

Out Of Possession; Defending When Organised

Category: Defending

Length: 01:30 Rec. Players: 18

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Practice Theme/Topic

General Notes

Adult League CPD session - Carousel practice organisation

Aims & Objectives

Defending when organised

Organisation & Setup

Carousel - multi group/ game set up

Include arrival activities with defending elements eg 1v1

Organisation to cater for variation in numbers , ability, experience of group

Complete session with Game - free play/ full pitch

Coaching Factors & Outcomes

1v1

Travel as ball travel

In line down the line

Speed of approach

Be in control when ball under control

Body position

Make player predictable - inside or outside?

Decision - can I win it? Be patient/ delay

2v2

1st defender - as above

2nd defender - support , angles and distances

3rd defender - cover/ balance

Game; 6v6, 7v7

As above

Team compactness - depth and distances in relation to the ball

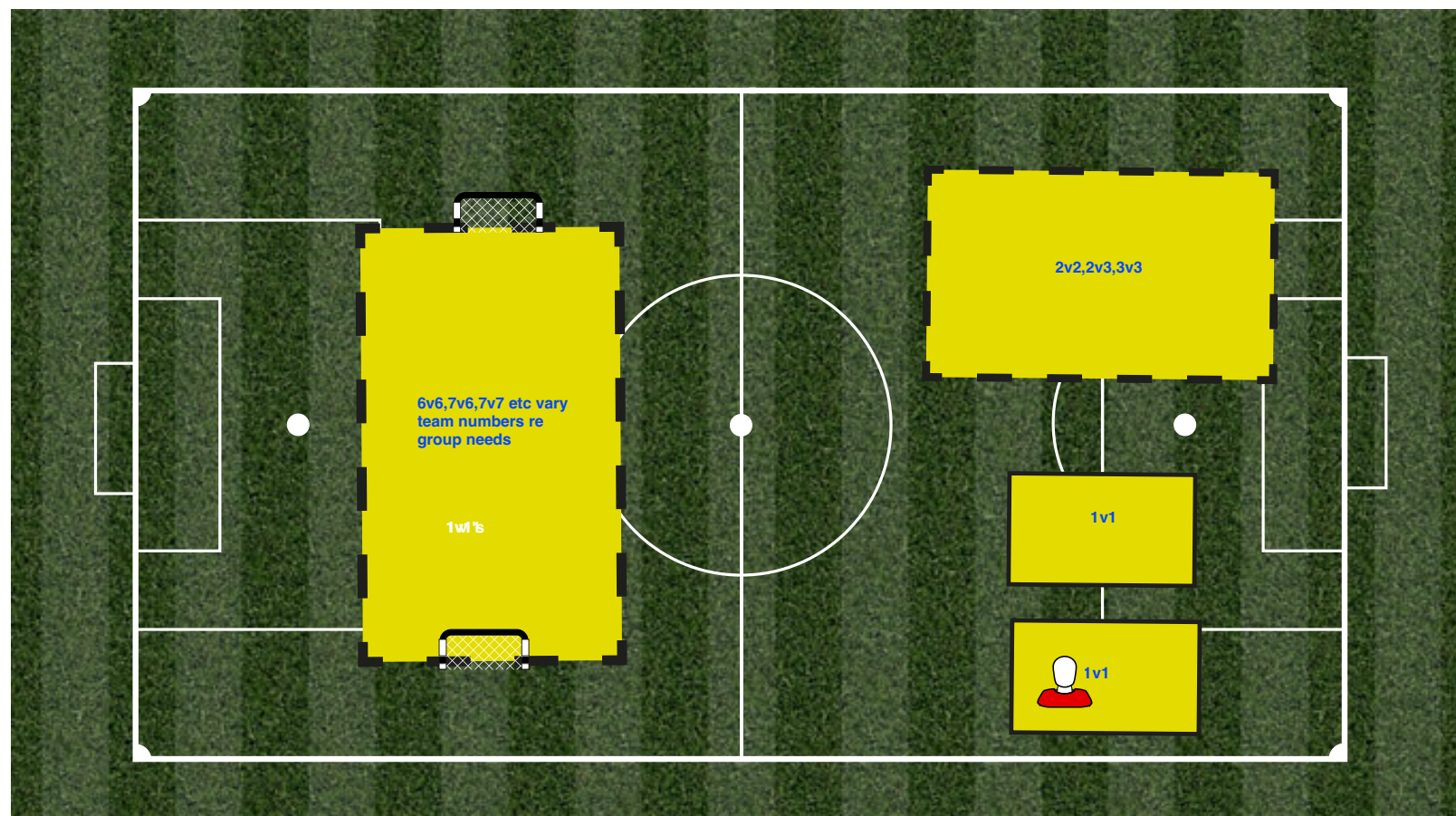
Defend early v late?

Adaptation & Progression

Include offside

Variations to include;

S - pace



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

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Slide: 01/01

