



# Interactive Session Plan™



Coach

Barker

Session date

1 Jan 2015

Time available

75mins

Topic

4-2-3-1 Formation out of possession (defending)

Technical / Tactical Tactical / Technical 

## WARM-UP

### Organization

40 yds of width, 35 yds of length  
Servers on each side of the space  
Servers are targets for the team defending the big goal

Attacking team (white) sets up in a 2-2  
Defending team (black) sets up in a 2-2

### Key Coaching Points

Block of 4 defenders move as a unit as the ball moves  
Maintain a quadrangular shape with pressure to the ball and cover  
Be aware of weak side opponents, but remain compact  
Force play outside of the area and do not allow penetration into the center of the "box" of 4 defenders

## ACTIVITY 1

### Organization

40 yds of width, 35 yds of length with wide space beyond the cones  
Servers on each side of the space  
Servers are targets for the team defending the big goal

Attacking team (white) sets up in a 4-2  
Defending team (black) sets up in a 4-2

Back four is restricted to the space until the ball is played wide. Then they can go out to defend

### Key Coaching Points

Starting position is compact  
Pressure and cover at the ball with balance to the threat elsewhere  
As a unit force the ball away from the central space and be able to effectively pressure a ball played wide  
Weak side full backs must balance the threat of the cross to the back post

## ACTIVITY 2

### Organization

Phase of play

Attacking team (white) goes to big goal  
Defending team (black) goes to counter goals

Attacking team (white) has two servers/(center backs) and is in a 4-4-2  
Defending team (black) is in a 4-2-3 with a target player to play off before going to counter goals

### Key Coaching Points

Maintain compactness  
Bring pressure from both sides of the ball when the ball is played beyond OCMs  
Shift as a unit and as three distinct lines  
Cover of full backs comes from center backs and OCMs with DCMs remaining central  
OR  
Cover of full backs comes from center backs and DCMs with OCMs recovering centrally

## GAME

### Organization

11 vs. 11 full game

Identified important defending space  
W= wide channel (exposed due to no wide mid fielders)  
Red arrow= central attacking channel (when full backs are drawn out)  
Z14= zone 14 the space between the CBs and DCMs

### Key Coaching Points

In the full game identify key defending themes and areas based on the formation and the personnel employed  
In the full game identify defending themes and areas based on the opposing formation  
W Wide space in front of full backs who do not have wide mid fielders to cover the space in front of them  
Inside channels/arrows, the space opponents will exploit if compactness is lost  
Zone 14, the critical space behind the screening mid fielders and in front of center backs