

Topic: **Small Group Defending**

Objective: **To teach the role of the 1st, 2nd and 3rd defenders when working as a unit**

Session Part: Technical Warm-up



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Organization

Time: **15**

Area: **25x15**
 Numbers: **8**
 2v2 yo-yo

Progressions

Coaching Points

Covering position; close enough to become 1st defender if pressure player gets beat but on a good enough angle to see number on team mates back
 Get out quickly to prevent deep attack

Session Part: Small Sided Game



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Organization

Time: **20**

Area: **25x15**
 Numbers: **8**
 2v2 reload to targets
 Play a 2v2 game in grid with target players place in between the cones; 2 either side. The players inside the grid will score points by passing the ball to either of their target players in between the cones. When the target receives the ball, then both target players enter the field to play against the team that just scored while the other two take their place as targets.

Progressions

Coaching Points

Cannot play into target behind half way. Offside rule applies
 Quick transition onto defense when lose the ball
 Passing a player on - do not chase and get out of position
 Be careful of 'man-marking' the 2nd attacker and leaving space in behind 1st defender

Session Part: Expanded Small Sided Game



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Organization

Time: **25**

Area: **Half Field**
 Numbers: **11**
 5v5 + GK: The defending team play in two units of a 2 in the midfield and 3 in defense. The 2 play against 4 opposition midfielders and the 3 against 1 opposition forward. The unit of 2 are the initial line of defense trying to prevent the 4 attackers in getting the ball into the final third or to their forward player. Once the ball is passed or dribbled into the final third it now goes 3v2 in favor of defense who aim to prevent a goal by dispossessing the attacking team and playing back out into wide goals.

Progressions

Coaching Points

Allow another midfielder to join the attacking third to create a 3v3.
 Allow a recovering defender to create a 3v4 in favor of defense.
 Deny penetration to target player (s)
 Reinforce principles of defending: pressure/deny penetration; cover; balance; concentration/compactness.
 Track vertical runners; pass on horizontal runners

Session Part: Game



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Organization

Time: **30**

Area: **Full Field**
 Numbers: **9v9**
 3-4-1 vs 3-3-2
 3-4-1 gives players opportunity to work in small groups relevant to how they would in a game. 9v9 would often play a back 3 and gives roles of 1st (pressure), 2nd (cover) and 3rd (balance) defenders. The 4 in midfield will allow groups of 2-3 defensive units against a simple attacking formation.

Progressions

Coaching Points

Different tactics i.e. high/low pressure to bring a variety of attacks to deal with
 Communication especially from GK and CB to play ahead and around them
 Quick identification of defensive roles
 Holding positions and not chasing play