

Objectives:

4-2-3-1: DEFENSIVE ASPECTS

Session 1: In the Defensive 1/3

Practice the defensive posture of the team by the flanks and central areas in the defensive third of the field. The opponent has the ball, but our team has recovered and kept them in front of us denying free access to goal.

Session 2: In the Middle 1/3

Session 3: In the Attacking 1/3

Week 2

Session 1

Focus: 4-2-3-1 Defending in the Defensive Third

Players: 16 players + 2 GK's

Field: ½ field

Warm Up

1v1 by the flanks inside of the defensive third. Focus on the defensive side of the game. Start with no counter attack from the defender, so when he wins the ball the game is over – then introduce counter attack in the next phase.



Coaching Points

- 1v1 defense techniques. Working to get the ball back.
- Quick approach, set your foot, tackle with front foot, never turn your back from the ball and if beaten cut the running path.
- When doing the counter attack, make sure to change the speed when the ball is won disallowing any possible come back from the opponent.

Progression 1

Progressing from the warm of 1v1 into 2v2 in the flanks. Again if the defender wins the ball then the game is over. In the second phase then counter attack is allowed.



Coaching Points

- Make sure the 1v1 is still correctly done when doing the 2v2.
- Pressure and cover cooperation.
- Do not get beat in combination.

Progression 2

Now expand the area to a wider grid towards the center of the field, and a second goal and play 3v3. Same dynamics where the defenders must win the ball back and no counter attack. Next counter attack to line or to target.



Coaching Points

- Pressure, Cover and Balance.
- Create levels of covering and defend channels.
- Deny penetration in the side goal, emulating what could be a penetration to goal.
- Once the pressure is initiated, the other defenders must respond and step up or squeeze together.

Progression 3

Now defending in the central area of the defensive third and the 18-yard box. A block of 8 players (4-2-2) vs 2 teams of 5 players. The defending team will deny the attacking team to have access to goal (shots, thru balls, combo, switch the point of the attack, rebounds, crosses and 1v1 penetrations). When regaining possession the defending will play with the targets outside the defensive third area. After 3 attempts the target players will be the next attacking team. The defending team remains in the defensive role during the whole exercise.



Coaching Points

- Compactness of the block
- Communication within the lines (horizontally and vertically)
- Make sure to coach the GK
- Deny the offensive maneuvers, regain possession and if possible link up with targets, not only clearances.
- The variation can be done by numbers down on the defensive side and build it up to 8 players again.

Progression 4

Play 9v9 in the defensive third. The defenders play on 4-2-3 formation versus a 5-2 attacking formation. Free play with no restrictions. Attackers go to goal and defenders to target.



Coaching Points

- Reassure the players roles when defending (pressure, covering and marking)
- Assign markers to the opponents.
- Maintain shape and attention to switch the point of the attack
- Long balls in behind the defenders must be Goalkeeper's ball
- Press high and early. Deny shots.
- Defending crosses: win 1st + 2nd balls and mark back and front post attackers.
- Deny combo in the wide areas as well as in the central area.

Cool Down

- Dynamic Stretches