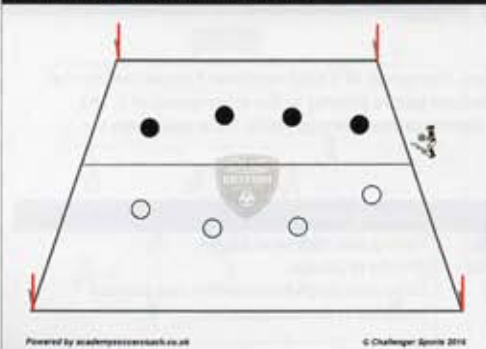


Topic: Defending Principles (1)

Objective: To improve players marking techniques and their understanding and ability to press

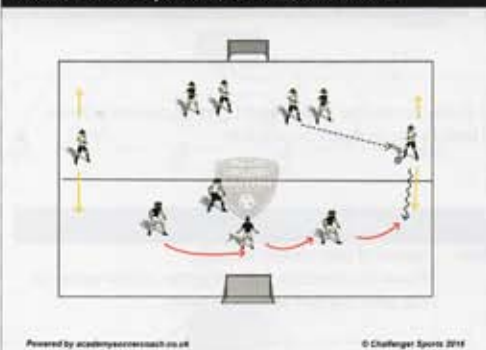
Session Part: Technical Warm-up



Session Part: Small Sided Game



Session Part: Expanded Small Sided Game



Session Part: Game



Organization **Time:** 15

Area:
Numbers:
 4v4 handball.
 The game begins with both teams of 4 in their own halves until the coach plays into one team. Players throw the ball to one another to progress up the field and score by running the ball over the end line. Players can throw and run with the ball but must stop if they are tagged while running with the ball. Offsides must apply.

Progressions	Coaching Points
Add a neutral to unbalance play; 5v4	Defensive 4 working together to stop attack; can they press together, drop together, who is marking who? Encourage players to hold their line.

Organization **Time:** 20

Area: Penalty areas
Numbers: 14
 Players rotate through two grids to defend a central and a wide attack;
 In the top goal players are going 1v1 centrally as the attacker dribbles around the pole and attacks the goal. The defender makes a run around a pole on the by-line and sprints to close down the attacker.
 In the bottom goal the defender dribbles then passes back to the goal keeper who immediately distributes right or left. This brings an attacker into play which the defender closes down.

Progressions	Coaching Points
The central attack should switch which side of the box they start at. The wide attack should integrate a 2nd attacker coming from the other side to defend 2v1	Getting out/high quickly to delay attack Cutting off the passing option in the 2v1 and forcing away from goal

Organization **Time:** 25

Area:
Numbers:
 5v5 to 2 goals.
 Black defense (3) can only press to restraining line, where the white forward must also stay. 2 black forwards plus 2 white defenders play in the opposite half while the 2 white wingers can enter both areas.

Progressions	Coaching Points
Remove the restraining line - can the defense create their own line to press or drop together	3 defenders must press the ball as a unit If they drop off they need to be aware of the runner

Organization **Time:** 30

Area: Full Field
Numbers: 11v11
 4-3-3 vs 4-4-2
 4-3-3 gives 3 smaller units to defend. The back 4 dictate the speed and timing of pressing and dropping while the forward 3 try to prevent quick counter attacks. The middle 3 act to support both groups and stop attacks down the middle

Progressions	Coaching Points
If the back 4 get all the way out to the half way line at the time of a goal it is worth 2.	Patience and discipline in decisions and challenges. Work in smaller units to connect as a team.