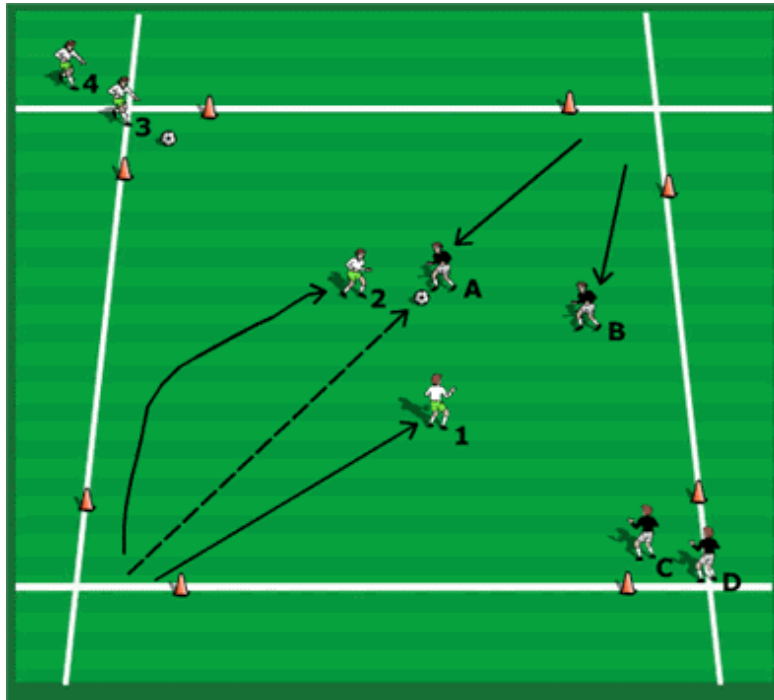
1. Support Angle: 45 degrees to the pressuring player.
2. Support Distance: close enough to be able to affect the ball if the pressuring player is beaten.
3. Communication: the supporting player can advise the pressuring player where to force the attacking player to go. A simple command is best such as right or left or right shoulder, left shoulder so the pressuring player knows where the support is behind them.

4. The run of the pressuring player (body language) may dictate to the supporting player where to go also; if the pressuring player makes a curved run to show the attacker to the left then the supporting player will take up a position to support on that side. They must react off each other. There isn't always time for the supporting player to pass on information telling the pressuring player which side to show the attacker so this is a two-way communication situation, the pressuring player using body language and the support player using speech to communicate with each other.

In terms of the distance of support a factor to consider is the type of player you are up against; is the player quick, is the player a good dribbler? If the player is quick and the pressing player and the supporting player are close then the ball can be kicked past both of them in one movement to beat them. If the player is a good dribbler and the two defenders are far apart then the player can beat the first defender and have room to work to beat the second defender also. Therefore the correct distance between the two defenders is vital for them to be successful, not too close and not too far apart, 3 to 5 yards would be about right to cover both instances.

Session 112: Defending In A 2 V 2 Situation

Pressure And Support

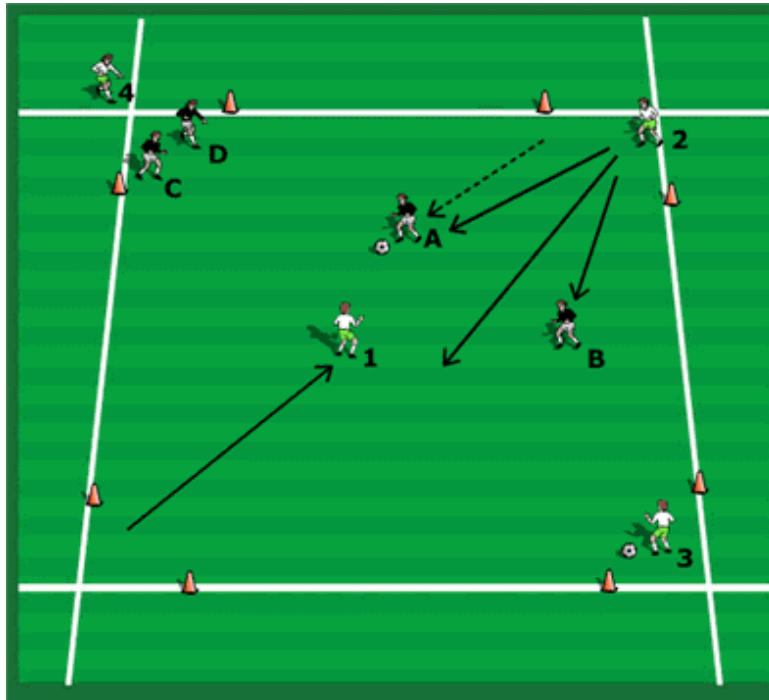


Develop: 2 v 2 with (B) joining in. In a 2 v 2 show the “piston effect” of support movements as the ball travels. Also consider that the closest player can close down the ball as it travels from player to player (discussed later).

(2) closes (A) down and shows inside to the support player. (1) Supports at a 45 degree angle but is also screening (B). In the 2 v 1 situation (1) only had to think about supporting (2) but now there are two things to consider; supporting (2) and screening the position and movement of (B). Distance of support depends on the position on field and the speed and ability of opponent. The support player can give verbal direction but also can take a position off the way the pressure player shows the attacker to go as previously discussed. It can depend on which happens first, the body position of the pressing player forcing the play one way or the verbal direction of the support player advising forcing the attacker towards their position.

Session 113: Recovery Runs In Defense

Defending 1 V 2: Delaying And Recovering Introduction



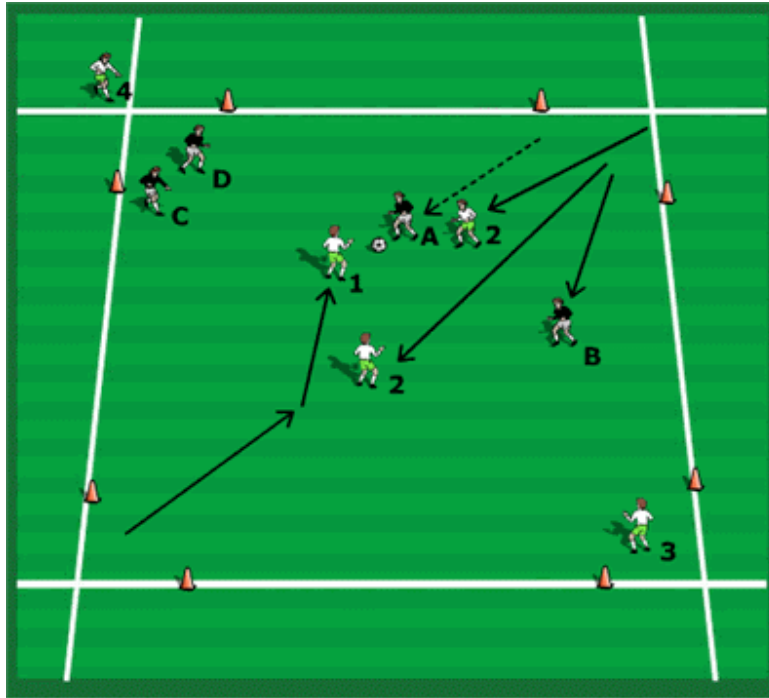
To score the ball must be run through the opposite goals, players cannot pass the ball into the goal from distance.

Player (1) Passes the ball into (B) and the two players (A) and (B) attack the lone defender

(1) Must delay the forward motion of the two attackers until (2) can join in. You can condition it to 5 seconds before (2) can join in to help.

(1) takes up a position between the player on the ball, the attacking support player and the middle of the goal to keep the defensive balance. The purpose is to delay (A) and (B); hold them up until (2) can get into a position to support and create a 2 v 2.

(2) makes a recovery run along the shortest route (along a line to the center of the goal) to get into a support position for (1). Alternatively (2) can double up on (B) and attack the ball from the opposite side to (1). The diagram above shows both recovery runs that (2) can make. As (2) is getting into a support position for (1), this is the signal for (1) to put full pressure on (B). Previous to this (1) was in a delaying position between the two players encouraging them to pass the ball to each other but keeping it in front. (2) Can also offer information as they recover; "you press the ball" for example to (1).



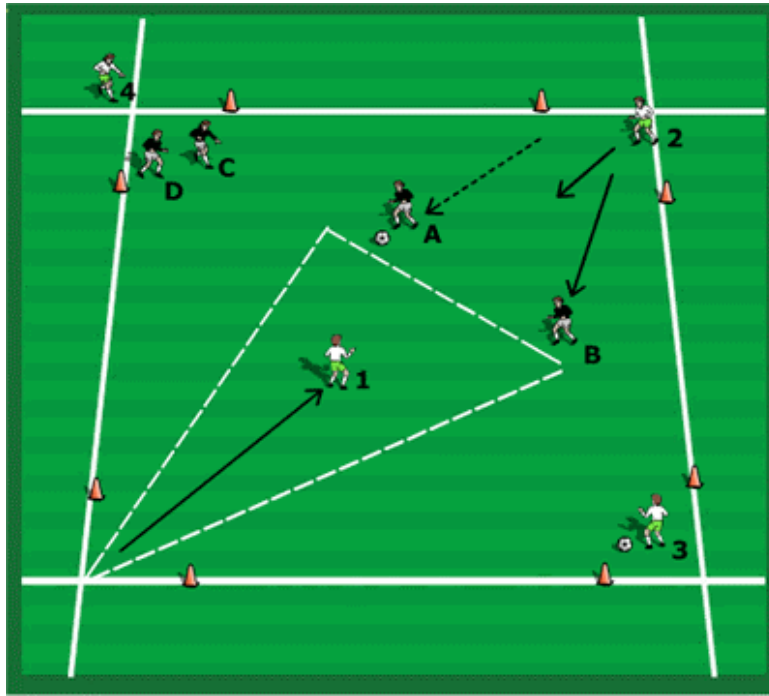
Here we see where (2) has recovered back to support (1) and as (2) gets into position, (1) closes down (B) forcing the player inside to the support.

(2) now has the job of supporting (1) involving the coaching points of angle, distance and communication, but also to shadow the movement of (A).

(1) has done a good job of delaying the forward motion of (A) and (B) to enable (2) to recover back.

The recovery run is best along the shortest route back, and must not be too short or too long. Too short and the support for (1) will be too flat and the ball can be played in behind (2) for (B) to run onto in space, too long or deep and there will be too much space for (B) to receive the ball and work in, (2) has to be close enough to close down (B) as the ball travels and arrive in a good pressuring position as the ball arrives at the feet of (B). Better still can (2) intercept the pass as it travels from (A) to (B)? The timing of the interception has to be exact here.

(2) can always double team as shown by the other arrow above in bold.

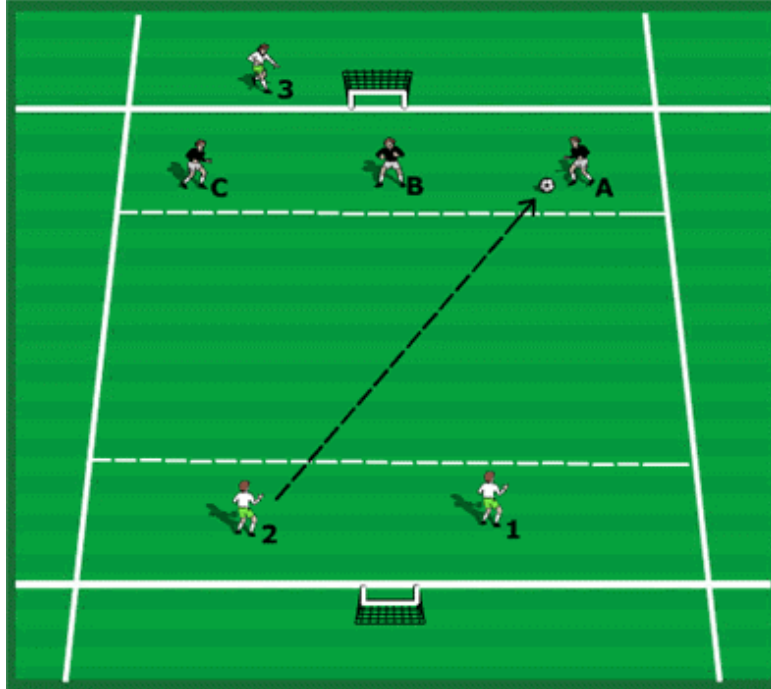


(1) takes up a position inside the guiding triangle. The guiding triangle is determined by the position of the ball, the supporting player and the goal. Here a balanced position between the ball, the support player and the center of the goal has been achieved by (1). (1) Must constantly adjust position to accommodate the movement of the player on the ball and the support player with the view of keeping the ball in front.

To help the defender, because there is no keeper in the goal, the attackers have to run the ball into the goal. If it were just a case of passing it into an empty goal it would be almost impossible for the defender to stop this. The reality is that in a game the defender if caught in a 2 v 1 against would at least have the keeper in goal to help.

(1) above positions slightly towards the side to invite a pass from (B) to (A) to help delay their forward movement. As the ball is played across, if (1) can't intercept the pass then at least the ball has been kept in front. The secret is not to get too close to either player as this invites a pass in behind, (1) must maintain depth to avoid this. If (1) was confident enough and a good enough defender then a 1 v 1 situation could be created by closing quickly and showing (B) outside using the body position to block off a pass to (A) and at the same time trying to win the ball. This would be the least likely course of action to take if there is the chance of delaying and getting help.

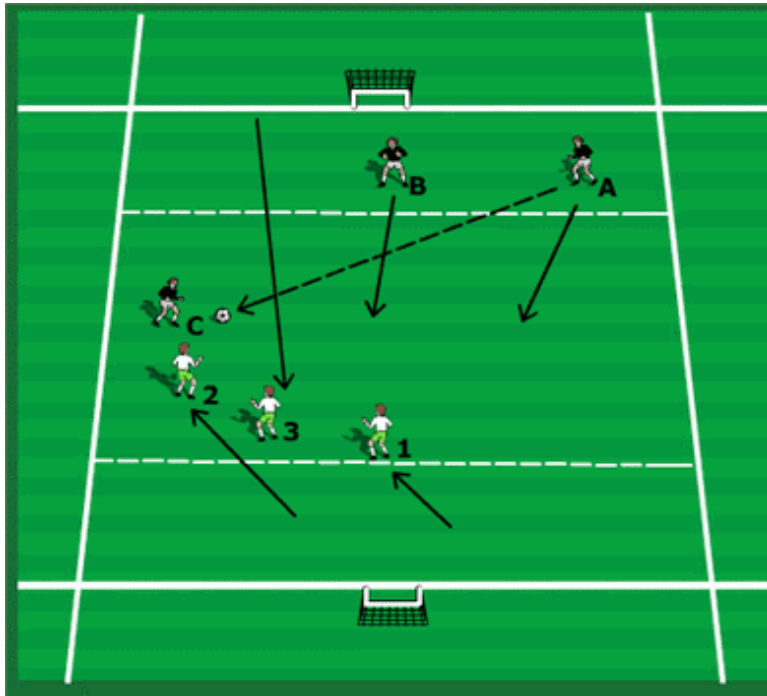
Two V Three With A Recovering Defender



A bigger area to play in, we now have a 30 x 20 area with two goals to play to. You can include keepers if you like to make it more realistic.

(2) passes to an attacking player, in this instance (A), and both defenders need to close the ball and players down quickly but in a position to delay the forward movement of the attackers until their team mate (3) recovers back behind the ball to help them. Have a time limit, for example (3) counts to five before recovering so the attackers know they have to break quickly to score.

This then becomes a 3 v3 situation. You can condition it to where the attackers have to cross a certain line to score if there are no keepers. Or leave it open so the pressing player has to defend well to stop a free shot at goal.



(A) passes the ball across the field to (C) and (2) adjusts position across to press the ball.

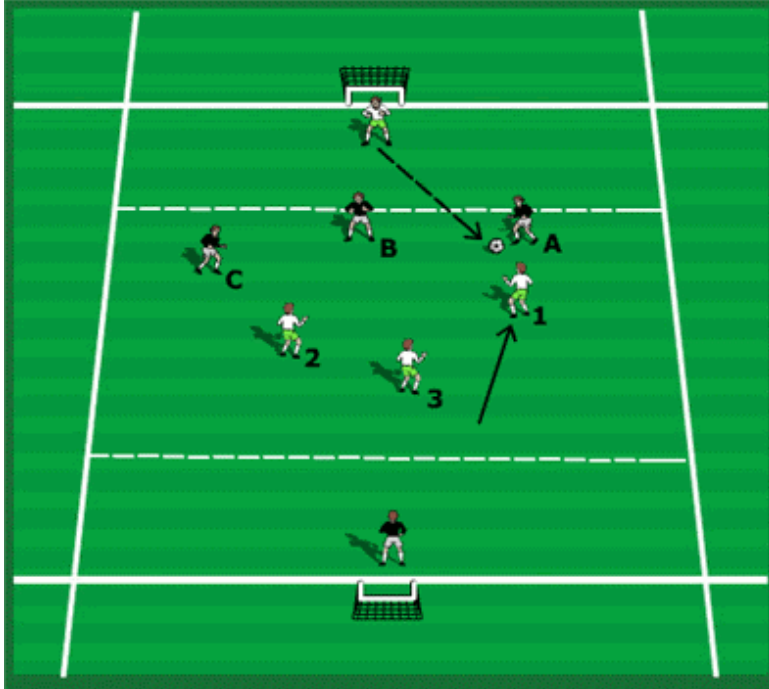
(3) Recovers back along the shortest route back to goal and gets into a good support position to help (2).

(3), the original pressing player now drops back into a covering position to help (2) and (3) and will adjust position according to the movement of (A).

All three defending players have got themselves into a very comfortable shape to defend the ball and try to regain possession. As the ball was passed from (A) to (C), (3) may have opted to close down (C) from behind if (2) hadn't moved across to pressure. (3) Recovery run into a supporting position must not be so deep that the support position can't help (2), the pressing player.

(3) can always double team as shown by the other arrow above in bold.

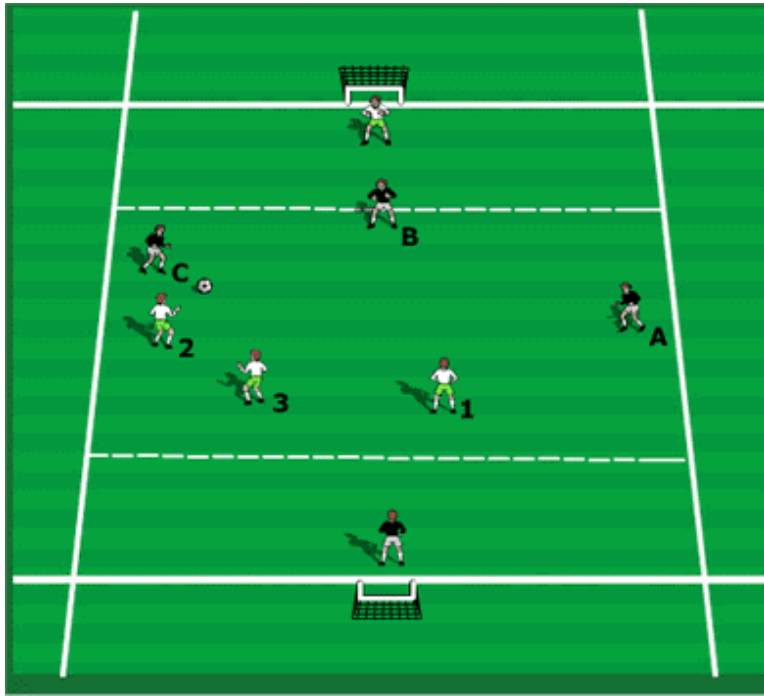
Session 114: Defending In A 3 V 3 + Keepers Situation



Player nearest the ball pressurizes the ball with teammates in support and covering positions depending on the positions of the opposition and the ball. We are dealing here with a first, second and third defender scenario, looking at pressure, support and cover / balance positions of the defending team. We are introducing recovering and tracking principles of defending later.

Coaching Points:

1. Mark space (zone play) then pressing the ball, (1) closes down (A) quickly.
2. Making play predictable - show the player on the ball inside or outside depending on where the support is. If outside then (1) has to be confident of winning the ball because this can result in a 1 v 1 situation.
3. Shape of the team (covering / balancing positions).
4. Recovering and Tracking - getting back behind the ball either into space or tracking a run from an opponent.
5. Double Teaming.
6. Compactness.

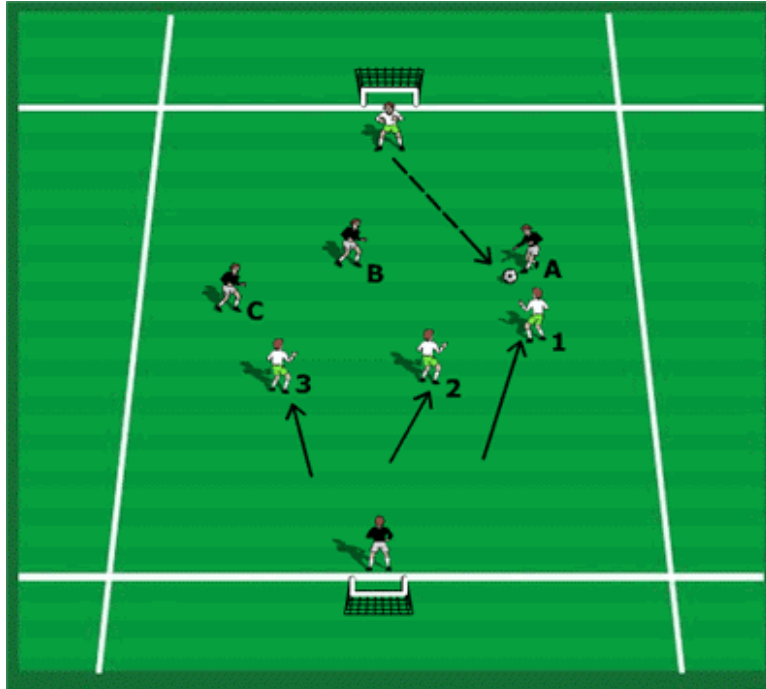


Here the attacking team has tried to spread out the defending team and create bigger spacing between them which can be effective and is what the team in possession should attempt to do.

The defending team has worked to the first three defending principles of pressure (1), support (2) and cover / balance (3) and tries to stay as close together as possible to fill the immediate spaces around them whilst being in a position to close down their immediate opponents whom they are responsible for.

Notice (1) takes up a deeper slightly wider position for any ball played in behind or long in a covering position for (2) and (3) whilst also being responsible for (A) should the ball go to this player.

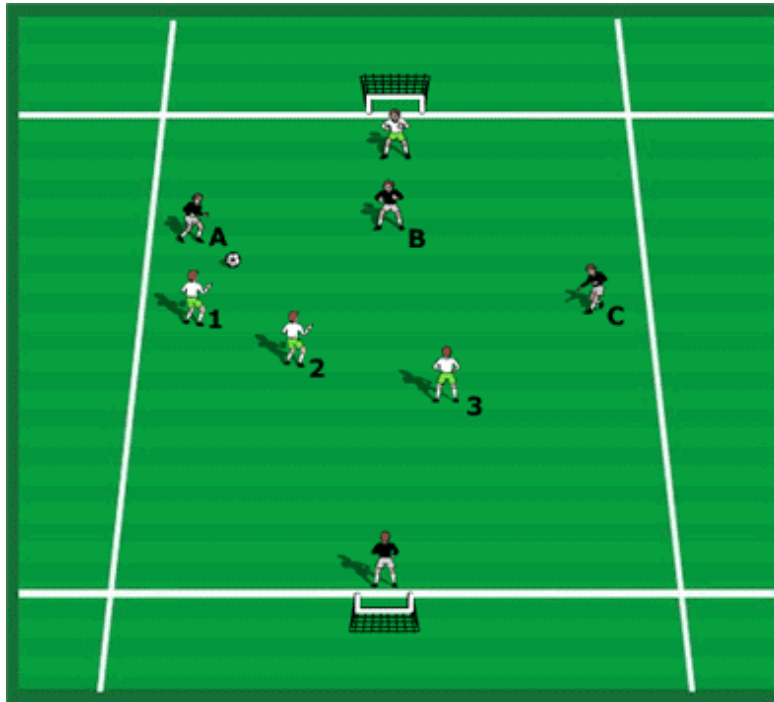
Defending In A 3 V 3 + Keepers Situation



Player nearest the ball pressurizes the ball with teammates in support and covering positions depending on the positions of the opposition and the ball. Dealing here with first, second and third defender scenario, looking at pressure, support and cover / balance positions of the defending team Introducing recovering and tracking principles of defending later

Coaching Points:

1. Mark space (zone play) then pressing the ball, (1) closes down (A) quickly.
2. Making play predictable - show the player on the ball inside or outside depending on where the support is. If outside then (1) has to be confident of winning the ball because this can result in a 1 v 1 situation.
3. Shape of the team (covering / balancing positions).
4. Recovering and Tracking - getting back behind the ball either into space or tracking a run from an opponent.
5. Double Teaming.
6. Compactness.



Here the attacking team has tried to spread out the defending team and create bigger spacing between them which can be effective and is what the team in possession should attempt to do.

The defending team have worked to the first three defending principles of pressure (1), support (2) and cover / balance (3) and try to stay as close together as possible to fill the immediate spaces around them whilst being in a position to close down their immediate opponents whom they are responsible for.

Notice (3) takes up a deeper position for any ball played in behind or long in a covering position for (1) and (2) whilst also being responsible for (C) should the ball go to this player.

Session 115: Front Foot Defending



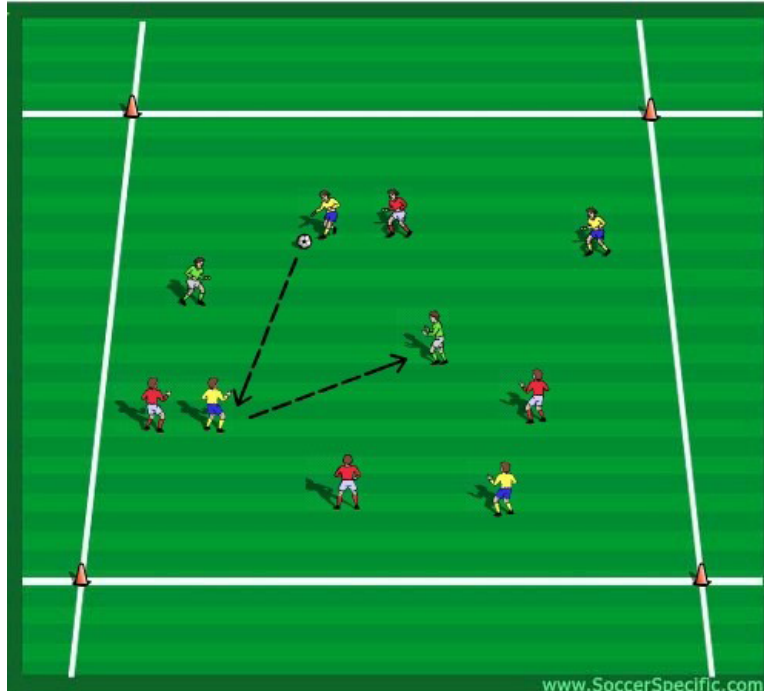
To teach proper positioning while defending – defending off the front foot.

Warm-up: Players are positioned in a 20x30 yard grid as shown in Diagram. Players pass and move continuously. No one-touch passing is allowed. Players must take a positive touch before passing the ball to a teammate.

The following restrictions are applied as the warm-up progresses;

1. Players must get their studs on the ball (ie: roll the ball with the sole) before passing.
2. Players perform a Cruyff turn before passing.
3. Perform a move and attack the space before passing.
4. Perform ANY move before passing.
5. Players receiving the pass are encouraged to point where they want to receive the ball.

Activity #1

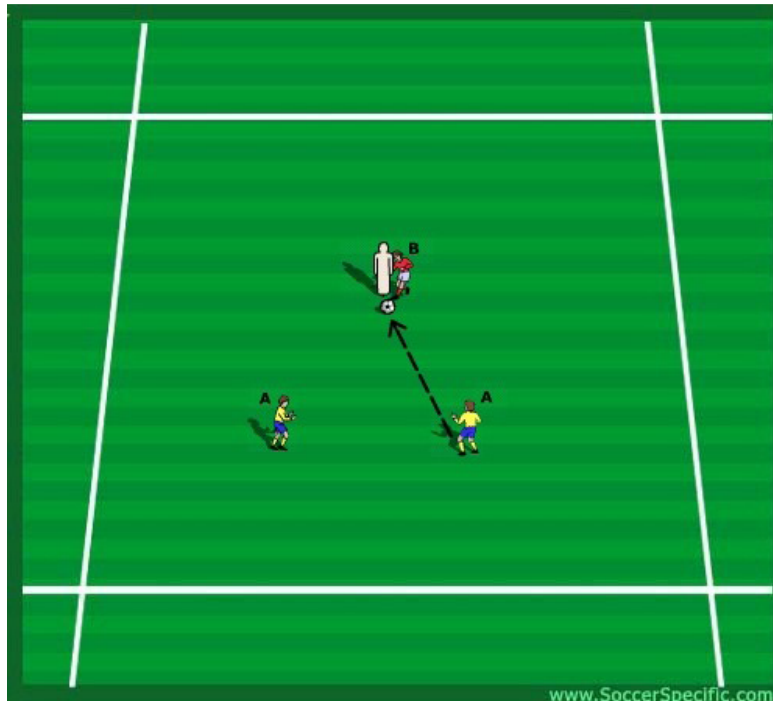


Players are positioned in a 20x30 yard grid as shown in the diagram. A 4v4 plus two “floaters” is organized inside the playing area.

Both teams compete for possession of the ball. Emphasis is placed on the floaters determining the tempo of the game. Floaters are encouraged to either:

1. Calm it down.
2. Increase the tempo – play quick.
3. Play slow.

Activity #2: Defending in Small Groups



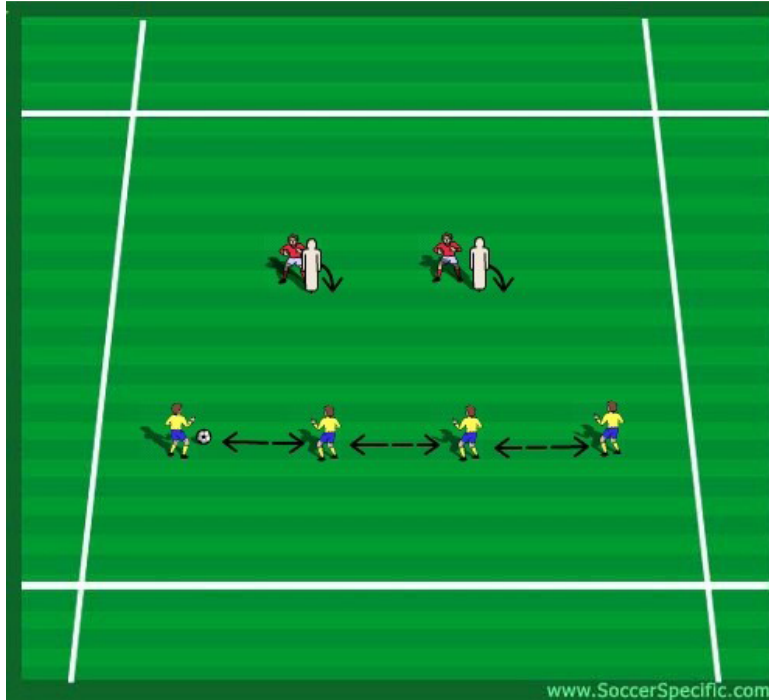
Three players are organized as shown in the diagram above. Two yellow players (A) are positioned 15 yards from the red defender (B). A mannequin is placed in front of the red defender. Players (A) are approximately 5 yards apart with one ball.

1. Both (A) players act as attackers and pass the ball back and forth. The red defender must continually adjust his position as the ball travels.
2. The mannequin acts as a stationary opponent for the defender. The attackers must attempt to hit the mannequin with a pass to score a point.
3. The defender must mark the mannequin on the near-side shoulder to attempt to intercept the pass before it strikes the mannequin.
4. In the diagram, the defender has adjusted his position in relation to the ball to mark on the near-side shoulder of the mannequin. The defender has successfully intercepted the pass because of his good positioning.

Coaching Points:

1. Mark on the near-side shoulder.
2. Keep mannequin in touching distance.
3. How far the ball is away will determine how tight you can get to the mannequin.
4. Make sure that defenders are not standing in front of the mannequin.

Progression #1



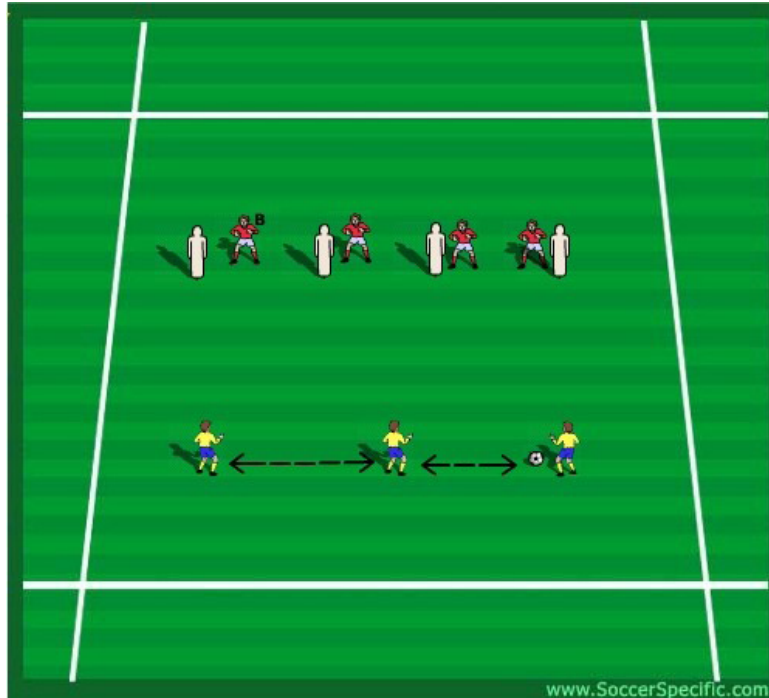
Two mannequins are placed, with a defender behind each one as shown in the diagram above. Four attackers (yellow) are positioned in line approximately 15 yards away with one ball.

The attackers must pass the ball back and forth and occasionally attempt to strike a mannequin with a pass. The two defenders must constantly adjust their positions as the ball travels. Defenders must intercept the ball before it strikes the mannequin.

Coaching Points:

1. Defenders must react and adjust their position as the ball travels.
2. Mark on the near-side shoulder.
3. Read the game - Intercept the pass before it strikes the mannequin.
4. Do not mark from in front of the mannequin.

Progression #2



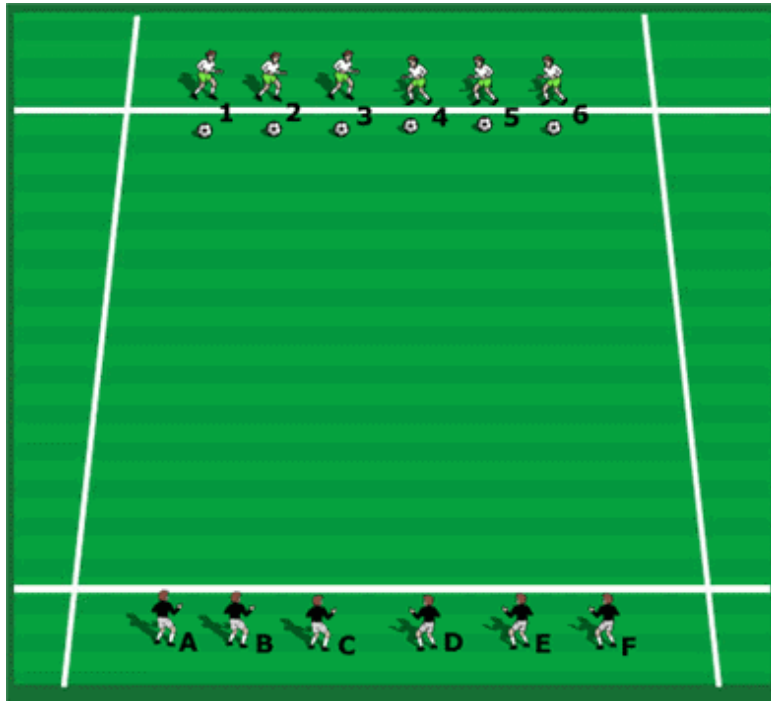
Four mannequins are placed with a defender behind each one as shown in the diagram above. Three attackers (yellow) pass the ball back and forth and attempt to strike a mannequin with a pass. The defenders must constantly adjust their positions in relation to the ball. The defenders must attempt to intercept the pass before it strikes the mannequin. If a defender intercepts a pass he can play a one-two with one of the yellow players before running the ball out of the grid. In the diagram the defenders are all marking on the near-side shoulder.

Defender (B) can afford to be a little further away from the mannequin because of the position and distance of the ball.

Coaching Points:

1. Constantly adjust as the ball travels.
2. Mark on the near-side shoulder.
3. How far the ball is away will determine how tight you can get to the mannequin.
4. Read the game - Intercept the pass before it strikes the mannequin.

Session 116: 1 V 1 Defending Confrontations



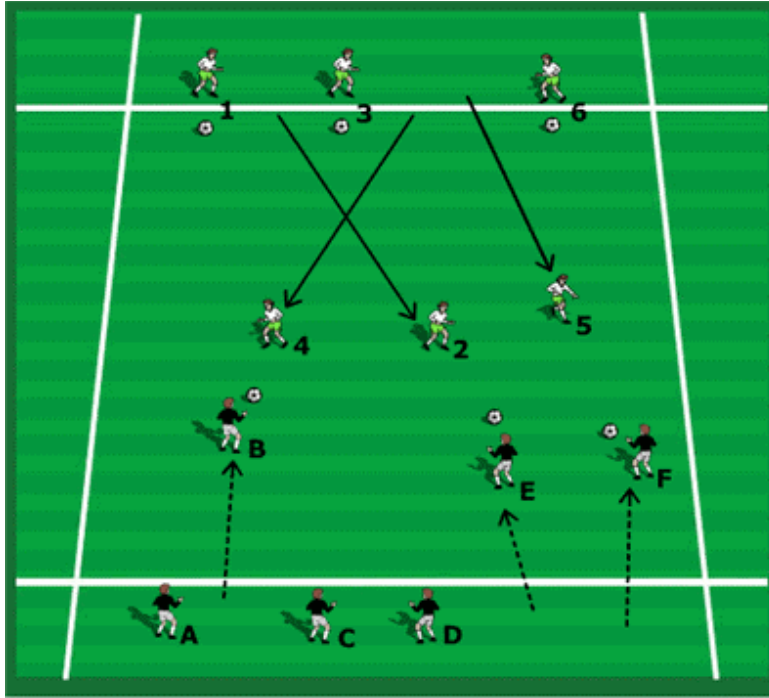
This set up creates lots of opportunities of 1 v 1 confrontations with different players against each other.

Each numbered player has a ball and they can pass to any lettered player. They call their name, pass the ball and close them down quickly and the numbered player then has to win back the ball and try to score a goal by stopping the ball anywhere along the line where the lettered players begin.

Have at least three 1 v 1 's going at any one time, players dictate when and where they do this depending on how many others are live in their 1 v 1's. Players need to be aware of the positions of the other 1 v 1 confrontations so they do not clash with them. Ensure all players have the opportunity to be the DEFENDING player in the 1 v 1. Defenders need to close down the space for the attacking player and force them into tight areas.

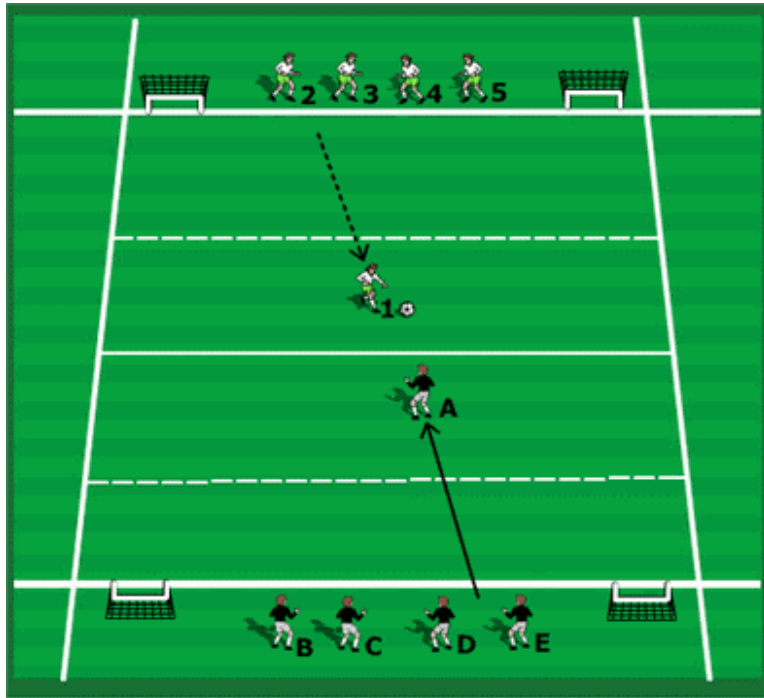
Competitive: Each player counts the number of times they win the ball through good defending, use this on an individual and team basis so there is a winning team and ultimately a winning player.

A Game Situation For 1 V 1 Defending



Divide the teams up into two 3 v 3 games with teams attacking the short side lines to score a goal. Play with one ball then two balls so there is some 1 v 1's and also some support play. Then they attack the long sides as targets making it a little harder to defend successfully.

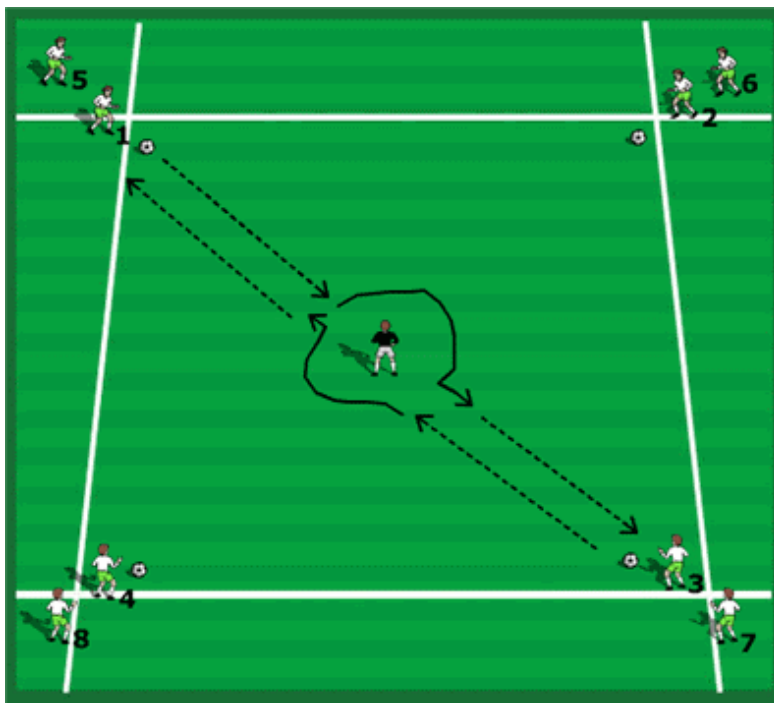
Defending In 1 V 1's, 2 V 1's And 2 V 2's



Two goals for each team to attack, players have to attack 1 v 1 to score. Defenders have to stop them and try to score themselves. As soon as the attack is over; the attacker becomes the defender and the other team attacks. If a defender wins the ball they can attack and score but they must defend again. To score the player must be over the shooting line (5 yards out).

Develop: A 2 v 1 situation, the attacker who doesn't finish the move becomes the new defender. The new defender must position outside the shooting zone. New attackers must begin with a pass and overlap to make it more difficult for the defenders.

Develop: 2 v 2 situation, the team who take a shot become the defenders. The same rules apply as above. If the ball goes out of bounds a new team starts.



Dribbling with the ball, have a cone in the middle, have two diagonally opposite players go at the same time, and they always have to go right on their dribble or left on their dribble so they go the opposite way and do not run into each other. This is a good none pressure set up to begin.

So, dribbling with no pressure then passive pressure from the coach.

(1) starts slightly ahead of (3) and dribbles at the coach who offers passive pressure. Coach turns and offers the same to player (3) coming the diagonally opposite way.

Player (2) then starts to dribble at the coach followed by player (4).

Continuous circuit from these players, you may have 8 players doing this.

Players must perform a dribbling movement to beat the coach and go past them to the other side and start again.

This produces lots of opportunity to perform practiced dribbling skills, (already performed with success under no pressure) under passive pressure getting ready to go to a session providing full pressure.