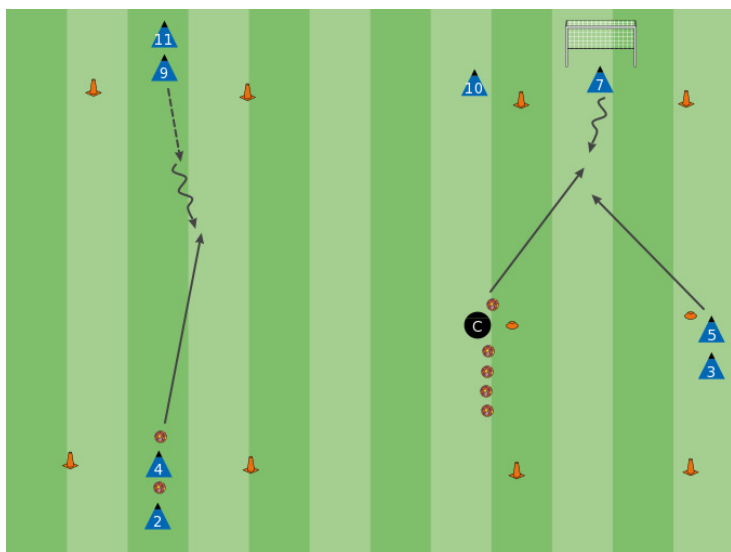


TRAINING SESSION

Recover the ball in the defensive half - Warmup



Defending Principles
Defending Principles



U12 to Senior



11 to Players



8 cones, one mini-goal, supply of balls



Intensity: 8



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

Objective

The goal is to work on the basic defensive techniques that will be used to recover the ball in the defensive half

Description

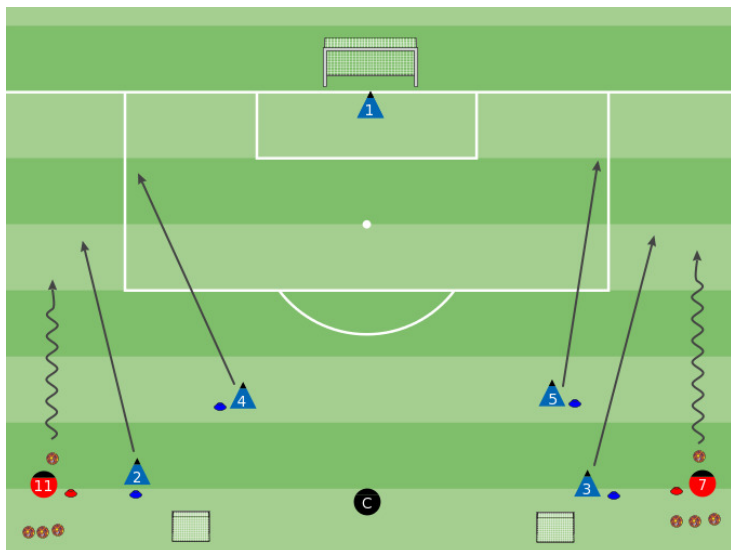
Two lines working on two different defensive techniques. (1) 1 v 1 to line; defender plays the ball into the attacker and attempts to win the ball or shepherd attacker outside; (2) Coach plays ball into the attacker; defender closes down and tries to prevent attacker from reaching end line. If defender wins ball, they transition to attack and attempt to dribble over the line or play the ball into the mini-goal.

Key Points

1. Move as the ball moves and 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; 5. Remain patient, containing the attacker is as important as winning the ball; 6. Critical not to get beat

TRAINING SESSION

Recover the ball in the defensive half - SSA



Defending Principles
Defending Principles



U5 to Senior



3 to 1 Players



1 goal, 2 mini-goals, 6 cones,
supply of balls



Intensity: 8



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

Objective

To work in tandem to win the ball from the attacker in the defensive half

Description

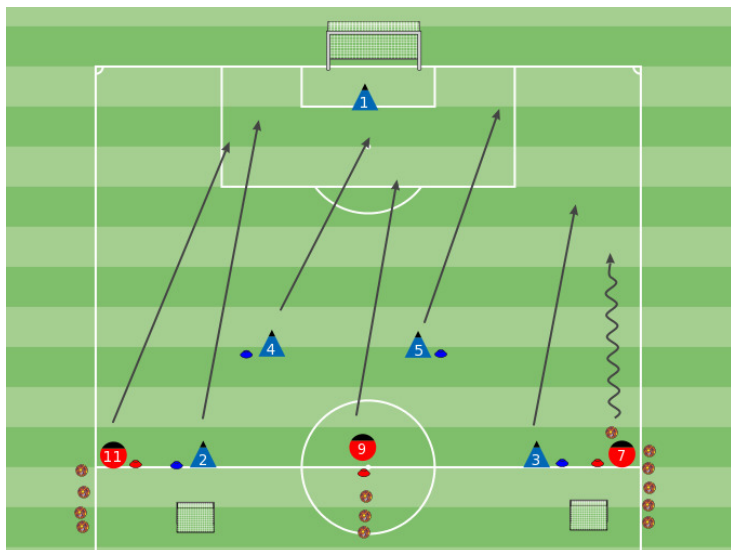
Wide attackers drive down the line, looking to turn the corner and get a shot or cross off near the end line

Key Points

1. Defender must recover and slow down the attacker in the wide area; 2. Second defender provides cover for the first attacker; 3. Defenders must communicate; 4. With proper cover in place, the second defender can communicate with the first defender on when and how to attempt to win the ball from the attacker; 5. Second defender can communicate to win the ball, push outside along the line, or turn attacker in the second defender

TRAINING SESSION

Recover the ball in the defensive half - EA



Defending Principles
Defending Principles



U12 to Senior



5 to 3 Players



1 goal, 2 mini-goals, seven cones, supply of balls in three locations



Intensity: 6



30:00 min
(2 x 14:00 min, 01:00 min rest)

Objective

For defenders to win the ball back from attackers in their defending half

Description

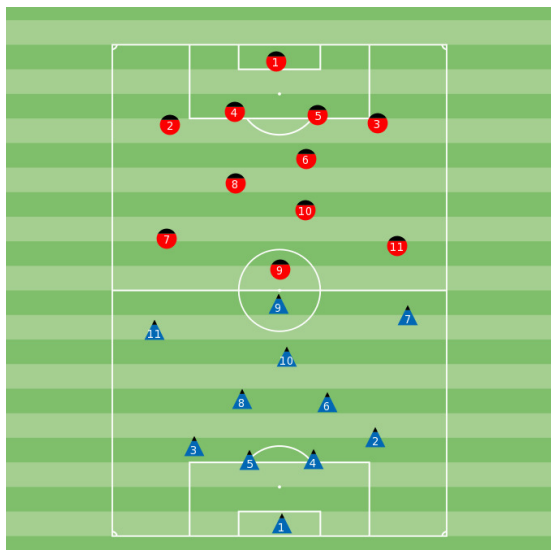
Three attackers are attempting to beat the back four and the goal keeper

Key Points

1. First defender must contain the attacker; 2. Second defender must drop in behind the first defender to provide cover while communicating with the first defender on whether to press to win, shepherd outside and contain, or shepherd into the second defender; 3. Third and fourth defenders must make tracking runs to pick up the other attackers; 4. Defenders must get goal side of the attackers

TRAINING SESSION

Recover the ball in the defensive half - 11 v 11



Defending Principles
Defending Principles



U12 to Senior



11 to 11 Players



2 goals, supply of balls



Intensity: 6



30:00 min
(2 x 14:00 min, 01:00 min rest)

Objective

When out of possession, to win the ball in the defensive half by using the principles of cover, balance, compactness

Description

11 v 11; no restrictions

Key Points

1. First defender on the ball; second defender provides cover; third/fourth defenders track runs, remain compact, and provide balance; 2. Contain the ball until second defender arrives and then pressure; 3. 2nd defender must communicate with pressuring defender on whether to show left or show right or shepherd into the second defender; 4. When first defender shepherds attacker into the second defender, the first defender must help second defender win the ball or switch to now provide cover; 5. Get goal-side on track runs