SESSION #1
DEFENDING

A. Warmup : Control Passing (15m)

SETUP :
- 30 x 30 grid
- Half the players have a ball
- Free Flow

ORGANISATION :
Player without ball 'shows' for ball then :
1. Pass & support 1st touch -
   Player with ball passes and then moves to support depending on receiver's first touch.
2. Receive pass & open up on 1st touch.
3. Move towards ball and receive it on half turn.
4. Juggle ball in air
5. Setup pass (long, short, short)
6. Overlap

KP's :
- Call for ball.
- Show directly in front to receive pass.
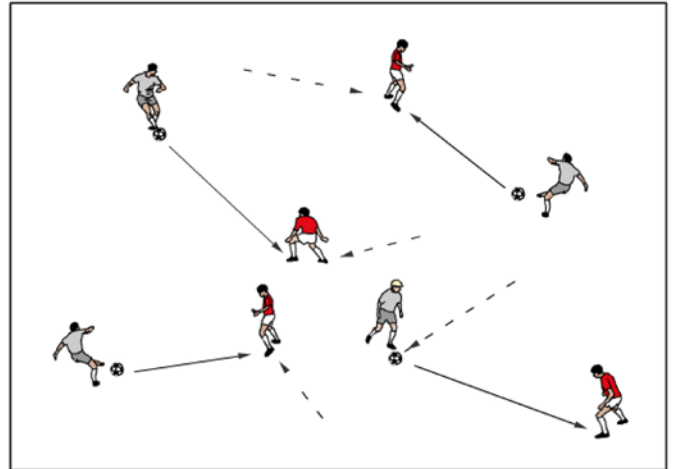
B. Defending Facing Opponents – warm up

SETUP :
- Line drill fashion, players in 20-25m apart.
- Ball/marker in centre (signifies attacker)

ORGANISATION :

Players at either side move towards ball/marker performing following defending techniques :

1. Speed of approach – fast then slow down last few meters.
2. Angle of approach – to one side to make play predictable.
3. Jockey back – patience and watch the ball
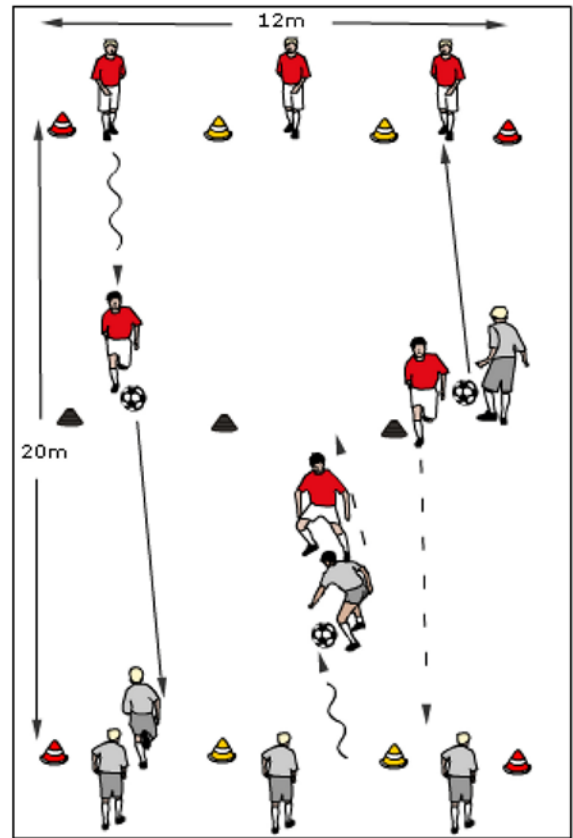4. Side on, match run – don't be square
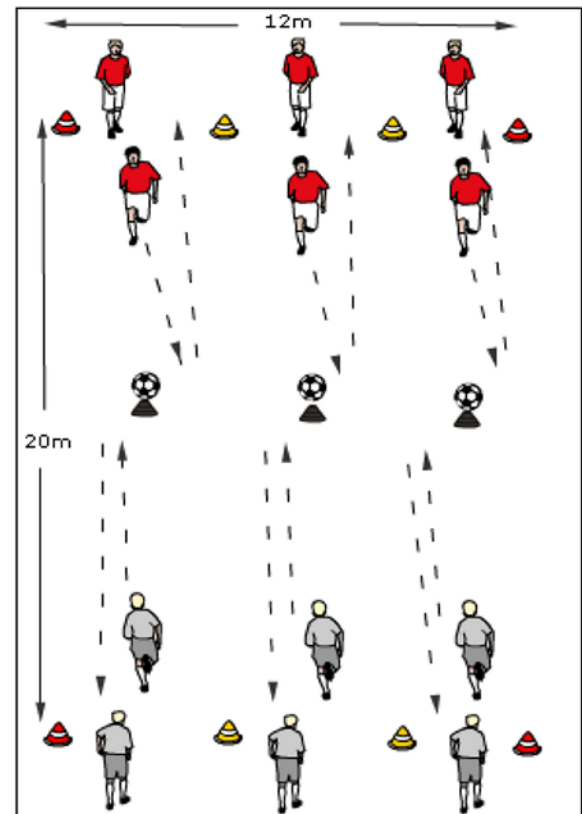
Progression :

Player at one end dribbles ball to half, passes to attacker at other end and becomes defender – use above techniques :

- Close down
- Force one way
- Jockey
- Eye on the ball.

At half way, attacker passes ball and becomes defender

C. 1 v 1 Facing Opponent

SET UP :
- 20 x 12 grid.
- Server, attacker, defender

ORGANISATION :
- Server roles ball to start play and passes to attacker who tries to beat defender and dribble thru goal.
- Quickly close down play
- Angle of approach – push to side
- Get low
- Be patient - Watch ball, not attacker
- Jockey
- Challenge when possible.
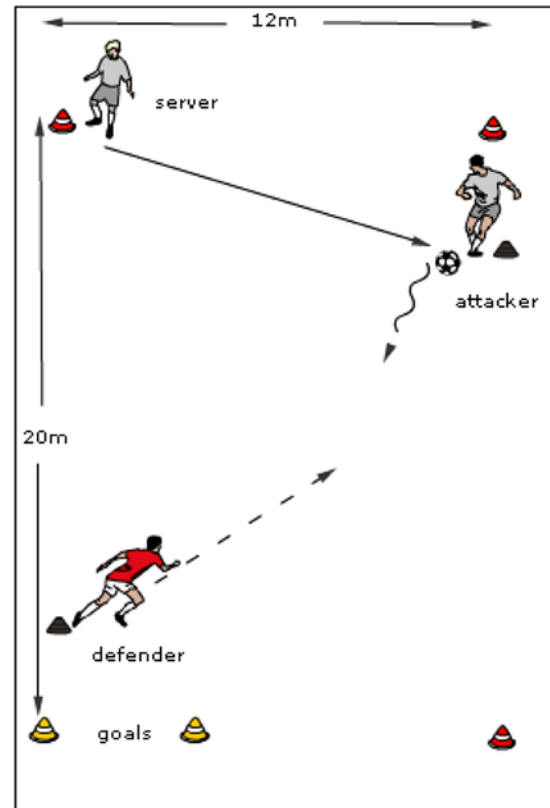
PROGRESSION :

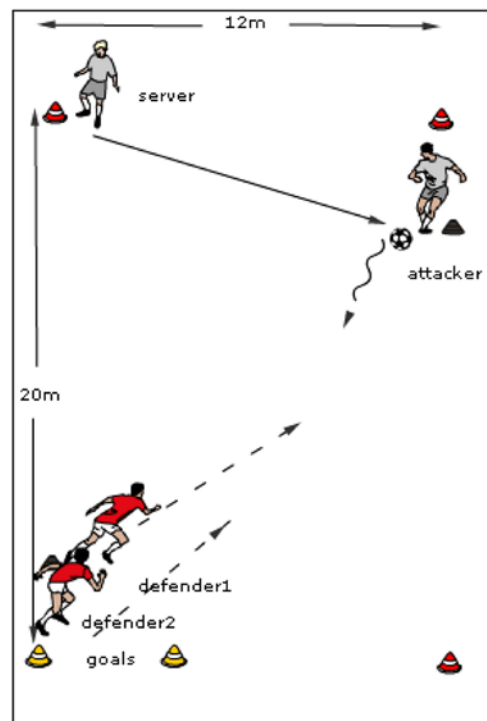- Introduce 2nd defender to make it 1 v 2.

KP's :
- Distance of 2nd defender – 2m.
- Angle of cover
- Communication from 2nd (supporting) defender
- Recovery run of challenging defender

PROGRESSION :

- 2 v 2
- Server becomes 2nd attacker

KP's

Maintain supporting position, while keeping track of other forward.

E. Game – 8 v 8

Team Shape – 3-2-2

KP's
- React to change of possession
- Realistic defensive positions = pick goal side
- Nearest player pressure ball
- Cover
- Communicate