

Objectives:

1. DEFENSE

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

Small-sided games. Defending 1v1, 2v2, and 4v4, including transition to defense.

- Session 3: In the Attacking 1/3

Week 10

Session 2

Focus: 1v1, 2v2 and 4v4 defending in the Middle 1/3.

Players: 16 field players + 2 Goalkeepers.

Field: 2/3 of a field.

Warm up

2 players and 1 BTB (Brazilian Technical Ball). Ball control work with different body parts (head, thigh, chest, and feet).

Progression 1

1v1 transition to defense. Player A starts with the ball and his objective is to give the ball to player C, but before he needs to bypass player B (situation 1 and 2). If B steals the ball from A, then B tries to reach player D. If he is successful then A will reach C (situation 3). By doing so, A becomes the defender and C is the new attacker going the other way trying to reach player D. If the ball goes out of bounds then both players are out, and the two other players start a new game (if black kicked it out bounds, then white shirts restarts and vice versa).



Coaching Points

- Defending in transition, it is mainly dealing with a player coming at you at speed or trying to bypass you either thru dribbling or a penetration pass. Try to close down the opponent, then set the defensive stance position as close as possible without getting beat by the opponents 1st or 2nd touch of the opponent.

Progression 2

Moving forward, the progression now is a 2v2 game. Same principles of the prior dynamic. Team A attacks team B, trying to get the ball to Team C. Then B is eliminated and C attacks A trying to reach team D and so on.



Coaching Points

- Pressure and cover
- Make sure to have more pressure on the man on the ball. There is cover now and the 1st defender can apply more commitment on trying to recapture the ball.
- Keep the game at fast pace.
- Require the defenders to work under the 2 seconds rule. 2 seconds to step and block the ball, 2 seconds to regain the ball or at least touch/poke it, 2 seconds to get back (recovery run) whenever he is beaten.

Progression 3

Next, progress into a 4v4 game. Same principles as before. Use the full width of the field and ply the game in the totality of the middle third. Team A tries to bypass B and get to C.



If A gets to C, then B is out and C counters A trying to get to D and so on. If the ball goes out of bounds then two new teams coming in for a new game.



Coaching Points

- There will be more space to be covered. If the team defending does not apply good pressure on the ball and the covering is too distant, then it will be easy for the other team to slip ball thru and over them. Everyone knows that games are won or lost in the midfield whoever wins the middle battle has more

chances to get to the attacking third and therefore approach goal opportunities more often.

- Again, press the man on the ball. Do not allow seams, protect them and do not get split. Cover the pressure man's back. Win 2nd balls and counter the counter.

Progression 4

Same as progression 3 but now going to goal. So add the goalkeeper. The ball always starts from the goalkeeper's hand. In the diagram below, the goalkeeper plays team A. If the A team manages to score or shoot (in the target, at the GK or out of bounds), then B is out and C is the new attacking team against A. As in the other progressions, if A wins the ball back once again, then they counter the counter and try to score.



Coaching Points

- If a team is beaten by a shot, ask them to keep playing and be aware of rebounds. Win 2nd balls, unless it is a goal, the ball went out of bounds or the goalkeeper caught the ball = new game.
- Request fast pace tempo at both sides of the game (offense and defensive).

COOL DOWN

- Jog and Stretches.