

## **Defending**

Main goal: group defensive principles reminder, cover of the flanks, develop defenders capacity to build up the game from the back, develop capacity of the attackers to recover and shut the gaps.

## **Warm-Up**

Circuit training with the physical coach: aerobic resistance and coordinative skills. All activities using the ball.

## **2 v 2**

Two attackers start the activity at the halfway line going towards the goal. They have to beat two opponents in each area and finish with a shot on goal. If the defenders steal the ball, they have to cross their defensive line in possession of the ball, while the attackers drop back (recover).



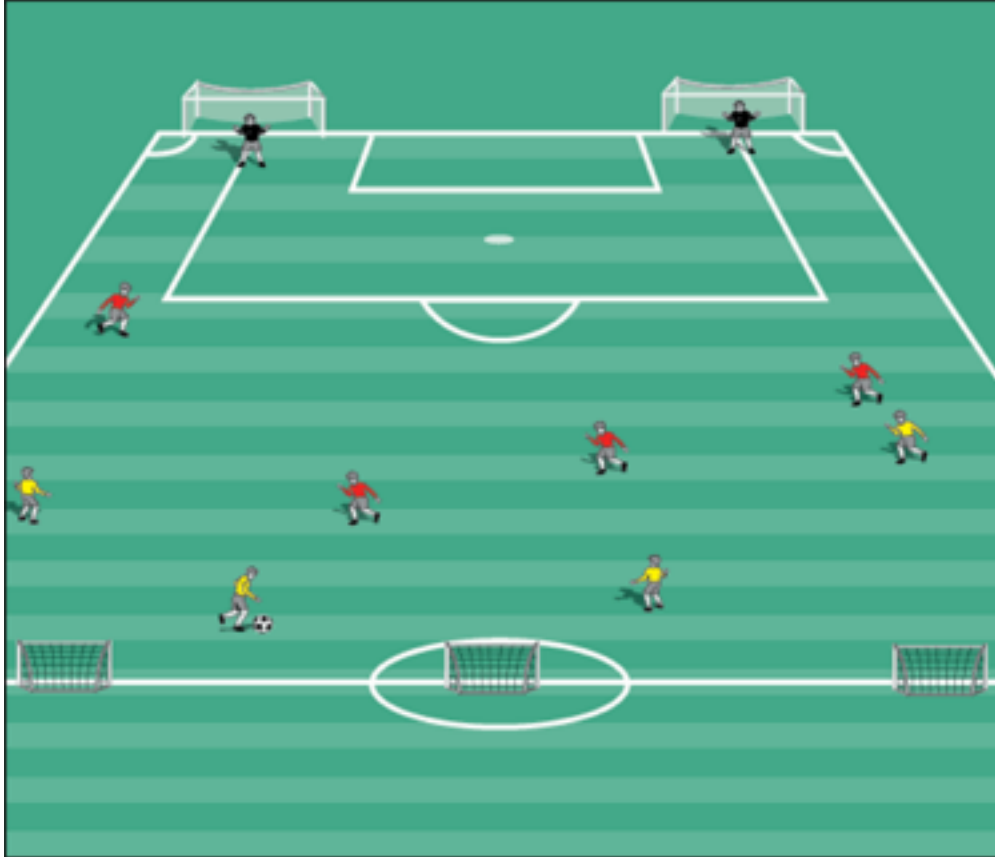
## **Coaching Points**

- Offensive: over laps, crosses, blocks, changes of direction and speed,
- Defensive: communication, balance, support, split defense, blitz (two in one).
- Transition: transition to recover (dropping back when loose the ball).

## **Progression – 4 v 4**

### **Positional Game for the Full Backs**

4 v 4 on the half field. Attackers will attack always by the flanks to score in two goals. Defenders will defend zone covering the flanks. As GK gets the ball defenders go wide to score in the three mini goals placed at the halfway line.



### Coaching Points

- Offensive: attack by the flanks, switch the ball
- Defensive: zone defence; cover the flanks, differentiating player's positions and functions on the 3-5-2 and the 4-4-2, safe and smart off side line.
- Transition: shut the gaps when loose the ball, build up the game from the back.

Positioning of the defenders to build up the game from the back:



### Attacking from the flanks: 3 + 2 v 3

Three attackers plus two flank players that can only play in the corridors play against three defenders. If defenders steal the ball they pass it to players at the halfway line and another group of attackers start from the middle. Flanks are the same.



### Coaching Points

- Offensive: crosses, positioning inside the goal area, vary attack between middle and flanks
- Defensive: increase the level of difficulty for the defenders, cover the flank, play in numbers disadvantage, avoid crosses, positioning inside the goal area.
- Variation 6 v 4

### 8 v 8

Played on a reduced field. One team will play with three defenders and the other one with four defenders. The players will decide how many midfielders and attackers.