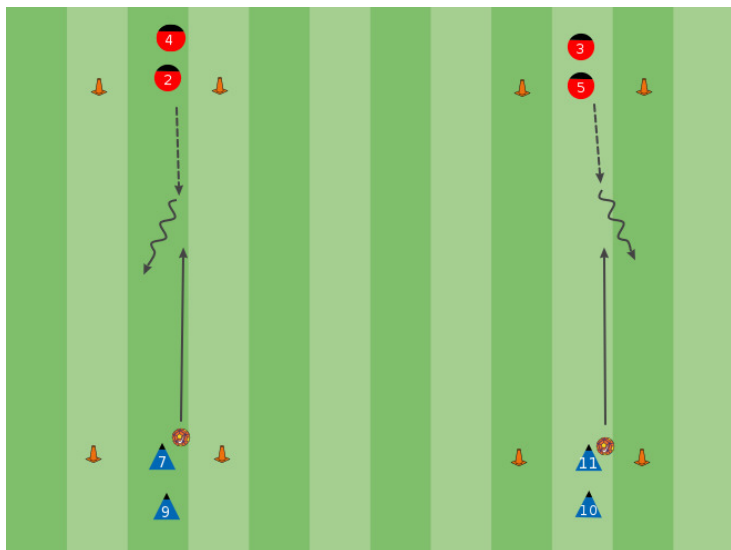


TRAINING SESSION

Recover the ball in the Attacking Half - Warm Up



Defending Principles
Defending Principles



U12 to Senior



8 to Players



8 cones, 4 balls



Intensity: 9



15:00 min
(3 x 04:00 min, 01:00 min rest)

Objective

When out of possession, to win the ball back in the attacking half of the field

Description

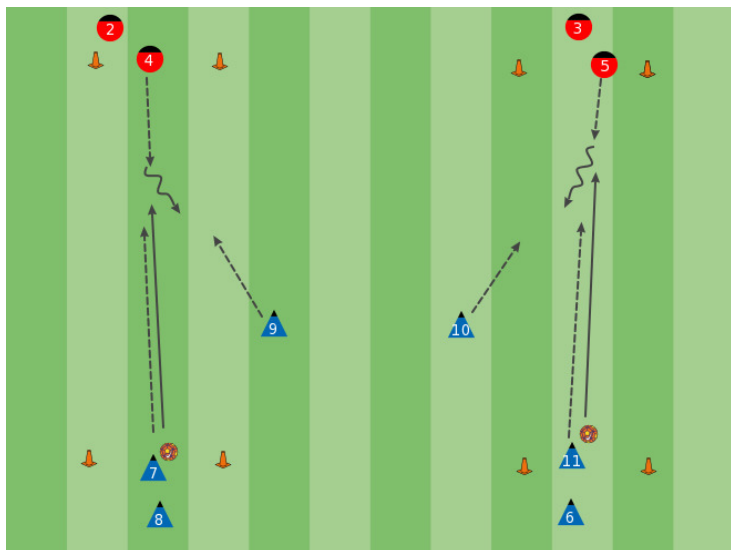
Attacker plays a ball into the defender. Defender's objective is to maintain possession and dribble across the cone barrier. Attacker's goal is to prevent the defender from crossing the barrier by (a) winning the ball or (b) shepherding the dribbler wide outside of the channel

Key Points

1. Close down quickly with long strides; 2. As you approach defender, get low and slow down with short, choppy steps; 3. Don't dive into the dribbler to win the ball, but contain and pressure, waiting for a mistake to win the ball; 4. To shepherd the dribbler into an area, curve your run, opening hips in the direction to want to "push" the dribbler

TRAINING SESSION

Recover the ball in the attacking half - SSA



Defending Principles
Defending Principles



U12 to Senior



2 to 1 Players



8 cones, 4 balls



Intensity: 3



15:00 min
(3 x 04:00 min, 01:00 min rest)

Objective

When out of possession, the objective is to win the ball back in the quickest time possible

Description

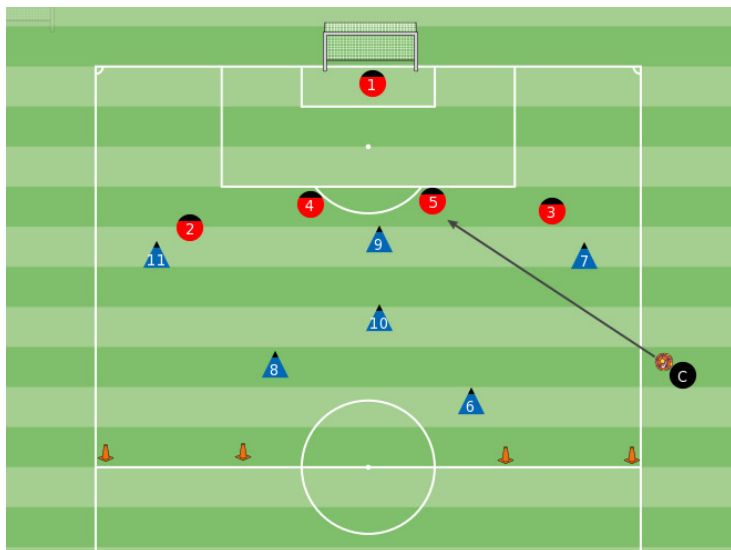
2 v 1 as the attacker plays the ball into the defender. The attacker's job is to shepherd the defender into the waiting forward in an effort to win the ball. Progression: 9/10 closes down and passer positions behind the ball and the 9/10 shepherds dribbler into the other attacker. When you win the ball, dribble across barrier to win the "game"

Key Points

1. Close down quickly with long strides; get low, short choppy steps; 2. Open hips and use an angled run to shepherd the dribbler into the direction that you want to "push" dribbler; 3. Goal is to combine with partner to win the ball; 4. If you stop the progress of the dribbler, then partner needs to come in from behind or the side to win the ball

TRAINING SESSION

Recovery of the ball in the attacking half - EA



Defending Principles
Defending Principles



U5 to Senior



6 to 5 Players



Goal, four cones, supply of balls



Intensity: 8



30:00 min
(2 x 13:00 min, 02:00 min rest)

Objective

When out of possession in the attacking half, the goal is to win the ball

Description

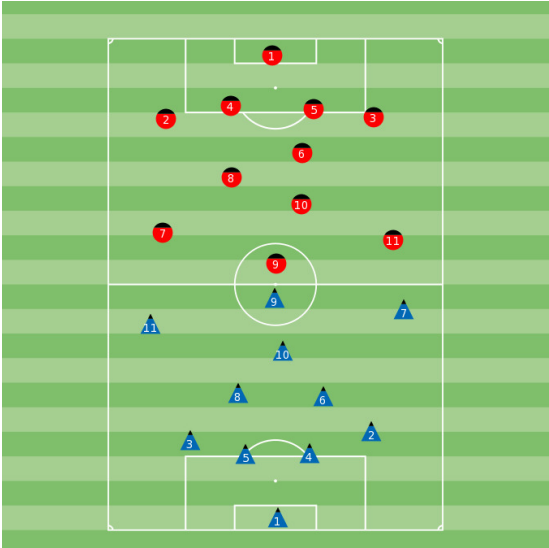
6 v 4 + GK in the attacking half of the field. Coach plays the ball into defenders who attempt to play the ball to the cone goals at midfield. Attacking team attempts to win the ball and score.

Key Points

1. Apply immediate pressure on the ball; 2. Organize behind the ball with the second defender at an angle behind the ball; 3. 2nd defender must communicate with the first defender to show left or show right; 4. first defender then opens hips and attempts to shepherd the attacker into the defender, where they win the ball; 5. if defender stops forward progress, defending partner must come from behind or the side to win the ball; 6. MFs and weak side wingers need to shift over to provide balance and cover for the "pressing" forwards

TRAINING SESSION

STAGE 4 - 11 V 11



	Defending Principles Defending Principles
	U12 to Senior
	11 to 11 Players
	2 goals, 11 v 11 players, supply of balls
	Intensity: 5
	30:00 min (2 x 13:00 min, 02:00 min rest)

Objective

To recover the ball in the attacking half of the field

Description

11 v 11 game; regular rules

Key Points

1. Press immediately after losing possession;
2. Organize behind the ball with second defender at an angle behind the first defender;
3. Shepherd into waiting defenders;
4. Combine to win the ball back quickly and efficiently to create an immediate scoring chances;
5. On goal kicks, invite pass to a weaker defender and press immediately