

Objectives:

1. DEFENSIVE TRANSITION

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

Transition to defense after turning possession away in the attacking 1/3.

Defend with front players and attacking midfielders.

The team must show desire to defend over that area. It is important not to neglect defensive transition in the attacking third. Normally a team has a bigger motivation to attack but relax after possession is lost in the attacking third. It is very important to apply pressure right away and try to regain the ball closer to the opponent's goal. A front player that neglects defense in the attacking third will realize that a counter attack will be launched against his team. By that time it could be too late to avoid it, and/or they will have to rush to get back, run longer and run faster. Instead, by pressing right there, in the attacking third, a team will save energy and will increase its chances of score.

Session 3

Focus: Transition to defense in the Attack 1/3.

Players: 10 field players and 2 Goalkeepers.

Field: ½ field

Warm up

6v4. The 6 players are trying to penetrate in the central circle, by dribbling or combinations, in order to score a goal. No long balls allowed to be passed across the circle. The 4 players need to defend the 6. The 4 should move as a compact group, deny the 6 and dribble the ball outside the grid in order to score a goal.

Coaching Points

- Reinforce passing among the 6 defenders and keep the ball moving.
- Reinforce compactness among the 4 players.
- Pressure and covering; channeling and taking passing lanes away.
- The player that steals the ball should pass it quickly
- Use 4 front players to be in that group (2 attacking midfielders and 2 forwards).
- Use a back 4 plus 02 holding midfielders to be in the group of 6.
- Variation: To increase the chances of simulating a transition to defense by the front players, every time that any team scores the game restarts with the group of 4 in ball possession.

Progression 1

4v3 going to 01 goal against 02 counter goals. A back 4 + goalkeeper versus 2 forward + 01 attacking midfielder. In this first phase of the progression, the front players start with the ball and try to score in goal. Have 2 reserves for the defense team.



Coaching Point

- Note that in possession that the front runners are placed like a 3 forward formation, which emulates the pattern of the 4-4-2 Box Midfield when entering the attacking 1/3 (for more information refer to the book Brazilian Box Midfield available at www.worldclasscoaching.com)

If the attackers lose the ball or the goalkeeper saves it, then the transition to defense starts right away. There will be a counter to a counter attack. If the ball goes out of bound or any scores, the game restarts again thru ball possession to the front players.



Coaching Points

- The three front players must play ball oriented defense style. Compact, together, pressure and cover, channeling and taking the angles of passing lanes and choose the right moment and place to initiate the pressure.
- The front player's pressure should be disruptive. Many times they will not win the ball directly, but they will facilitate the job of second defenders. The in-existence of pressure from front players is unacceptable in modern soccer.
- If pressure is not possible due to late approach or larger distances, then steering the opponent to certain areas of the field becomes the main goal, forcing them into pressure.

Progression 2

Now 6v4. Add 02 holding midfielders to the defending team. Allow the extra attacking midfielder to join the game. The principles of the game are similar as Progression 1.



Coaching Points

- When pressing wide players the rule is for the Attacking midfielder from that side to step up and press. The weak side attacking midfielder stays center and cuts the switch from the opponent. The forwards deal with the center backs and pass back to the goalkeeper.
- When pressing center players, most of the time the pressure starts from the forwards.
- Again, these are principles and common sense applies. The closest player to the ball should be the one

pressing first, never mind rules when pressing is called upon.

Progression 3

Playing to two goals. 6v4. Full width of the field on half field. Regular game.



Coaching Points

- It is suggested a second group of front players as substitutions, due to the extensive space.
- Focus your coaching in the defensive transition moments and the behavior of the front runners towards it.

Front-runners in defense.



Coaching Points

- More space to cover and more players to deal with = ball oriented defense.
- Choose pockets to press and isolate defenders, especially the wide ones, by overloading their areas with pressure and cover players.
- Double-teaming when the opponent is in trouble. Increase the pressure.
- Aggressive attitude training. Ask the front players to test their characters under this important task.

Cool Down

- Juggling BTB's (Brazilian Technical Balls).
- Stretches and Jog.