

Topic: Defending As the 1st, 2nd and 3rd Defenders

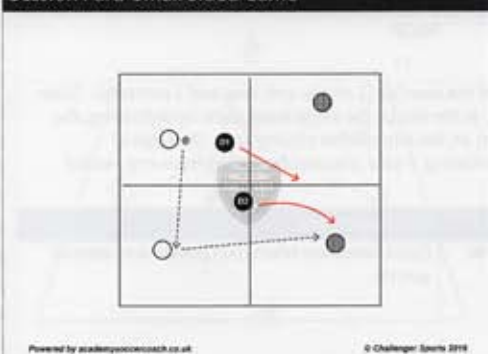
Objective: \_\_\_\_\_

### Session Part: Technical Warm-up



| Organization   |       | Time:   | 15 |
|--|-------|---|----|
| Area:  | 10x10 |   |    |
| Numbers:   | 6     |   |    |
| 5v1 Rondo<br>5 attackers play possession away from 1 defender. Which ever player loses the ball to the defender, takes a poor touch so the ball goes out the circle, makes a poor pass that leaves the grid, or turns their back on play after being shut down quickly, then becomes the new defender. |       |   |    |
| Progressions   |       | Coaching Points   |    |
| Add a second defender to go 5v2  |       | Angle of approach of the 1st defender.<br>Reading the visual clues of attackers.<br>1st and 2nd defender working together effectively |    |

### Session Part: Small Sided Game



| Organization   |     | Time:   | 20 |
|--|-----|---|----|
| Area:  |     |   |    |
| Numbers:   | 4v2 |   |    |
| Each attacker has their own grid which they cannot leave initially. The 2 black defenders work together but cannot occupy the same square. 1 defender must be the pressure player while the 2nd defender covers. The attackers must play one lateral pass before they switch to the other team of 2. When the defenders win possession they switch with the 2 who lost the ball. |     |   |    |
| Progressions   |     | Coaching Points   |    |
| Remove some restrictions so now the attackers can move freely in their half and defenders can go anywhere.   |     | Organize quickly and early to stop penetration. Get in line with any potential forward pass to block.<br>2nd defender supports by cutting off the diagonal pass to the attacker in the opposite corner. |    |

### Session Part: Expanded Small Sided Game



| Organization  |  | Time:   | 25 |
|---|--|---|----|
| Area:   |  |   |    |
| Numbers:  | 6v6 +GK. The defending team attempts to win the ball back or deny a good opportunity to score, retain possession and score in the small gate goals if possible. The white team attempt to score on goal. The black center mids will often work as a 1st and 2nd defender together, while the back 4 will be put under a lot of pressure and work to identify their roles of defense. |   |    |
| Progressions  |  | Coaching Points   |    |
| Either add in another forward to simulate playing against a front 3 or remove a black defending midfielder. |  | Decisions of the defensive unit to slide, press and drop. |    |

### Session Part: Game



| Organization   |            | Time:  | 30 |
|--|------------|--|----|
| Area:  | Full Field |  |    |
| Numbers:   | 11v11      |  |    |
| 4-2-3-1 vs 4-4-2<br>4-2-3-1 work their lines of defense. The back 4 working together, the 2 defensive mids, and the front lines. |            |  |    |
| Progressions   |            | Coaching Points  |    |
| Change tactics - high or low pressure  |            | Fast transition to organize the defensive line quickly.<br>Ensure the pressure player is correct.<br>Ensure coverage is correct.<br>Ensure balance is correct. |    |