

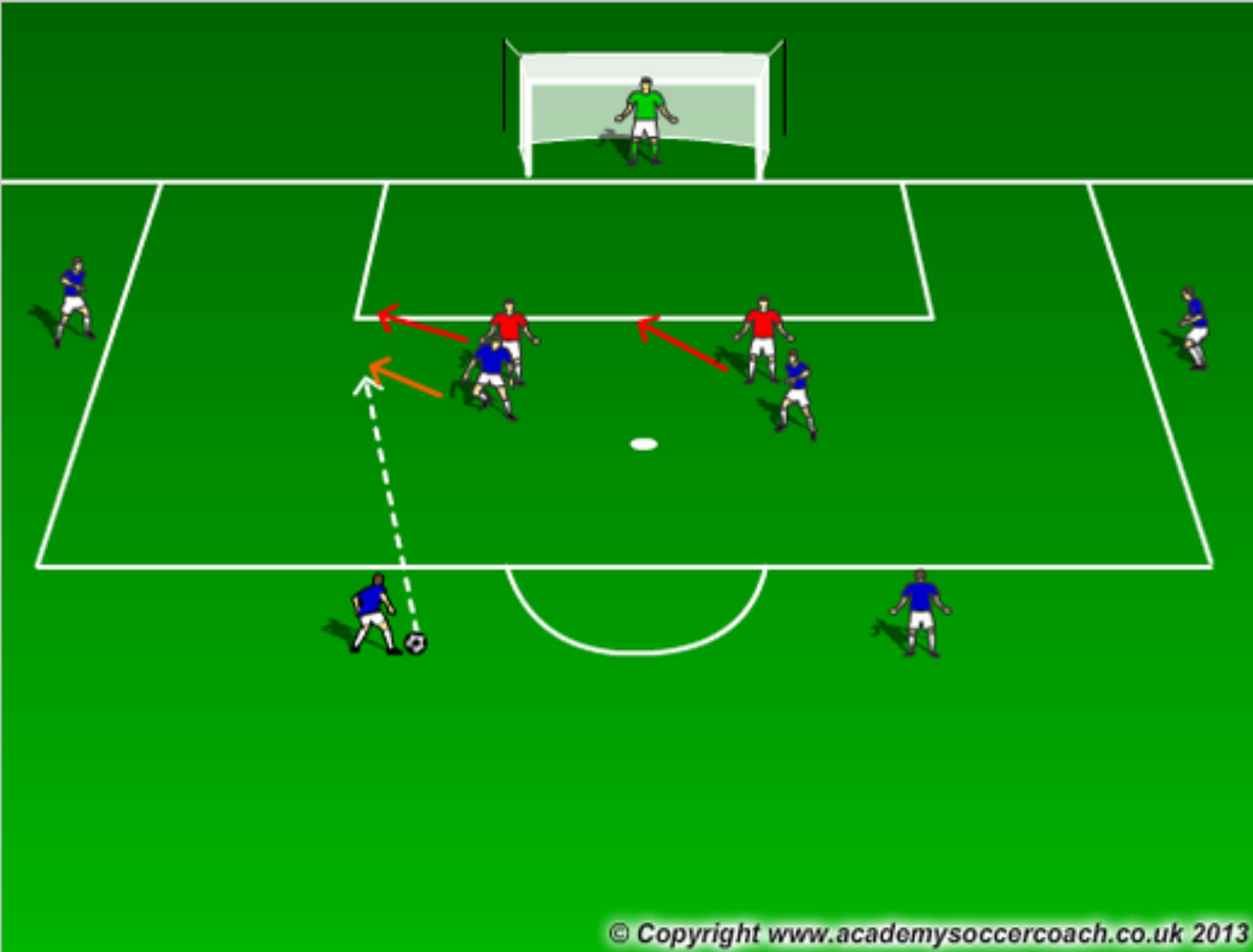


# DEFENDING

# SESSION PLANS



[www.teamgrassroots.co.uk](http://www.teamgrassroots.co.uk)



## Defending Tech/Skill

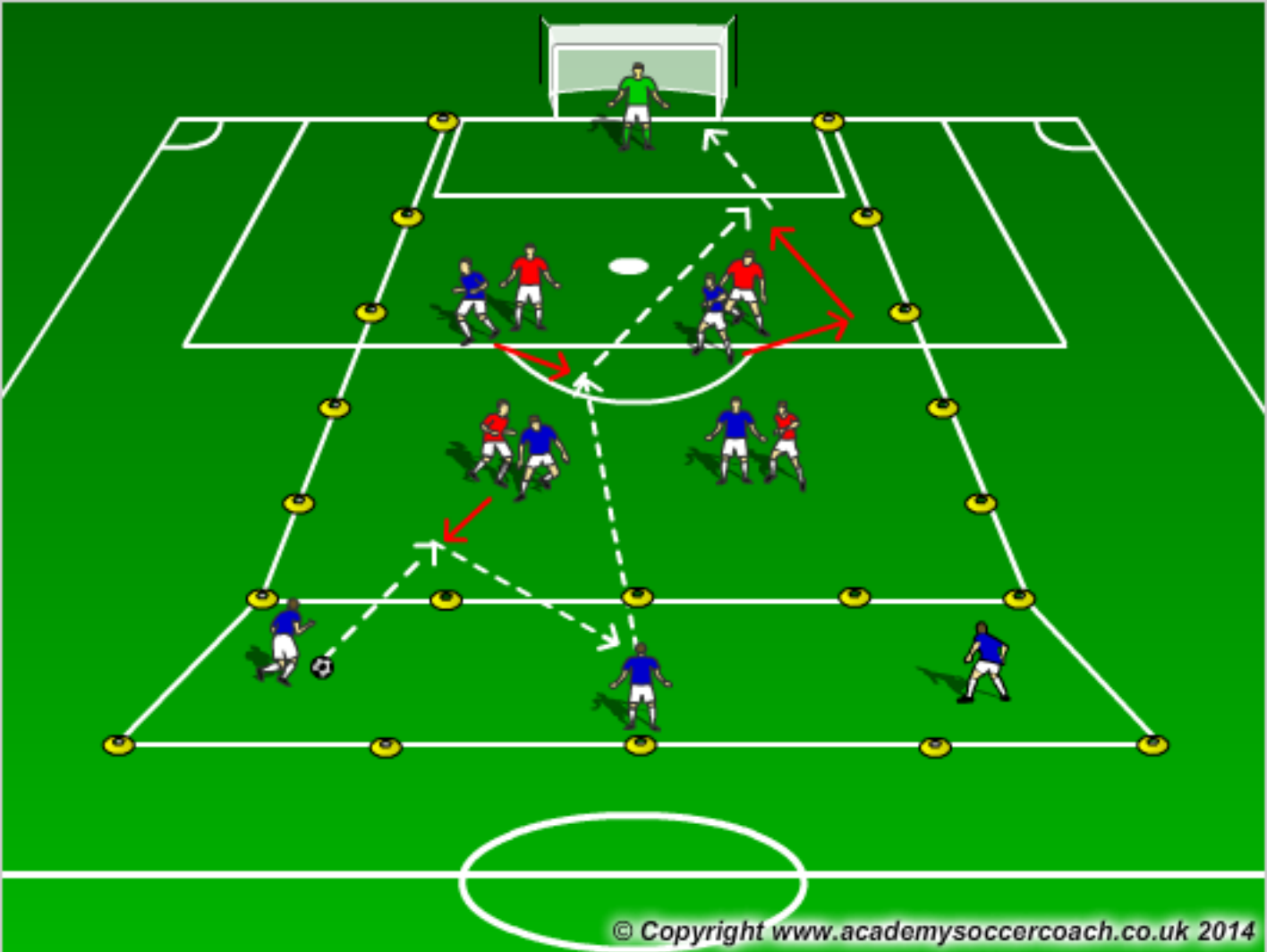
2 v 2 in the area with the defending team having a goalkeeper and the attacking team having 4 players to pass to on the outside. The attackers have to score while the defending have to stop them. Attackers have 5 goes to try and score, after this swap defenders and attackers over.

### Progressions:

- Can start with only pressure and blocking (no tackling)
- Can start with 1 v 1 in the middle
- Outside players can shoot
- Defending team have to play to a outside player to score a point

### Key points:

- Jockeying technique
- Slow the attackers down
- Think about where to show the attacker (towards/away from goal/other players)
- When to win the ball (after big touch, mistake etc)
- Communication
- Put high pressure on the attacker to stop them from turning and shooting
- In the penalty area/6 yard box the goalkeeper has to act as a third defender and be ready to come out to claim the ball

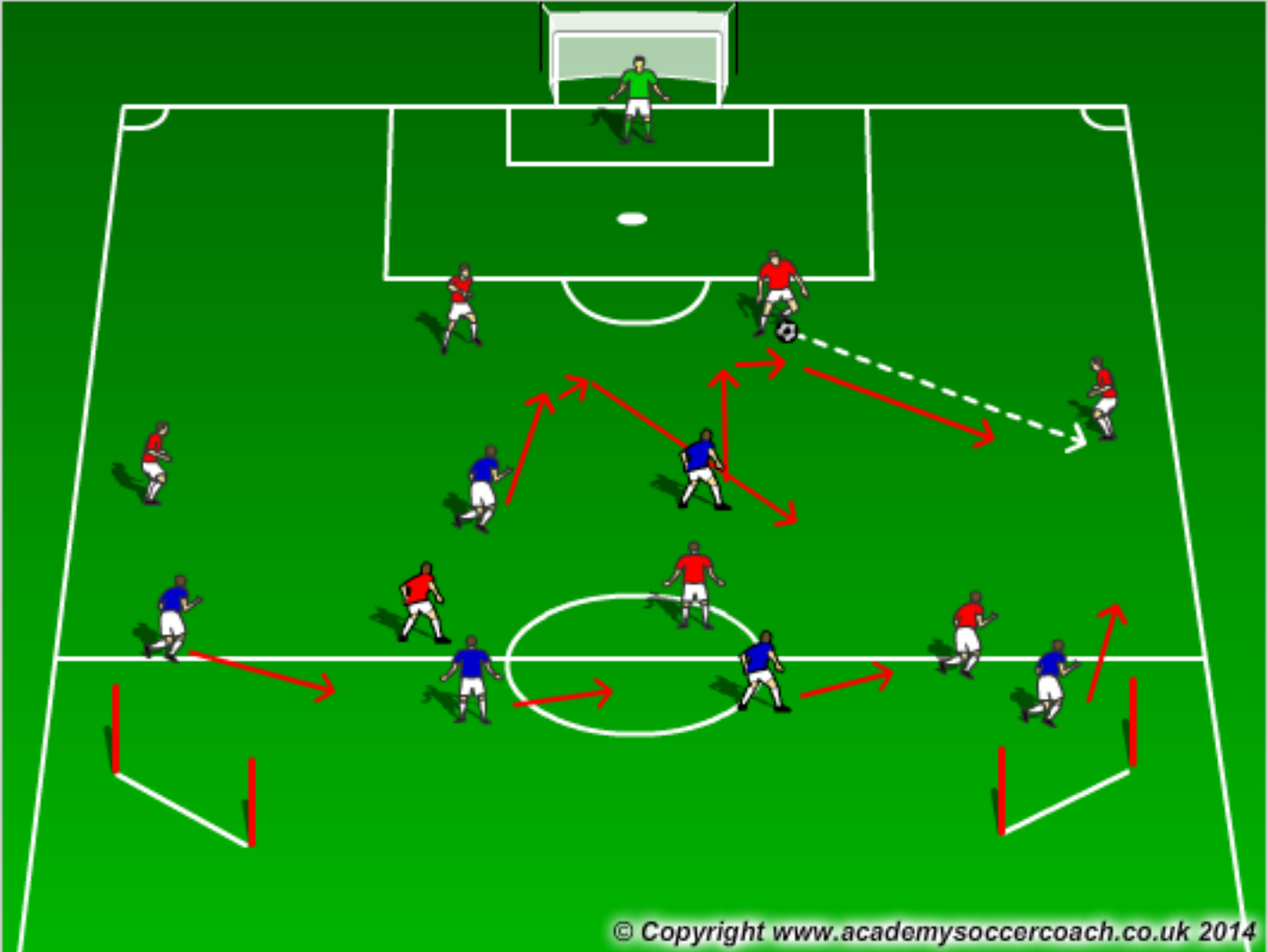


## Defending Centrally

Four versus four in the middle with a goalkeeper and three servers. The blue team have to try to score while the red team have to prevent them from scoring and win the ball. If they win it then they must play to the servers to score.

### Key points:

- Centre mids and centre backs either both push up or both drop back. If there is pressure on the ball then the centre backs can step up (ball can't be played over the top), if there is no pressure then step back (ball can be played over the top).
- Centre mids prevent ball through to strikers while marking their players.
- Centre backs stood side on ready to drop or step up.
- Communication
- Defensive triangle (defender can see the ball and the other player)



### Defending from the front (2 Strikers/High Pressure)

Reds have to try and score in the two red goals. Blues have to try and stop them/win the ball/try and score in the main goal. If blues win the ball then they have only 10 seconds to score (quick transition to push session topic).

#### Key Points:

- (When ball is with CB) Closest striker puts pressure on the CB while the other striker gets into a position where the ball can't be passed into the CMs and close enough to the other CB to put immediate pressure/steal the ball
- (When ball is with the FB) Closest striker puts pressure via a curved run to block off the pass backwards to the CB (forcing the play down the line/into players). Furthest striker drops into prevent the pass into the middle of the pitch/CMs.
- Midfielders pull across to make area compact
- Communication (both verbal and visual i.e trigger points)
- Defending technique





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## Defending Tech/Skill

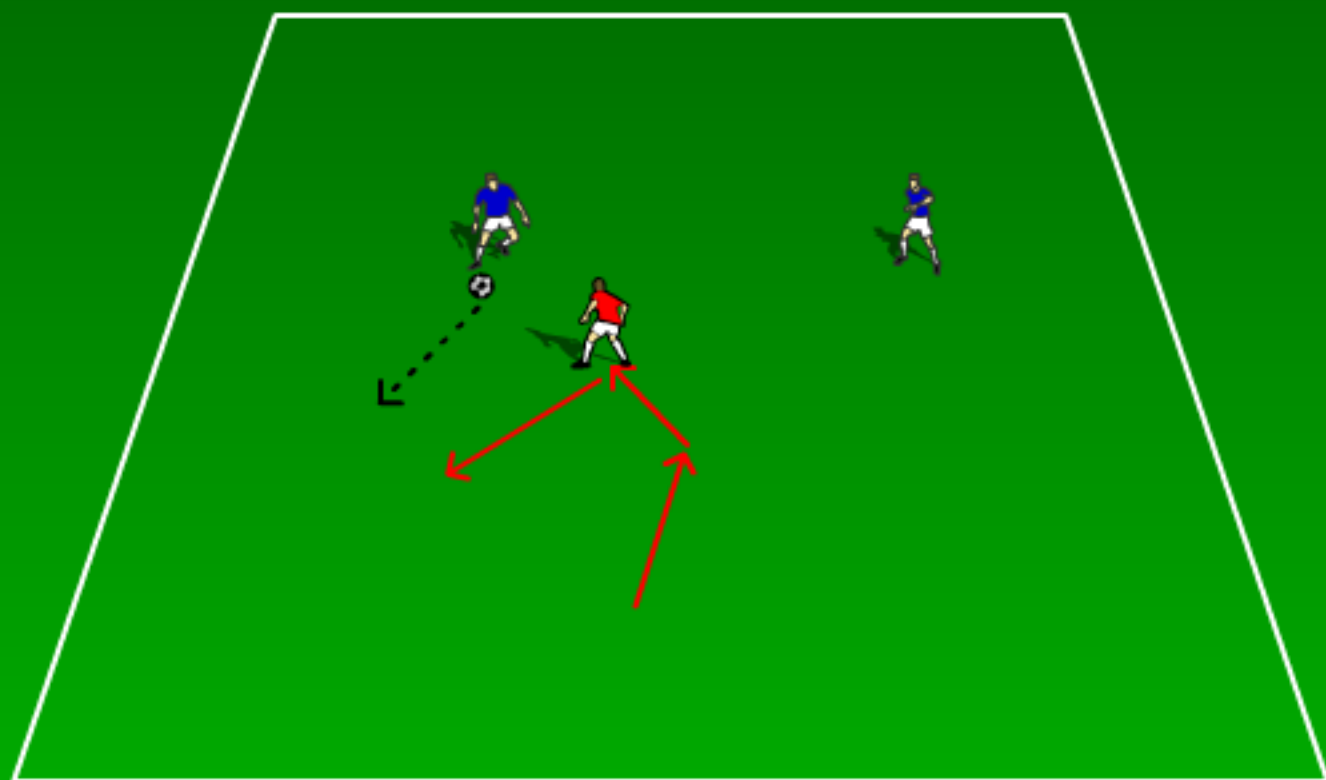
1 v 1 to the cone. Attack has to try and pass the ball to hit/knock over the cone. Defender has to stop them and win the ball to become the attacker.

### Progressions:

- Can start with defender only defending and not trying to win the ball (taking it in turns to see which attacker can get the most points)
- 2 v 1 to cone

### Key points:

- Defending technique (jockeying)
- Tactical points (show towards weak foot etc)
- Slow down attacker
- Stop attacker turning if facing the other way



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## Defending unbalanced Tech/Skill

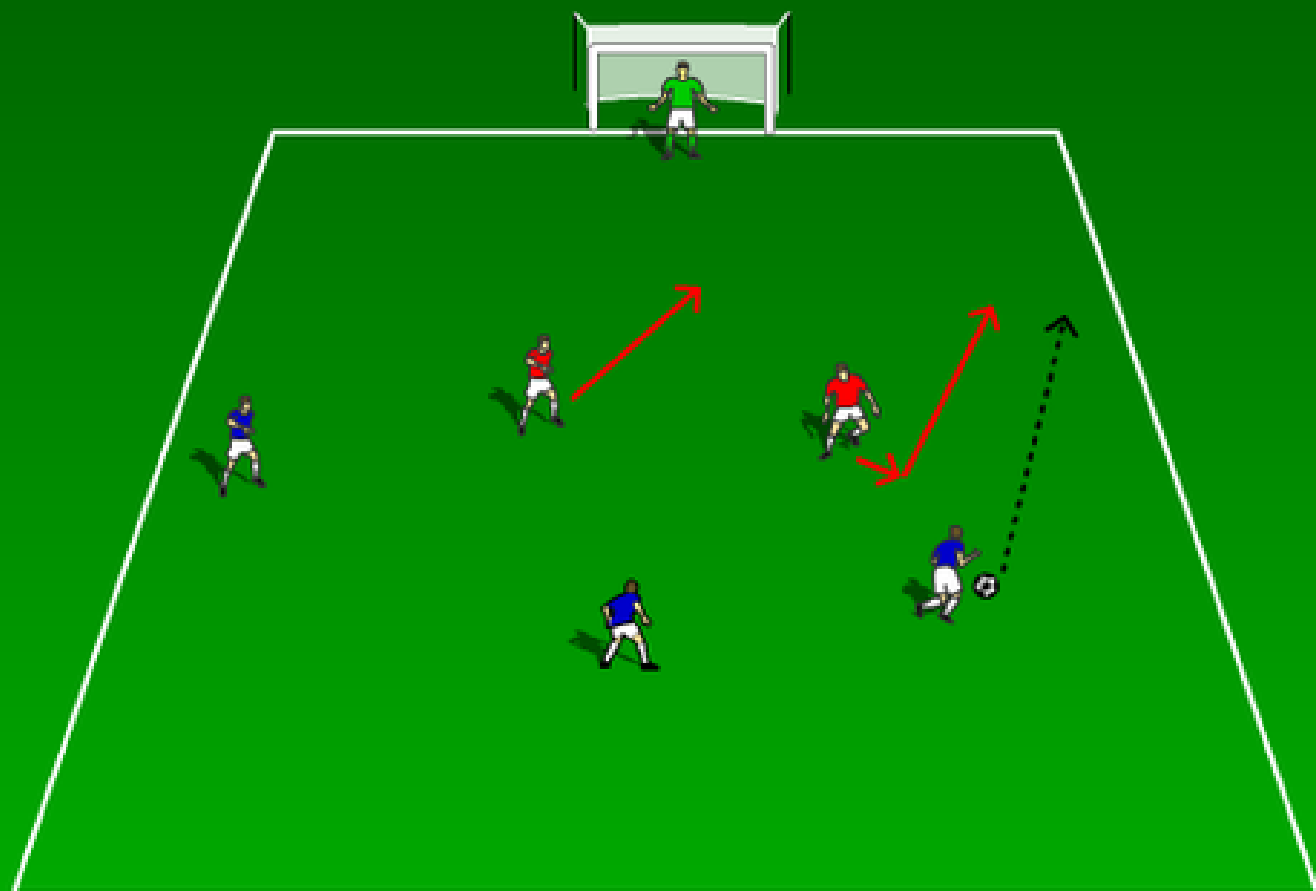
1 v 2 to the end line. The defender starts with the ball and passes across to the attacker. As soon as the ball is played the game is live. If it goes out then start the game again.

### Progressions:

- Can start with only pressure (no tackling)
- 2 v 3
- Add goals

### Key points:

- Jockeying technique
- Slow the attacker down
- Create 1 v 1 by showing the attacker away from the other attacker (cut off early by curving run)
- When to win the ball (after big touch, mistake etc)



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### Defending unbalanced Tech/Skill

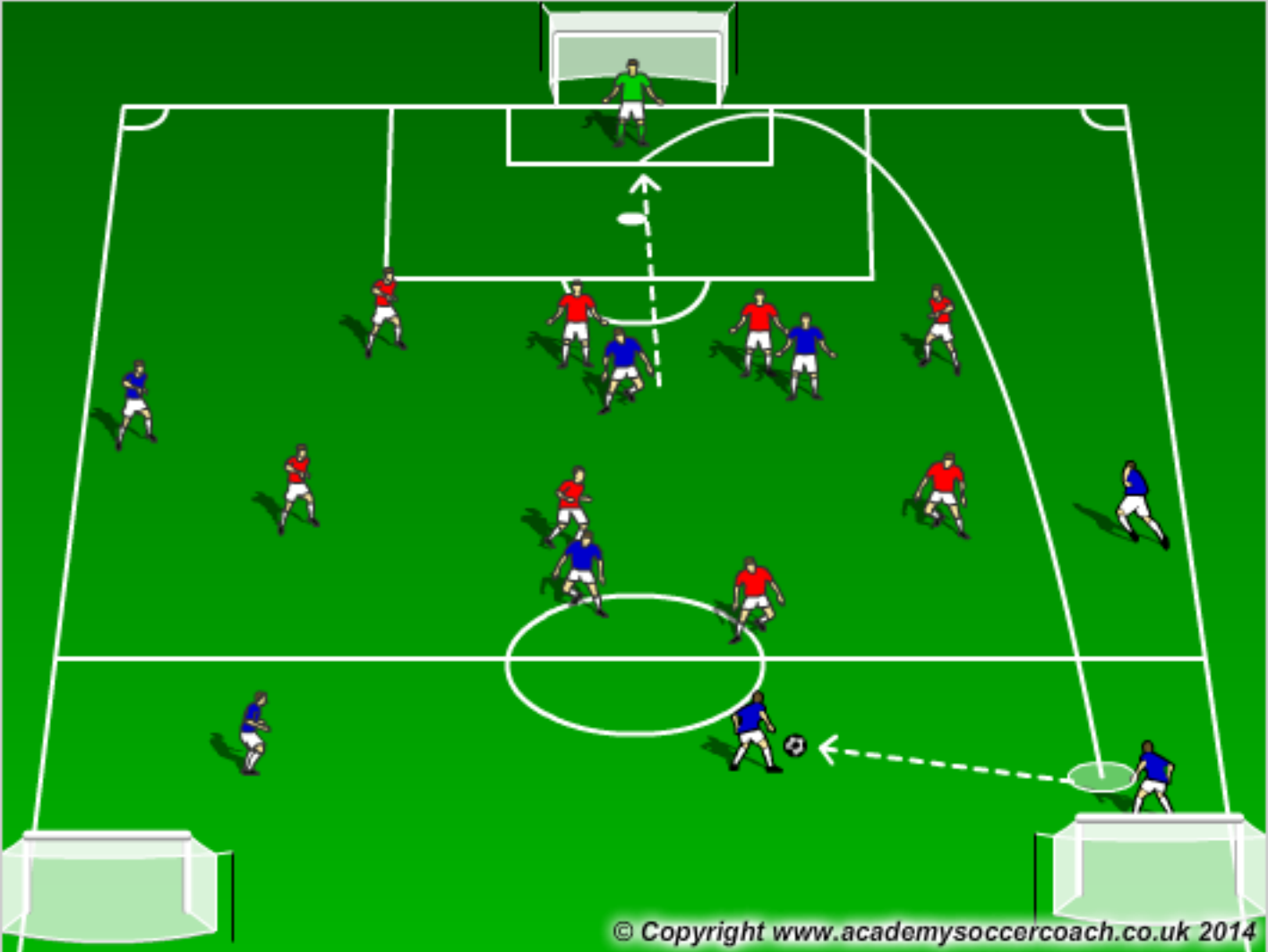
3 v 3 with the defending team having 2 defenders and a goalkeeper and the attacking team having 3 attackers. The goalkeeper starts by throwing the ball out to the attackers. The attackers have to score while the defending have to stop them to score a point. If the defenders can counter attacker and get over the attackers starting line then they get double points. If it goes out then start the game again.

#### Progressions:

- Can start with only pressure (no tackling)
- Have a defender that starts on the attacker line who can only come in after 5 seconds of play
- Defending team have to play to a target player on the attackers starting line

#### Key points:

- Jockeying technique
- Slow the attackers down
- Create 1 v 1 by showing the attacker away from the other attacker (cut off early by curving run)
- When to win the ball (after big touch, mistake etc)
- Communication
- If the ball is central, dont pressure too high as this will leave 1 option open, be patient
- In the penalty area/6 yard box the goalkeeper has to act as a third defender and be ready to come out to claim the ball



### Defending Phase of Play (defence and midfield)

Blues have to attack in a 2-4-formation (2 wing backs, 4 midfielders and 2 strikers) and score in the main goal. The reds (in an 4-4 formation) have to defend the main goal and attack the two other goals. Have a starting point, for example, a blue striker takes a shot and then the red goalkeeper takes a goal kick that goes to one of the blue wing backs.

#### Key points:

- Pressuring and covering
- Marking players
- Compactness
- Defenders stand side on (on the half turn) just in case ball is played over the top
- If there is pressure on the ball then defenders should step up (no chance of ball over the top/through) and vice versa
- Defending line (how much the defending team is pressing)