

Defending Practice Session (90 minutes)

Warm up – FIFA 11 (10 minutes)

Warm up with a ball (10 minutes)

Make a 20x30 yard grid. Each player with their own ball in the grid. Players dribble using both feet, inside/outside of foot. Toe taps, tap and push. Have players work on change of pace and change of direction. Work on different feints and turns. Adding a new move each week. Throwing the ball in the air and bringing it down to the ground, continue dribbling.

Introduce theme of practice: Defending

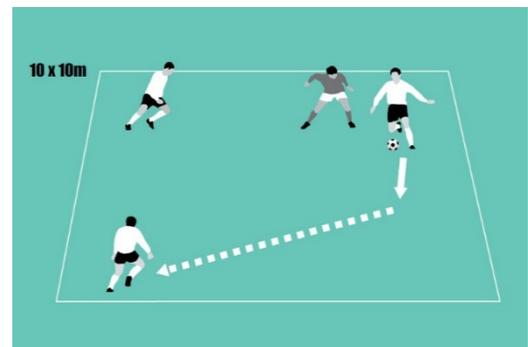
Coaching Points – Stay low, defensive position. Jockey the attacker. The three 'D's of defence: delay (slow down attacker, deny (deny a pass), destroy (win the ball).

Game: 3 v 1 (15 minutes)

How to play:

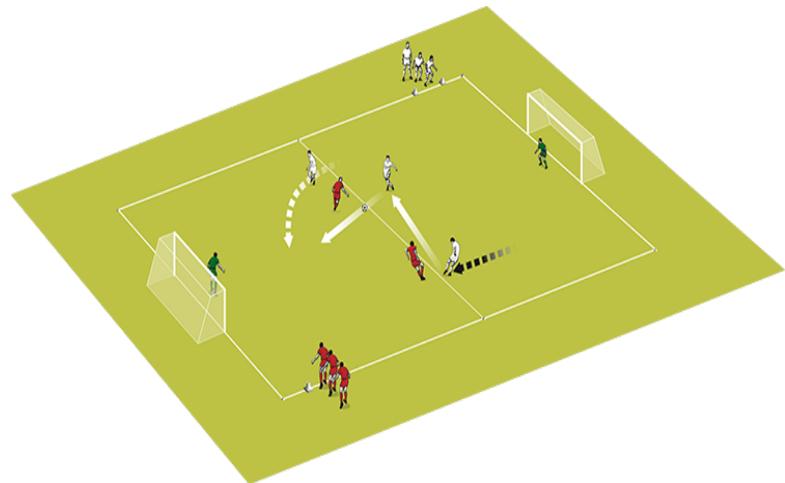
3v1 keep-away in a 10x10 metre grid. Award a point to the attackers for completing a specified number of consecutive passes. The defender gets a point for stealing the ball or knocking it out of play, or if the attacking team kicks the ball out of play.

Coaching points: Defender to stay low, delay the pass.



Activity: Defending in pairs (20 minutes)

How to play: Two teams – one of 5 players and one of 6 players plus 2 goalkeepers. The goalkeeper starts the activity with a pass out to the three players. Ahead of them are two defenders. The attackers must progress into the opposing half, exchanging passes and looking to take a shot on goal. Defenders must organise themselves well, tracking the ball but also looking for attackers running into space. The round will end with either a shot on goal or a defensive clear. Now switching direction, the two defenders become attackers and are joined by another player from the side. The three initial attackers exit the pitch and return to their gate. They are replaced by two players who now act as defenders, thus creating a new 3v2.



Coaching points: Defender closest to the ball is the first defender and goes to the player with the ball and tries to force them one way. The other defender is the second defender and supports the first defender.

Game: Small-sided soccer game (25 minutes). Cool down.