

Objectives:

1. DEFENSIVE TRANSITION

- Session 1: In the Defensive 1/3

Defensive Transition from Middle 1/3 to Defensive 1/3 - Wide Play

- Session 2: In the Middle 1/3
- Session 3: In the Attacking 1/3

Session 1

Focus: Defensive Transition from Middle 1/3 to Defensive 1/3 - Wide Play

Players: 14 field players + 1 or 2 Goalkeepers.

Field: 1/2 field.

Warm up

2v1 defending wide play. The attacker tries to score on both goals and the defenders must recover, deny the offensive play and play it up field. Rotate players and make sure everyone works on left and right side of the field (rotate groups).

Coaching Points

- Start with 2v1, then add 2v2 and finish with a 2v3.
- Dealing with breakaways and the space behind the defense. If the forward is fast take the available space away by dropping. If it is too late, use the sideline as a third defender and squeeze the opponent outside.

Progression 1

4v1 wide play going to goal. Add a goalkeeper. There will be 2 groups of defenders, one at a time. Each group performs on each side of the field and then switch. Make sure the defenders start their actions at the defensive third line, making the recovery run more realistic (facing their own goal – defending the breakaway from middle 1/3 to defensive 1/3).

Coaching Points

- Work on the idea of recovering runs towards the ball side.
- Use levels of pressure, covering and balance.
- The goalkeeper is allowed to come out of his line if necessary.

Progression 2

4v2. Defending the overlapping player. Do it on left and right side and rotate the groups.

Coaching Points

- Create a 2v2 as fast as possible in the flanks and deny penetration and crosses.
- 2v2 defending principles of pressing and covering.

Progression 3

4v3. Next, the 3 opponents get involved in the whole play. One of them goes center. Same rotations as before.

Coaching Points

- We already addressed the pressure and the covering aspects of the situation. The addition of a third

opponent that moves to the middle of the field will require the defense to balance their shape. They need to keep watching the development of the play and at the same time mark that forward.

Progression 4

Finally 4v4. This time add a player on the weak side of the play to run by the blind side of the defense. Same rotations and, execution by left and right side.

Coaching Points

- The defenders are not outnumbered yet, but because they need to be ball oriented they may be exposed on the weak side. Attention on the wide player on the weak side, do not neglect him but slide ball side.
- If the ball is reversed to the opposite side, thru an early cross in behind the defense then the goalkeeper must come out try to intercept. The fullback on the weak side must be aware and ready to defend this incoming opponent (blind side run).

Progression 5

4v6. Both teams start close to the half way line. The ball starts with the forwards. The first pass is free – diagonal forward (wide play). Forwards are going to goal and defenders try to deny the breakaway. If the goalkeeper gets the ball, or the ball goes out of bounds or the forwards score a goal, then the play is over and a restart will take place. Rotate the defense.



Coaching Points

- Press, cover and balance if possible. If not possible delay and drop.
- Create equal numbers around the ball.
- Force the forwards to play the ball in front of the defense. Deny early passes in behind.
- Goalkeeper must sweep if a long ball stretches too far or a unmarked opponent breaks thru unnoticed.

COOL DOWN

- Jog and stretches.