

## Objectives:

### 1. DEFENSE

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

Defending with the front players in the middle 1/3 and into the attacking third.

## Week 6

### Session 3

Focus: Defending with the front players

Players: 16 field players and 2 Goalkeepers.

Field: ½ field.

### Warm up

1v2. One forward tries to regain ball possession from two forwards and/or defend the small-sided goal. The ball starts with the defenders; next the forward passes the ball to the defenders and step up to play against them. Sub the forwards.



### Coaching Points

- Steering
- Isolation
- 1v1 defense
- 1v2 defense
- Recovery runs

### Progression 1

02 games of 2v4. 02 forwards against 4 defenders. Both groups defend 02 small-sided goals. Sub the forwards.



### **Coaching Points**

- Pressure and cover cooperation
- No splitting and no getting beat in combination
- The first front player can apply higher pressure and commit. The second one has to anticipate a chance to win the second ball.
- Stay active at all times.
- Lots of communication and coaching between the 02 front players.
- It is still important to apply correctly the principles of 1v1 defense and 2v2 defense.
- Drop and Delay when needed – deny space.

### **Progression 2**

4v6 going and defending to 4 small-sided. The front players are 02 forwards and 02 attacking midfielders against a back 04 and 02 holding midfielders. Sub the front players and the defenders. The ball starts with the defenders and then the forwards serve the ball.



### **Coaching Points**

- It is crucial to defend as a compacted group.
- No gaps
- No difference of intensity among the front players.
- Channeling.
- Ball oriented defense
- Chose pockets to increase the pressure, for instance when the ball goes to the fullbacks.
- To conserve energy, drop and delay but remain active. Any pressure is better than none.

### **Progression 3**

Same as Progression 2, but going to goal. Add a goalkeeper. Sub the forwards and the defenders. The ball starts with the defenders and then the forwards serve the ball.



**Coaching Points**

- Same as progression 2

**Cool Down**

- Informal soccer-volleyball barefoot with BTB's.