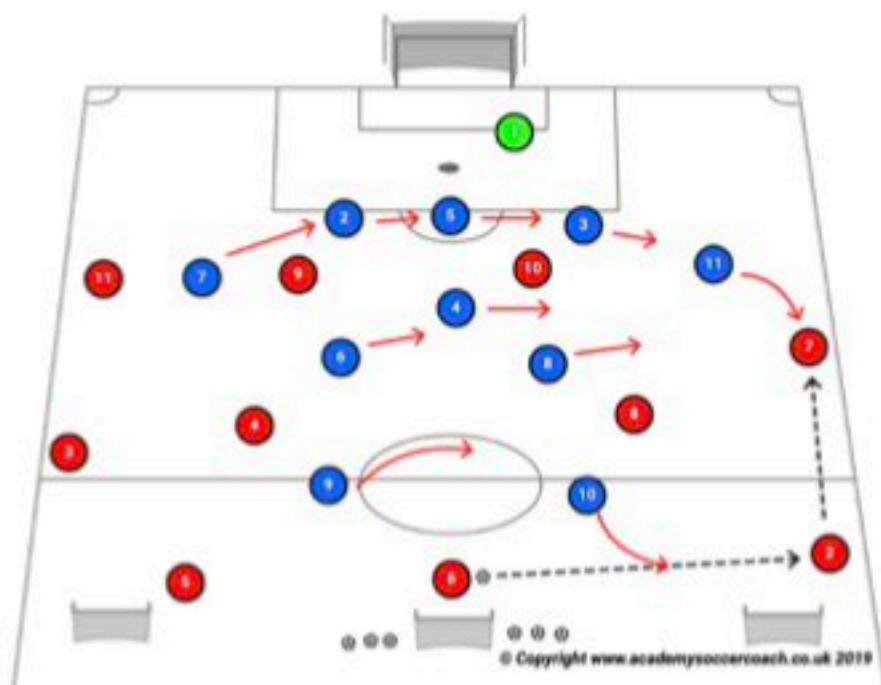


DEFENDING DEEP – (MARKING & INTERCEPTING)

RF

Defending In & Around The Box - Compacting



Session Set-Up

Phase of Play
2/3rds of pitch
(maybe longer to
suit players
ability)

Supply of
footballs
X3 small goals

Flag poles for
offsides

11 Blue bibs
10 red bibs
1 Green for GK

Session Detail

#5 initially starts the attack off and can play to either #2 or #3, then wide to either #7 or #11.
Once the ball is played the ball is live and players are in play to try and score in the big goal.
Blues are looking to compact the defensive third and regain possession and score in any of the 3 goals.

Progressions

Red defenders players play into CM
CM play into Strikers

Key Questions

How do I get the opposition to play wide?
When as front 2 do I arc my run to let the the opposition play wide?
When will it be the right time to intercept?

Coaching Points

1. Dropping off as units and full team.
2. Quick to press and to slide across to stop ball being played forward into gaps, spaces and into dangerous areas.
3. Forcing play backwards and re-organising shape.
4. As ball is progressed up the pitch – depth of back line not to deep and mark tight and read body language of passing player to intercept
5. Intercept ball cleanly and counter attack if on, if not build possession

4 Corners

Defending to intercept
Marking tight – arms length

Confidence to mark and to regain
possession
Awareness of attackers

Strength
Co-ordination for 1 or 2 touch
passing for counter attack
Agility – movements to receive

Communication throughout –
defending aspects
Team work
Coping with failure