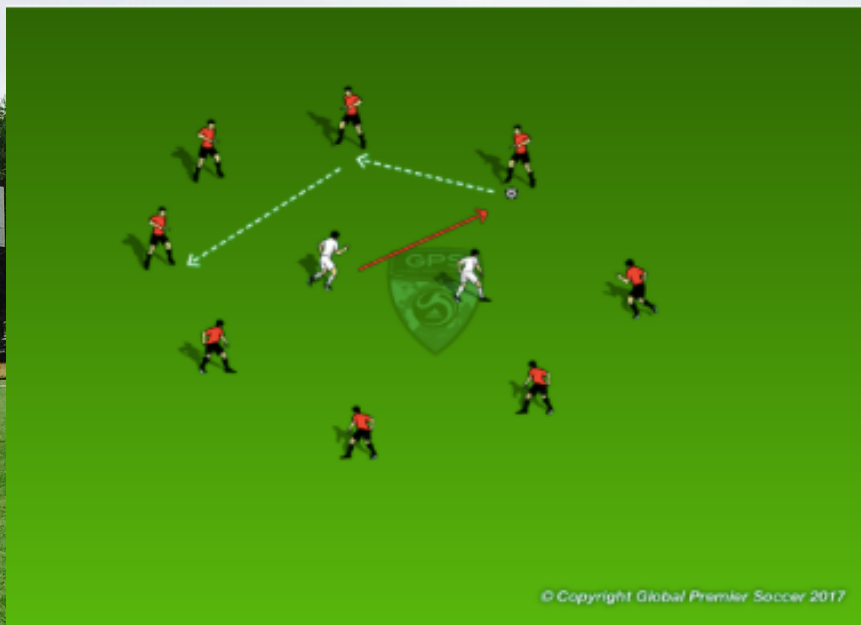


# Session of the Week – Week 2 – Defending



## Organization

- Rondo - 2 players in the middle. Reds aim to keep them in the middle by keeping possession.

## Progressions

## Coaching Points

- Pressure quickly, but don't dive in. Both players to work as a pair to press more effectively.
- Closest player look to force the ball back towards team mate or where it came from. Don't just chase as individuals.



## Organization

- 3 groups, server (red) plays ball into white who aims to score by dribbling through blue's goal.
- Blue defends, and aims to dribble out of the area if they win the ball - emphasis to win the ball, not just defend it.

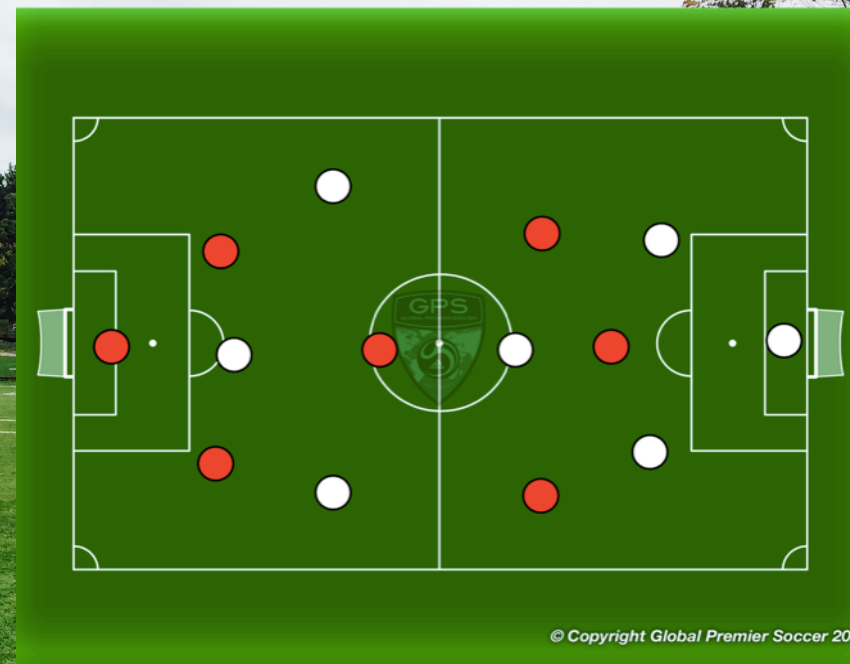
## Progressions

- 2v2

## Coaching Points

- Pressure at speed, slow on approach.
- Angle of approach & body shape to show attacker away from goal.
- Patience - don't dive in - make the attacker beat you. 2v2 - 2nd player cover, positioning

# Session of the Week – Week 2 – Defending



## Organization

- All players stay in designated areas. Blue players aim to keep possession and score a point by passing to the opposite end.
- Red must try to intercept. If red gain possession they can score in any of the 4 goals.

## Progressions

- On winning the ball, reds break into one of the outer zones to try to score while blues defend.

## Coaching Points

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Roles - pressure, cover, balance</li> <li>• Approach/body shape to deny forward pass</li> <li>• Stay compact - Don't get split</li> </ul> | <ul style="list-style-type: none"> <li>• Communicate - adjust quickly as ball mo</li> </ul> |
|--|---|

## Organisation

- Play 7v7. Both teams play 1-2-3-1

## Progressions

## Coaching Points

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Emphasis on individual and group defending</li> </ul> |  |
|--|--|