



Group Defending

Category: Technical: Defensive skills

Difficulty: Moderate

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Individual-Adult Member

Description

Defending as a group

Warm up

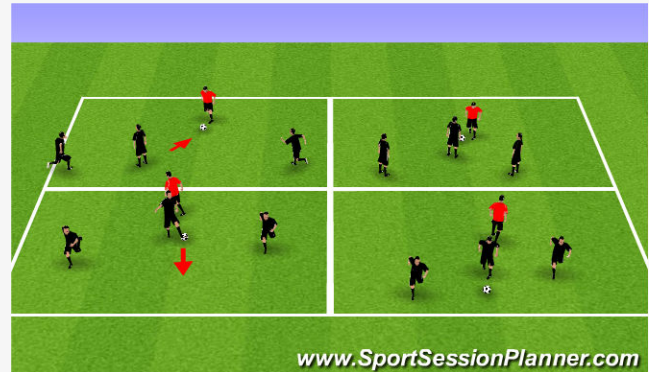
Organization 40 x 40 1v3.

Split into 4 groups, 4 players in each group.

1 player has a ball and is dribbling inside the square the others are jogging.

when coach calls attack, players with the ball must try and attack the center line. the others must defend the line, if they win the ball they can attack the opposite line.

Add dynamic stretches High Knees, heel flicks, kick through, open the gate and windmills



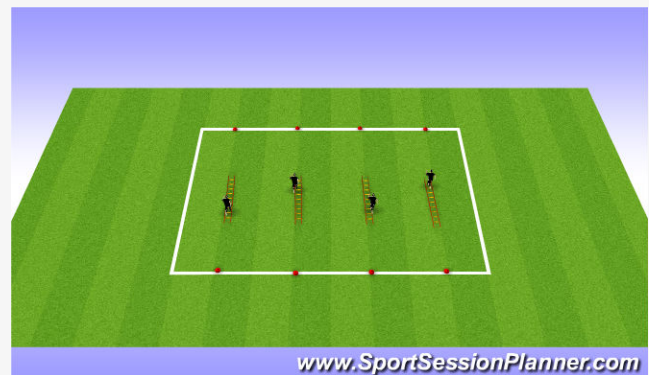
SAQ

Line 1 fast feet

line 2 bunny hops

line 3 two forward one back

line 4 hopscotch



Technical

Organization same as warm up.

Same game as warm up.

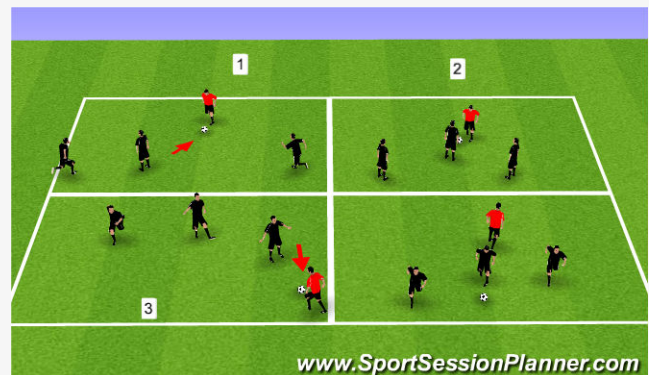
Coaching Points

1. Nearest Player puts pressure on the ball Pic. 1

2. other players both become cover players - positioning should be behind player 2 1/3 yards to the side so that there is very little room for players to play through. pic 2.

3. in pic 3. attacking player is wide so nearest player put pressure, second player drops into the cover position and player 3 has moved into what we call "balance" so that there is a strong line of defence.

4 finally when defending team has won the ball can we counter attack quickly



SSA

Organization 30 x 40

3 v1

Coaching Points

1. Compactness - can we be nice and compact so that there's not much space to play through.
2. Communication
3. Win the ball and counter



SSA

Organization same as before

1. can we get into defensive positions quick
2. communication "ball"
3. can we win the ball and counter quick



Game

Formation 3-3-1

