

Description

Defending principles - working in small groups/lines to increase players understanding of pressure, cover, balance. What is their role?

Pressure Player: always player closest to ball

Cover: designates where pressure player should force attacker; communicates when they should destroy.

Balance: provides cover in lanes & takes away opportunity for forward running attackers.

FIFA 11+ Warmup (10 mins)

The Session:

The course is made up of 6 pairs of parallel cones, approx 5-6 yd apart.

2 players start at the same time from the first pair of cones, jog along the inside of the cones & do the various exercises on the way. After the last cone they run back along the outside. On the way back, speed can be increased progressively as players warm up.

Part 1 - Running Exercises (8 min)

1) Jog Straight Ahead - 2 sets

2) Hip Out - 2 sets

3) Hip In - 2 sets

4) Running Circling Partner - 2 sets (Jog to first cone, shuffle sideways toward your partner, shuffle an entire circle around one another & then shuffle back to the first cone)

5) Running Shoulder Contact - 2 sets (Jog to first cone, shuffle sideways towards your partner, in the middle, jump sideways towards each other to make shoulder-to-shoulder contact. Land on both feet with your hips & knees bent.)

6) Running Quick Forwards & Backwards - 2 sets (Run quickly to 2nd cone, then run backwards to 1st cone, Repeat, running 2 cones forwards & 1 cone backwards until you reach the other side of pitch)

Part 2 - Strength / Plyometrics / Balance

7.1) The Bench - Static Front Plank - 3 sets of 20-30 sec

7.2) The Bench - Alternate Legs - 3 sets of 2 sec holds for 40-60 sec.

7.3) The Bench - One Leg Lift & Hold - Each leg 3 sets of 20-30 sec each.

8.1) The Sideways Bench - Static Side Plank - 3 sets each side 20-30 sec.

8.2) The Sideways Bench - Raise & Lower Hip - 3 sets each side 20-30 sec.

8.3) The Sideways Bench - Leg Lift - 3 sets each side 20-30 sec each.

9.1) Hamstrings (Beginner) - Kneel on soft surface, have partner hold ankles down firmly. 1 set of 3-5 reps

9.2) Hamstrings (Intermediate) - 1 set of 7-10 reps.

9.3) Hamstrings (Advanced) - 1 set of 12-15 reps.

10.1) Single-Leg Stance - Hold the Ball - Stand on one leg while holding ball in front of you. 2 sets each leg for 20-30 sec.

10.2) Single-Leg Stance - Throwing Ball with Partner - Stand 2-3 yd apart, each on 1 leg. 2 sets each leg for 30 sec.

10.3) Single Leg Stance - Test Your Partner - Stand on 1 leg opposite your partner about 1 arms length apart. Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. 2 sets of 30 sec each leg.

11.1) Squats - W/Toe Raise - 2 sets of 30 sec

11.2) Squats - Walking Lunges - Lunge your way across pitch then jog back. 2 sets of approx 10 each leg.

11.3) Squats - One Leg Squats - 2 sets of 10 each leg

12.1) Jumping - Vertical Jumps - 2 sets of 30 sec.

12.2) Jumping - Lateral Jumps - 2 sets of 30 sec.

12.3) Jumping - Box Jumps - 2 sets of 30 sec.

Part 3 - Running Exercises

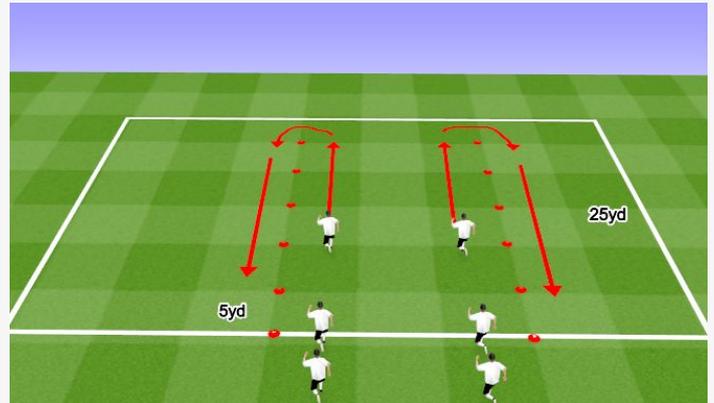
13) Running - Across the Pitch - @ 75-85% max pace. 2 sets

14) Running - Bounding - 2 sets across pitch

15) Running - Plant & Cut - Jog 4-5 steps, then plant on the outside leg & cut to change direction. Accelerate & sprint 5-7 steps @ high speed before you decelerate & do a new plant & cut, repeat & jog back. 2 sets.

See FIFA 11+ Poster for more detailed instructions on body mechanics

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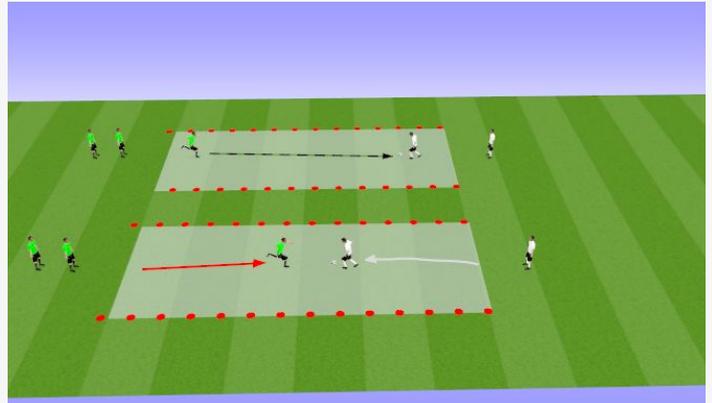
1v1 Close down attacker (10 mins)

The Session:

1v1 close down defense; progress to 2v2 defending if possible. Defending player passes a ball across to attacking player then rushes to close down the distance of the attack. Attacker attempts to beat the defender and complete a run between the cones. Defender closes down distance quickly at first, then slows down to engage attacker. Defender waits for the attacker to make the first move, then attempts to dispose the attacking player. Players switch sides each play across the zone

Coaching Points:

**Close Down, Break Down, Slow Down, Sit Down, Destroy/Delay



Defending in units (10 mins)

6 v 6 Pressure/Cover/Balance defending. 4 zones.

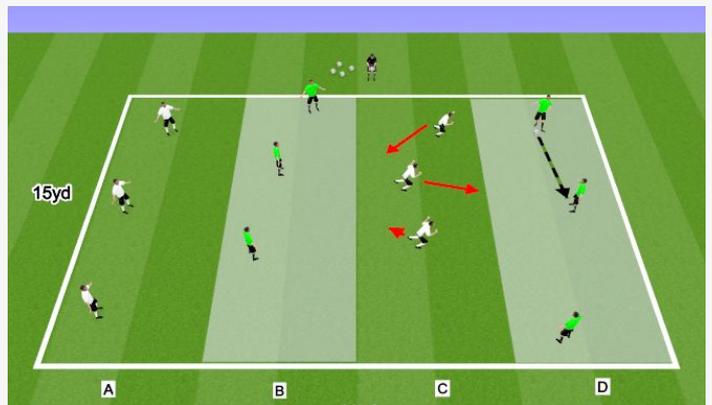
Initial defending team in zones A & C; Initial attacking team in zones B & D. (3 players in each zone). Coach plays ball into zone D. The goal is for the players to pass the ball between the 3 until they can find a lane to pass through to their teammates in the opposite zone. ie. Coach plays into zone D, their goal is to play a pass on the ground to their teammates in zone B for a point. The defending players in zone C work to provide pressure, cover, balance and to intercept the pass without leaving their zone. If defenders in zone C intercept the pass they turn & play between each other until they can play a pass through the zone B defenders to their teammates in zone A. After 3 minutes have the defenders in zone A move to zone C & vice versa. likewise with the other team, swap zones.

Progression:

- 1) Younger ages begin with 2 v 2
- 2) More advanced 4 v 4

Coaching Points:

- 1) Close Down, Break Down, Slow Down, Sit Down, Destroy/Delay
- 2) Communication
- 3) Pressure (Direct towards your cover), Cover (Deny penetration of pass & dribble), Balance (Communicate and work as a group. Anticipate balls path. Force mistakes)
- 4) Spacing between defensive players (stay compact, cut passing lanes forward)
- 5) Transition from switch over of possession.
- 6) Don't get crossed over (unless you are making last ditch tackles in and around your box)
- 7) Be aware of three things - player with the ball, players around you, space behind you.
- 8) Can you confront and put pressure on the ball to stop them playing forward?
 - If yes, confront the ball and make sure they can only play sideways or backwards
 - If no, creep forward while limiting the space between defensive lines to stop teams playing through you



3v2 to goal (10 mins)

The Session:

Use an approximate grid 30x25

2 Teams (3v2 or 4v3 depending on ability & understanding)

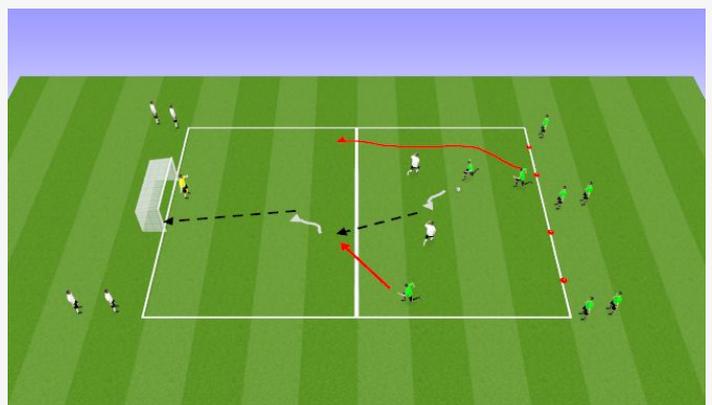
Attacking team is defending two small gates and has three players while defending team has two. Defending team is defending a big goal and score by passing through either counter gate

Progression:

3 sets of 2 min. Switch roles for attackers/defenders after each round.

Coaching Points:

- Positive/aggressive first touch to engage defender.
- Can I shoot to score? If no, can I dribble to beat or pass?
- Once defender is drawn to the ball, then look to pass.
- If defender takes away passing option, attacker must dribble.
- Good vision to recognize when to pass, when to dribble or when to shoot
- Players off the ball must move to get open (a place where there is no defender between you and the ball)



- Good shooting technique (laces, locked ankle, follow through for power)

Defending Principles:

-Pressure, Cover (be sure to drop quickly)

- Communication

**Close Down, Break Down, Slow Down, Sit Down, Destroy/Delay

7v7 game (15 mins)

Small sided game to end

Reinforce coaching points from throughout the session

