

Objectives:

1. DEFENSE

- Session 1: In the Defensive 1/3
Small-sided games. Defending 1v1, 2v1, 1v2 and 2v2.
- Session 2: In the Middle 1/3
- Session 3: In the Attacking 1/3

Week 10

Session 1

Focus: 1v1, 1v2, 2v1 and 2v2 defending.

Players: 20 field players + 2 Goalkeepers.

Field: $\frac{3}{4}$ of a field.

Warm up

1v1. 02 games of 1v1 at the same time. White versus black shirts. The white team defend two small sided goals and attack on the other two in front of them and vice versa for the black shirts. A and B serve 02 different balls to C and D respectively. A plays against C and B plays against D.



Coaching Points

- C gets the ball from A and then he will try to attack. If A steals the ball back again, then C should not quit. C has to chase and play defense as well. So every time there is a turn over do not allow the players to quit so soon, show them that there is direct relation of goals scored and lack of resilience from the defense members.
- There are two goals for change of direction purposes. If a goal is blocked then a forward should try to score in the other one. If that happen the defender should stay with the pressure as long as possible and be alert to cuts, turns and angles for possible shots in goal.

The two games are separated and players do not mix. A new round does not start until both 1v1 games

are over (goal scored or ball out of bounds). Do not allow a single 1v1 game to start before the end of the previous round. When all 1v1's are finished then start the new round with 2 games of 1v1 as stipulated above. If A and B steal the ball they are allowed to counter attack C and D, now in a defensive role.



At the end of the game the servers (A and B) are going to go back to the same lines that they came from. C and D however will switch lines. That will allow players to play against different opponents. After every member of the serving team has served 4 balls each (played 4 games), then switch the teams roles. White shirts serve the ball and black shirts receive the ball.



Progression 1

2v1 OR 1v2. The game is the same, except that when a player scores, he will eliminate his direct opponent and most importantly he is now allowed to join his teammate and help/support, thus creating a 2v1 game. So D score in B. B is out of the game. D turns immediately and offers support to C, who is still playing against A.



2v1 situation.



Coaching Points

- Even though we are aiming for the defense side of the progression, have your assistant coach help you with the attacking side of it. If a team is training defense, someone is attacking that team, so be economical and maximize your training session by having extra help working with the forwards.
- Angles of support.
- Quality of the pass: speed and direction
- Choose the right moment to go forward
- Combinations

1v2 situation.



Coaching Points

- 1v2. A has to delay and drop. Force the play to predictability. Try to find the right moment to intercept a pass. Try to isolate the man on the ball and create a 1v1.
- If A scores then his goal counts 2 points.
- When the 1v2/2v1 game is over then a new round starts again. 02 separate games of 1v1 and whoever scores eliminate the opponent and come help his teammate as previously explained.

Progression 3

2v2. A and B will serve one ball now to C and D and they all play a 2v2 game.

D was the receiver therefore D must control the ball pass to C and overlap him. That is a mandatory maneuver of the drill, from that point and on players can play their game. When someone scores or the ball goes out of bounds then a new game will start. Rotate the teams roles after a while. Keep score.



Coaching Points

- A and B need to approach the play within 2-3 seconds.
- They should not dive in and set their foot/defense stance position, as they get close to the play.
- The closest one presses and the other cover his back. Stay compacted.
- Determine right away who is pressing the man on the second pass and who is dealing with the overlapping player.
- Because of the proximity of the goal, keep it simple. Exchange players could be difficult and separation may occur. Therefore ask the players to stay with their man as long as possible and be careful with
- If possible create a 2v1 against them by isolating the man on the ball. Squeeze him against the sideline or corner of the field. Double team.

COOL DOWN

- (Fun Scrimmage). Increase the size of the field, keep the 04 small-sided goals and have a 8v8 game where all players are barefoot. The losing team stores the equipment.