



Multi Team Training Night 2

Category: Functional: Defender
Difficulty: Beginner

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Individual-Adult Member

SAQ - on Arrival

Organization

Each team will run their own SAQ drills inside their skill squares.



Skill Squares

Organization

Create a 20 x 20 Square and divide that into 4 areas, place tall cones down the center.

Split players into multiple groups of two and have them spread out on the two lines, opposite each other, Each group needs one ball between them.

Players dribble up to the middle cone, and then complete their turn. Dribble back and switch over with their teammate.

Turns

1. Dragback 2. Inside/outside hook 3. Cruyff Turn

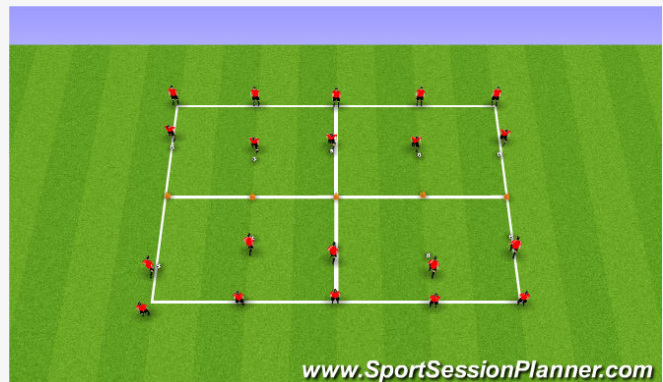
1. *Drag back Turn* - players dribble up, place their foot on top of the ball and drag it backwards - players must turn at the same time, turning with their body in the same direction as the foot they use to drag the ball with.

2. *Inside/Outside hook* - players dribble up, and use either the outside of the foot, or the inside of the foot to push the ball backwards away from the defender - again, players turn so that they can always see the ball.

3. *Cruyff Turn* - Players dribble up, pretend to shoot, they then bring their foot around the ball - then using the inside of the foot they push the ball backwards.

Coaching Points

1. After completing their turn they should accelerate away, keeping the ball under control.



Small Sided Games - Shielding

Organization - Shielding

Split the group up into groups of two, one ball per group of two players - you can have 4 players in each square.

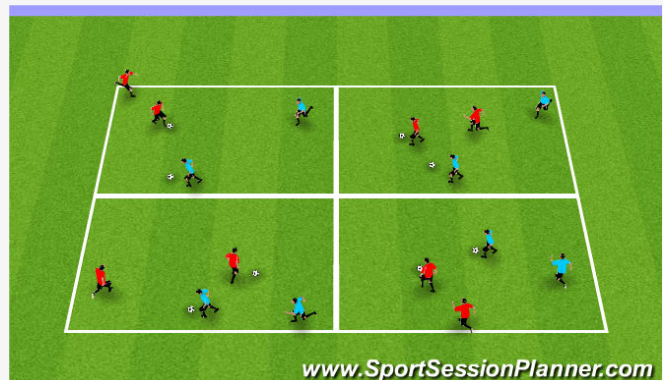
Inside the 4 squares - players should dribble around, when the coach shouts pressure - the player without the ball should run over to the player with the ball and try and win it back. The player with the ball should try and stop the opponent by shielding the ball. Work each player for a minute then switch

Coaching Points

1. Be ready - make sure that the player with the ball is prepared - can they get in between the defender and the ball.

2. Get side on - become side on with the ball on the furthest foot away from the defender. Keep the ball away from them. Knees bent keep the ball moving away from them

3. Use your arms - arm bent touching the defender - if you feel them role a certain way can you go the other way - use their movement to help you.



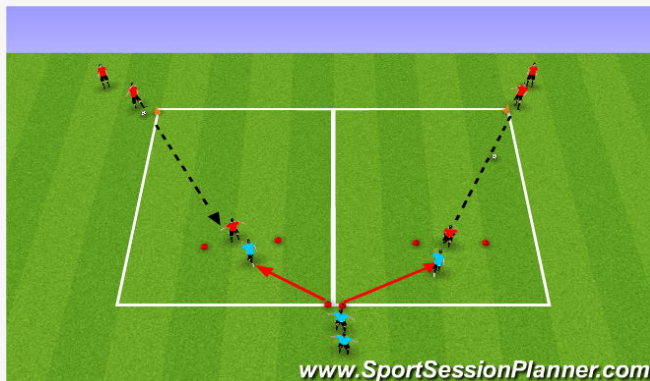
Shielding and Turning

Organization

Remove a line and create two channels 10 x 20. Place a small gate about 5 yards up from the bottom line in the center of the channel. The red player passes down to his teammate who must shield the ball from the defender (blue). They must try and dribble the ball across the line and if the defender wins the ball they must try and dribble across the opposite line.

Coaching points

1. Good first touch - Receive the ball well and set yourself up to be able to look after the ball.
2. Can you come towards the ball? - separating from the defender more - if possible turn and attack the defender, can you beat them across the line.
3. If the defender gets too tight spin and accelerate away and across the line - use your strength and quick feet.



4v4 Game

Organization

20 x 35 4v4 Game to finish (no GK's).

Encourage positive and creative play - can we attack the other team in 1v1's, can we support our teammates

