

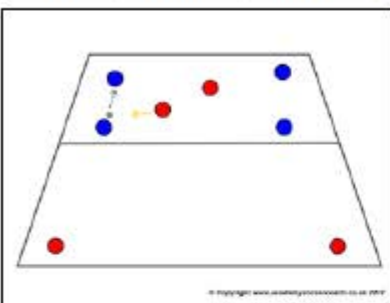
COACHING SESSION PLANNER

Date: 19-1-17 Time: 6.40-8pm Age: U15/16s

Theme: Defending in/from wide areas

Format: S → PoP → 11v11

Session Aim: To stop attackers from attacking down the flanks and suppling the cross into the box



Practice 1: Defending & transitioning

Organisation:

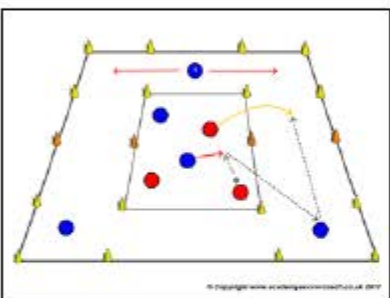
Players play 4v2.

If the 2 defenders win the ball they transfer the ball into their area.

The 4 players who were attacking send across 2 defenders to defend.

Play 4v2 again. Play is continuous.

(15 mins).



Practice 2: Intercepting from playing down the line

Organisation:

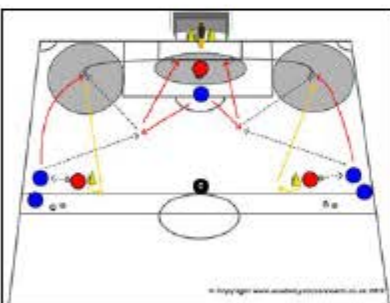
Players play 3v2 in the middle zone.

If Blue players regain ball in middle zone they transfer the ball out to bottom two players who are in two squares (as shown).

Blues transfer ball into the T man at the top. If they cannot straight away they can pass across to other T man.

Reds can come out of the middle zone to try to intercept the ball playing in the wide areas. If this happens play re-starts from the middle zone. Both teams are awarded points if successful.

(20 mins).



Practice 3: Stop the cross 1

Organisation:

Players play 1v1 down the flanks and 1v1 in the box. (Ending in 3v3).

One side goes first. Red defender plays ball into blue attacker. Red defender gets around cone to stop the cross going into the box. Blue attacker plays a one-two with the blue striker (as shown). Blue striker gets into the box. Blue attacker attempts to try and cross. Red defender must try to stop the cross.

Play is continuous. Roles for all.

(20 mins).



Practice 4: Stop the cross 2 SSG

Organisation:

Red players play = 1-3-1.

Blue players play = 1-3-1.

Coach starts practice off by playing ball into the DLP or any two of the wide players. Blue players try and score in the goal.

Red defenders react to the situation given and try to stop the cross by defending quickly and efficiently. If Reds regain ball they play into C = Coach.

(25 mins).

4 Corner Conditions:

DEFENDING

CHARACTER

SPEED, AGILITY & QUICKNESS

COMMUNICATION

Questions/Challenges for players:

1. What?
2. Who/when?
3. Where/why?
4. How?

Intervene on players:

1. Technique
2. Actions
3. Positional awareness
4. Tactics

Session variations:

S-T-E-P-S

Coaching Points:

- DELAY – stop progress going forward
- DENY – spaces/gaps into attacking players
- DICTATE/DEFLECT – predict play and either show inside/outside depending situation/area on pitch
- DEFEND – win ball back as quickly/efficiently as possible to start an attack