



Defending Roles

Category: Functional: Defender

Difficulty: Difficult

Am-Club: Omaha FC
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Screen 1 (5 mins)

Above 3 field layout has 18 players involved.

Games last 3-5 minutes - players move onto next Defending grid (example players on field 3 will move onto field 1) If you have more players the games can move into 4v4 as a teaching tool

CPs:

- 1) Individual defending role - Pressure, Transition, Fitness, desire
- 2) Working with a team mate - Pressure cover, Transition, communication, shape
- 3) Working with teammates - Pressure, cover, balance, Transition, Communication, shape, balance

