

4v4 PRESSURE, COVER, BALANCE DEFENDING - PHASE

1. Two games are played currently on a split field.



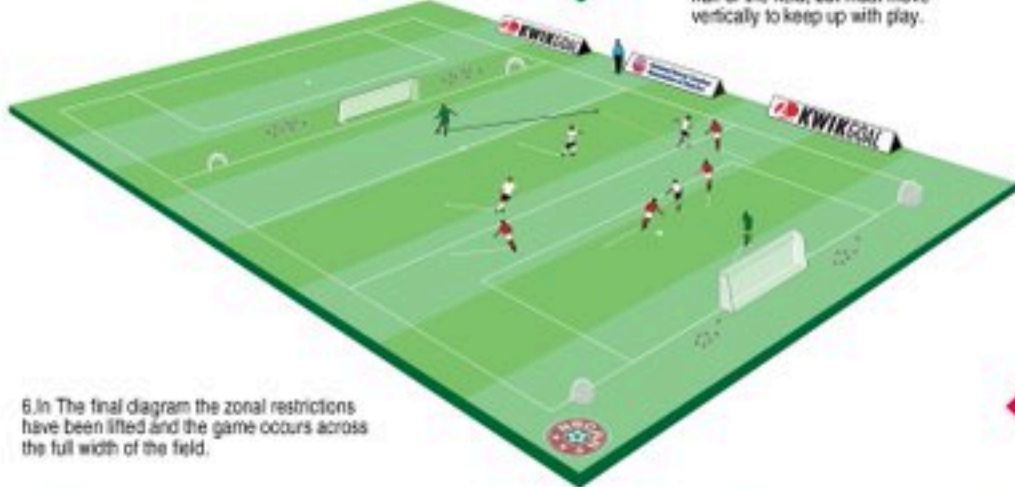
2. Both teams attempt to score in the mini or large goals - 2v2.

3. The players must remain in their half of the field in the first sequence.



4. In the second sequence the game has progressed to merging the two games into one game.

5. The players must remain in their half of the field, but must move vertically to keep up with play.



6. In the final diagram the zonal restrictions have been lifted and the game occurs across the full width of the field.

Why use it?

This activity continues the theme of pressure and cover defending with specific focus on defending in wide areas.

Set up

The set up is a 30x30 yards area played on a 7v7 field - use the restraining line at one end as the end line. The field is also divided into two to create a 'left' and 'right' field. On each end line are 2 mini goals close to the sidelines and a full size goal with a goalkeeper. On each side of the field play 2v2. A supply of balls is placed near each goal to allow the keepers to restart the game continuously. The coach observes from the sideline.

How to play

The focus of this activity is individual and pairs defending, although the activity will work equally well with an attacking theme. The objective for the attacking players is to score in either mini goals or large goal on one side of the field. The objective for the defending team is to win possession and counter attack to the other goals. Play 6 intervals each lasting 2 minutes. Intervals 1-2 play a game of 2v2 in each half of the field. Intervals 3-4 play with one ball but players are restricted to the side of the field in which they started. Intervals 5-6 remove the zonal restrictions and play 4v4 in the full width of the field.

Coaching notes

Coaching Objectives: Coaches can teach the roles of the first and second defender with particular emphasis on preventing the opponent from penetrating the defense. As the games are merged the coach can also introduce the role of the 3rd and 4th defenders in providing cover and balance.

Coaching Tip: Encourage the young defenders to apply pressure high enough up the field to prevent the opponent from entering shooting range. When the player has an opportunity to force the attacker away from goal they should apply high pressure. This is often sufficient for a young attacker to give up possession.

How to modify

Less Challenging: Start with 1v1 and progress to 2v2 once the defenders are experiencing success.

More Challenging: Progress by removing the zonal restrictions earlier in the session and impose a time restriction on the attack.

This condition will add urgency to the attack and will require on more intense effort from the defenders.

Stage/s of development covered by activity

Stages 3, 4 and 5 - 9-18 year old players.

Development themes and competencies

Top 3 Themes: Individual and pairs defending, transition and communication.
Top 3 Competencies: Defending pressure, defending cover and defending recovery.