

PDP Session: Defending

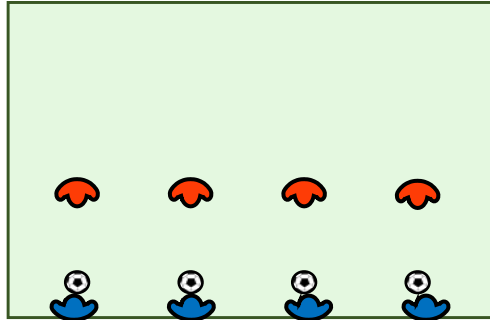


Part 1: 1v1 Shadow Defending

Topic: Defending
 No. of Players: 8 - 20
 Offsides: No

Timing: 10-15 mins
 Goalkeepers: N/A
 Pitch size: 30 x 20

Age group: U10 +



Why? High repetition of defending techniques.

How? In pairs, they pass back and fourth to each other using the inside of both feet. When the blue player decides, they begin to dribble towards the red players. The red players act as defenders and must jockey until the opposite end line. The blue and red players then rotate roles and again start by passing back and fourth to each other. When the red player is ready they begin to dribble and now the blue players must jockey.

How do I progress or adapt the practice?

- The defenders can aim to touch the ball with the sole of their foot then moment the attacker shows too much of the ball.
- 1v1 games and the defenders can now tackle.

What you may see/actions you may take:

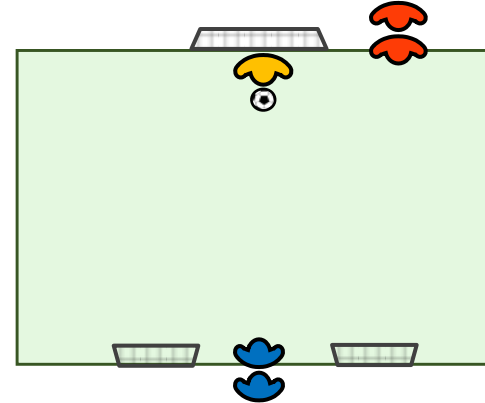
- The defenders may get too close to the attackers. Therefore, they must consider their distances from the attacker.
- The defenders may not understand how to dictate play. Therefore, teach the defenders to place their front foot in line with the ball to force one way.
- Defenders must be educated one how to position their body and the importance of having good foot patterns. If the attacker begins to take bigger touches, the defenders must perform a cross step and be ready to run and get their arm across the defender.
- Teach the defenders the importance of having their arm up and be ready to challenge for the ball by using their hips and arms.

Part 2: Messi v Van Dijk Game

Topic: Defending
 No. of Players: 8 - 20
 Offsides: No

Timing: 15-20 mins
 Goalkeepers: Optional
 Pitch size: 24 x 15

Age group: U10+



Why? To develop the players understanding of how to close down and dictate play.

How? Two teams, one team starts as attackers and the other team starts as defenders. The goalkeeper starts the game by distributing the ball out to the attacker. The defender now quickly closes the attacker down and defends 1v1. The attacker must try and score in the big goal and the defender attempts to regain the ball and score in either of the mini goals. If the attacker scores it is worth 1 goal and if the defender scores it is worth two goals. Teams swap roles after x amount of time.

How do I progress or adapt the practice?

- Progress to 2v2
- Adjust the pitch size.

What you might see/actions you may take

- The defenders at times may close down quickly but not consider the appropriate stopping distances. Therefore, it is important to teach the players when to slow down, and to help them understand how to dictate play.

Practice Spectrum



4 Corners



Practice Spectrum



4 Corners

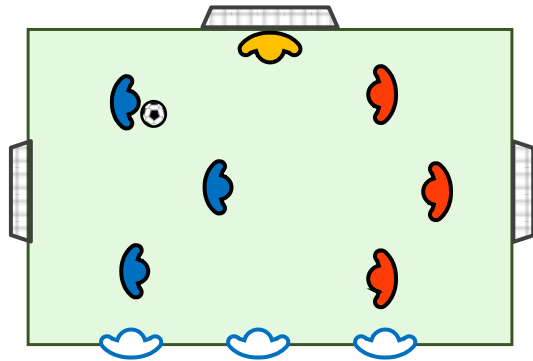


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Part 3: 3v3 + 3 Pressing Game

Topic: Defending
 No. of Players: 10 - 20
 Offsides: Can apply when team enters the pitch
 Timing: 15-20 mins
 Goalkeepers: Optional - Can use mini goals
 Pitch size: 24 x 15
 Age group: U10+



Why? To encourage players to react quickly in transitions, to close down quickly when possible and to direct play.

How? 3v3 in a small space. Three teams of three with one Goalkeeper. The reds play the blues to start with and play a 3v3 game. On the coach's signal, the team on the outside enter the pitch and aim to win possession within ten seconds. At this point, the reds and blues must now join forces and play together to keep possession of the ball which makes it a 6v3. If the team that entered pitch win possession they must then attack the goal with the goalkeeper as highlighted in the diagram. The team that lost possession must stop and go outside the pitch. For instance, if the team on the outside win possession from the red team, the red team must stop and go off the pitch. The blues must then defend the goal. Teams switch roles after x amount of minutes decided by the coach. The team that has the most amount of goals at the end wins.

How do I progress or adapt the practice?

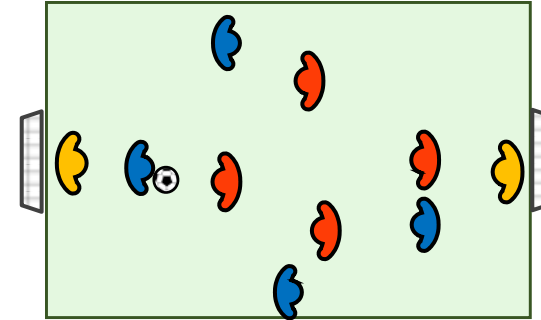
- Both teams can try to recover the ball.
- Adjust the pitch size. If it is smaller, it is easier for the defending team to press.

What you may see/actions you may take:

- To start with, the teams that are on the pitch playing may struggle to react and keep the ball when the other team enters the pitch. Therefore, it is important to encourage the players playing to be aware and take as many touches as they need. They must stay calm and use all the pitch to keep possession of the ball.
- The defending team from the outside might always adopt the same start positions and may not always stay connected when pressing. Therefore, encourage the team on the outside to discuss tactics/strategy whilst the other two teams are playing a 3v3 game. This may help them consider how they are going to achieve success when pressing.

Part 4: Small Sided Game – Six Seconds Game

Topic: Defending
 No. of Players: 8 - 20
 Offsides: Yes
 Timing: 20-30 mins
 Goalkeepers: Optional
 Pitch size: 30 x 20, 40 x 30 or 60 x 40 dependent on numbers
 Age group: U10 +



Practice Spectrum



4 Corners

Technical	Psychological
Closing down Dictating play Foot patterns	Resilience Determination Persistence
Physical	Social
Strength Agility Balance Speed	Leadership Communication Collaboration

Why? The game will encourage the team out of possession to react quickly on losing possession and to attempt to win possession of the ball immediately.

How? Set up a 4v4/5v5/6v6 or 7v7 game. To start with the condition for both teams if they lose possession, but win the ball back within 6 seconds it is worth one goal. If they win the ball back within 6 seconds and score without losing the ball in the process it is worth 3 goals.

How do I progress or adapt the practice?

- Adjust space.
- Since it is hard to control, the rules only apply to one team. Change roles after a period of time.

What you might see/actions you may take

- The rules will encourage the teams to race quickly on losing possession. They cannot waste a second by being disappointed at losing possession.
- The team that is in possession may panic under pressure and as a result lose possession. If there are two coaches, one coach must work with the team that when they have possession, they must keep the ball for six seconds. The other coach can work with the team that has the rule of winning the ball back within six seconds.
- Teach the importance of staying connected when defending. If one goes, they must all go. Also, teach the importance of stopping distances and directing play.
- Observe the players body position and foot patterns when defending. Also, emphasis the importance of using their arms to keep their distance and when challenging for the ball.

Practice Spectrum



4 Corners

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