



Defending in a 3-5-2

Category: Functional: Defender

Difficulty: Difficult

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Individual-Adult Member

Description

defending in a 3-5-2.

Warm up

Organization

Inside a 25x25 area - have the players get into pairs, with one ball per pair.

Player 1 will dribble the ball around the area while his partner jogs in a different direction.

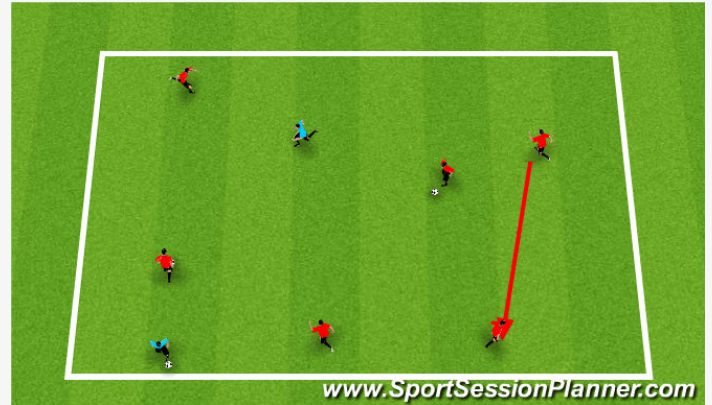
Coach calls out "pressure" at that moment the player without the ball must go and pressure the ball.

Pressure for 5 seconds- don't try and win it, just jockey backwards then jog off in a different direction.

Players switch who has the ball every 30 seconds

After 2 minutes - defenders can jockey for 5 seconds then win the ball with their front foot.

Add dynamic stretches into the warm up.



SAQ

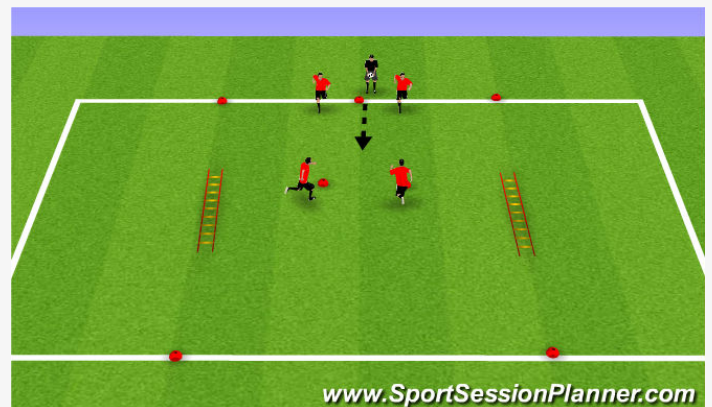
Organization

Line 1 Two feet in each space

Line 2 Race

Line 3 Bunny hops

Line 2 works that on the coach's command, two players run up and around the top cones, the coach feeds the ball and then it becomes a race to poke the ball back to the coach.



Defending as a 3

Organization

Each blue cone is 15 yards apart, and 15 yards away from each Red cone, in a straight line.

Each player on a blue cone has 1 ball and serves up to one defender at a time.

Player 1 attacks the server, who plays a ball in the air to defender - player 2 and 3 must adjust their position into the correct covering position.

Coaching Points

1. Player attacking the ball communicates "ball"
2. When player 1 attacks the ball can the two defenders slide across to help cover the space behind
3. When player 2 attacks the ball, player 1 and 3 slide central to cover the space.

Progression

1. Red Team starts to pass the ball on the floor
2. Red players attack the blues on the floor are forced to pass backwards



3v3 Line game

Organization

25 x 20 area defend the line behind you.

Players must try and dribble the ball across the line behind the opposition.

Coaching Points

1. Can we get pressure on the ball and the correct cover behind the player?
2. Can we force the attacker away from the goal - when wide or into our teammate when they are central
3. Can we counter quickly to the other line?
4. Are we using the correct defending technique?



5v5 Line game

Organization

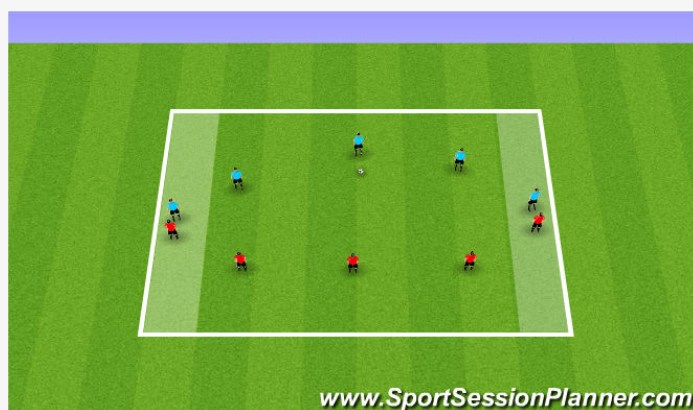
35 x 20 with two five yard channels on the side

Add 2 players to each team, each player is classed as midfielders, they cannot leave the area. when there team has the ball. when defending they can leave the area

If the team score by dribbling across the line, in the channel they get 3 points

Coaching Points

1. When defending can the midfield player drop back as defenders?
2. when the ball is on the opposite side can we drop in as a full back?
3. Can we counter to the opposite line?



Def v Attack

Organization

Half field if possible - if not 50 x 40.

6 v 6 coach feeds everytime attacking team in a 4-2 def set up in a 3 Central defenders 2 wide midfielders and 1 central midfielder

Attackers get a point from scoring - defenders from playing out to the coach

Coaching Points

1. Can we defend as a team?
2. Can the CM player stop balls through to the two attackers?
3. Can We play out of the back?
4. Can we not get exposed behind our WM players?

