

Retreat to a defensive position when your side loses the ball

ACTIVITY: WHERE SHOULD THE DEFENDERS BE?

CALL OUT "Get between the ball and your own goal" • "Don't stand near other defenders"

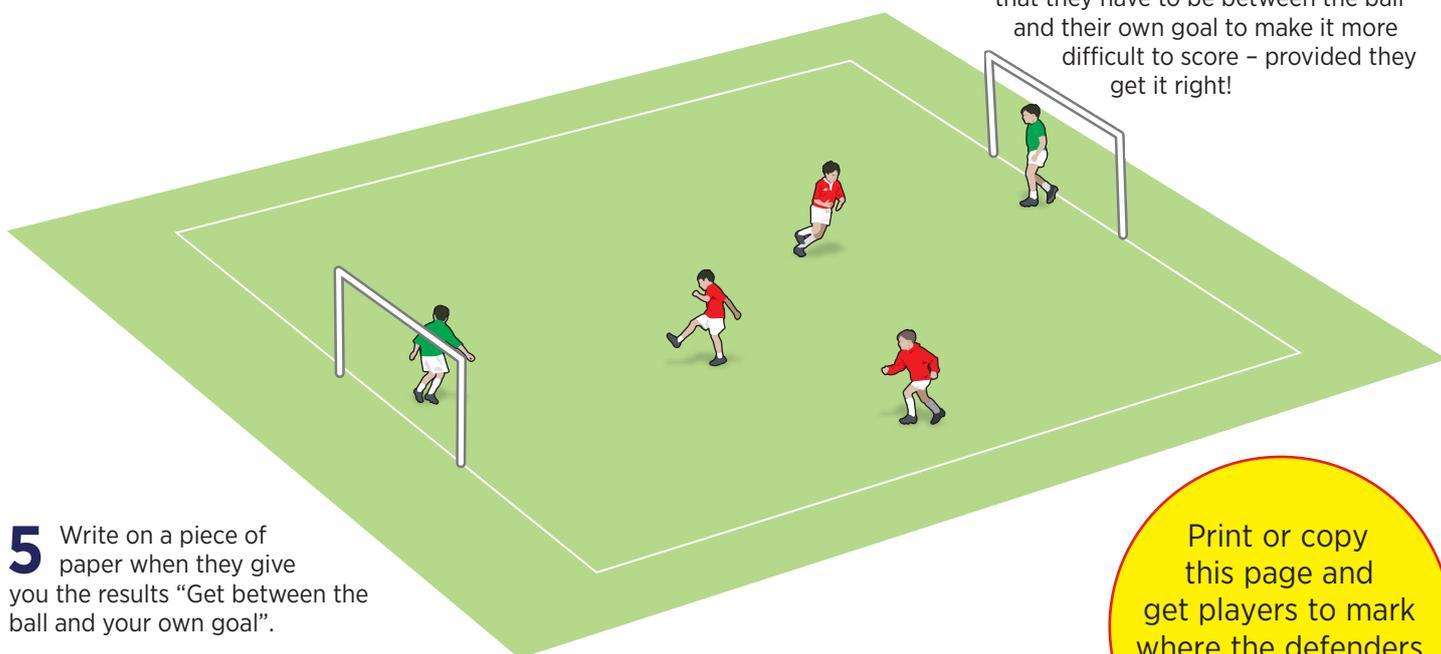
1 Gather your players around you as if you are giving a team talk and give everyone print-outs of this page.

2 Speak to the players about where the defenders are. In the first diagram, mention how far they are away from any of the attacking players.



3 Highlight the free attacker in front of goal who hasn't got anyone blocking his route to goal.

4 Get your players to mark where the defenders should be in the second box. This will help cement in their minds that they have to be between the ball and their own goal to make it more difficult to score - provided they get it right!



5 Write on a piece of paper when they give you the results "Get between the ball and your own goal".

Print or copy this page and get players to mark where the defenders should be on the second diagram.

How many players do I need?
All your players work on this - you can do it in pairs.

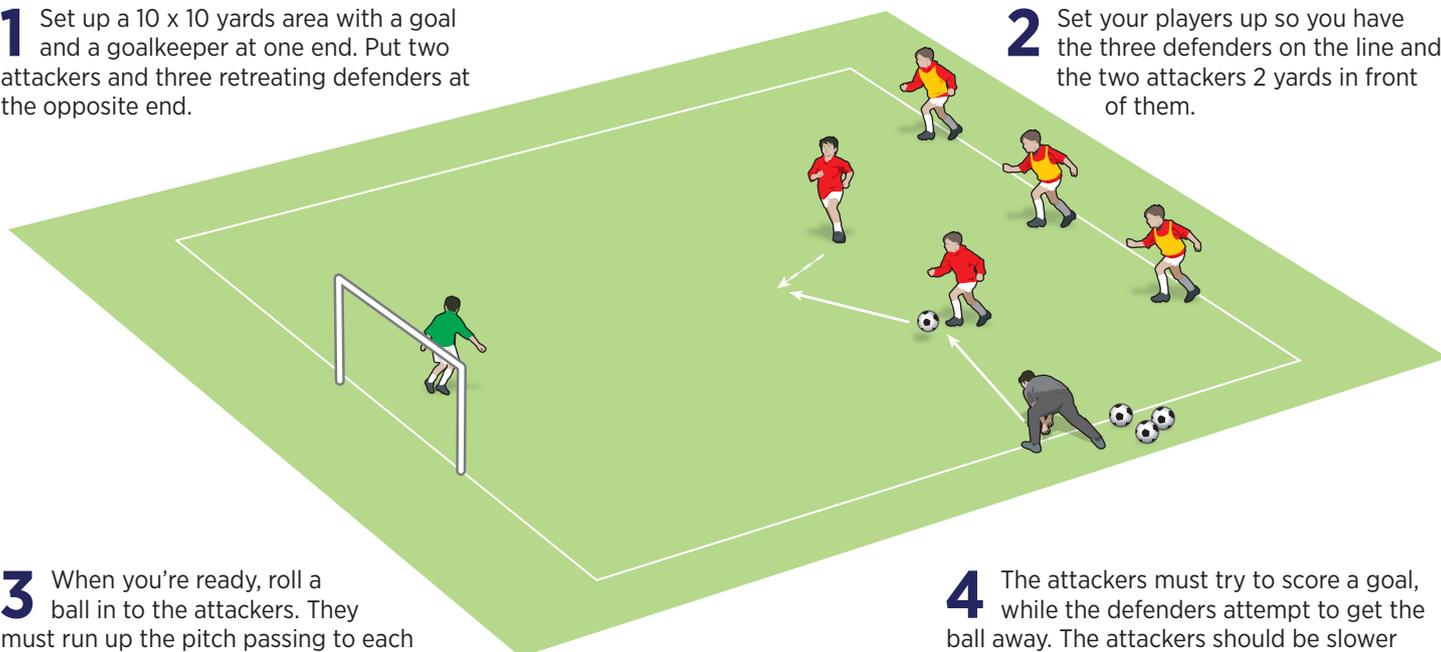
Key	Player movement	Ball movement
	Run with the ball	Shot

Retreat to a defensive position when your side loses the ball

GAME: GET BACK!

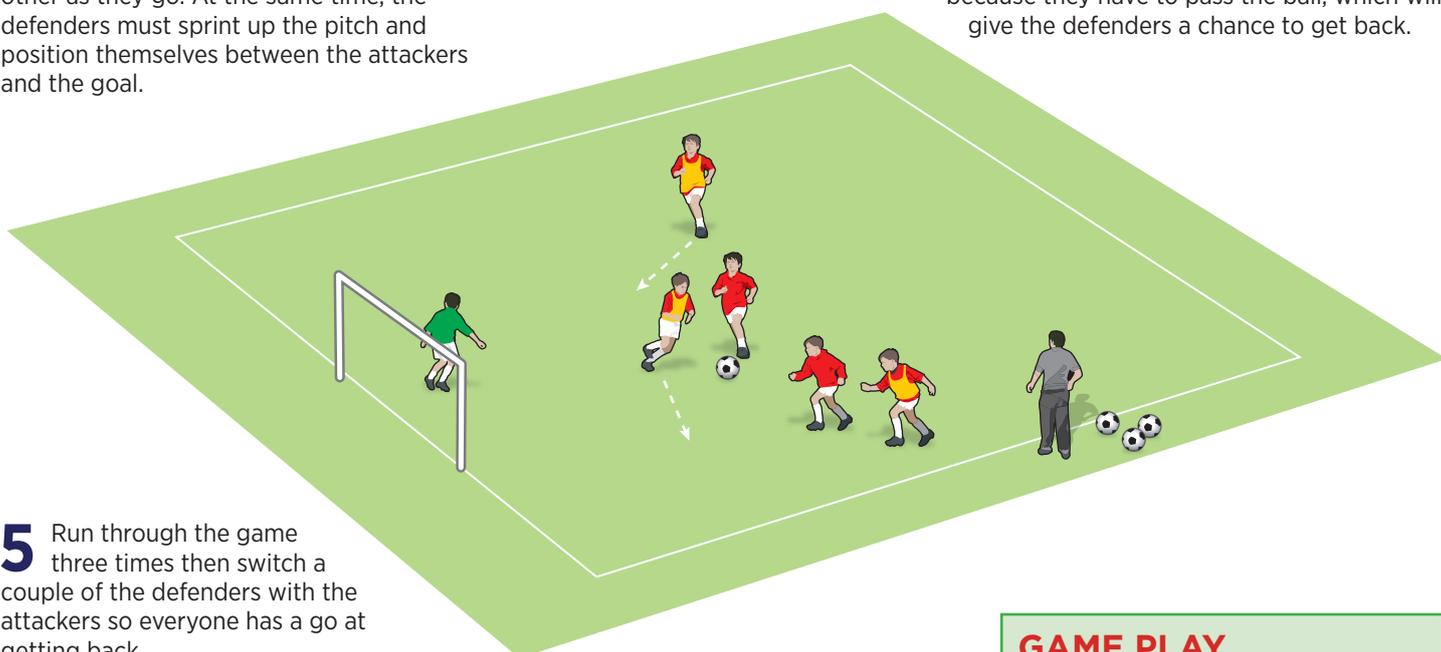
CALL OUT "Get between the ball and your own goal" • "Don't stand near other defenders"

1 Set up a 10 x 10 yards area with a goal and a goalkeeper at one end. Put two attackers and three retreating defenders at the opposite end.



2 Set your players up so you have the three defenders on the line and the two attackers 2 yards in front of them.

3 When you're ready, roll a ball in to the attackers. They must run up the pitch passing to each other as they go. At the same time, the defenders must sprint up the pitch and position themselves between the attackers and the goal.



4 The attackers must try to score a goal, while the defenders attempt to get the ball away. The attackers should be slower because they have to pass the ball, which will give the defenders a chance to get back.

5 Run through the game three times then switch a couple of the defenders with the attackers so everyone has a go at getting back.

GAME PLAY
Don't let the defenders to give up.
Watch for reaction to rebounds.
Praise determined recovery moves.

How many players do I need?

We used six players in the game with two attackers, three retreating defenders and a goalkeeper.

Key	Player movement	Ball movement
	Run with the ball	Shot

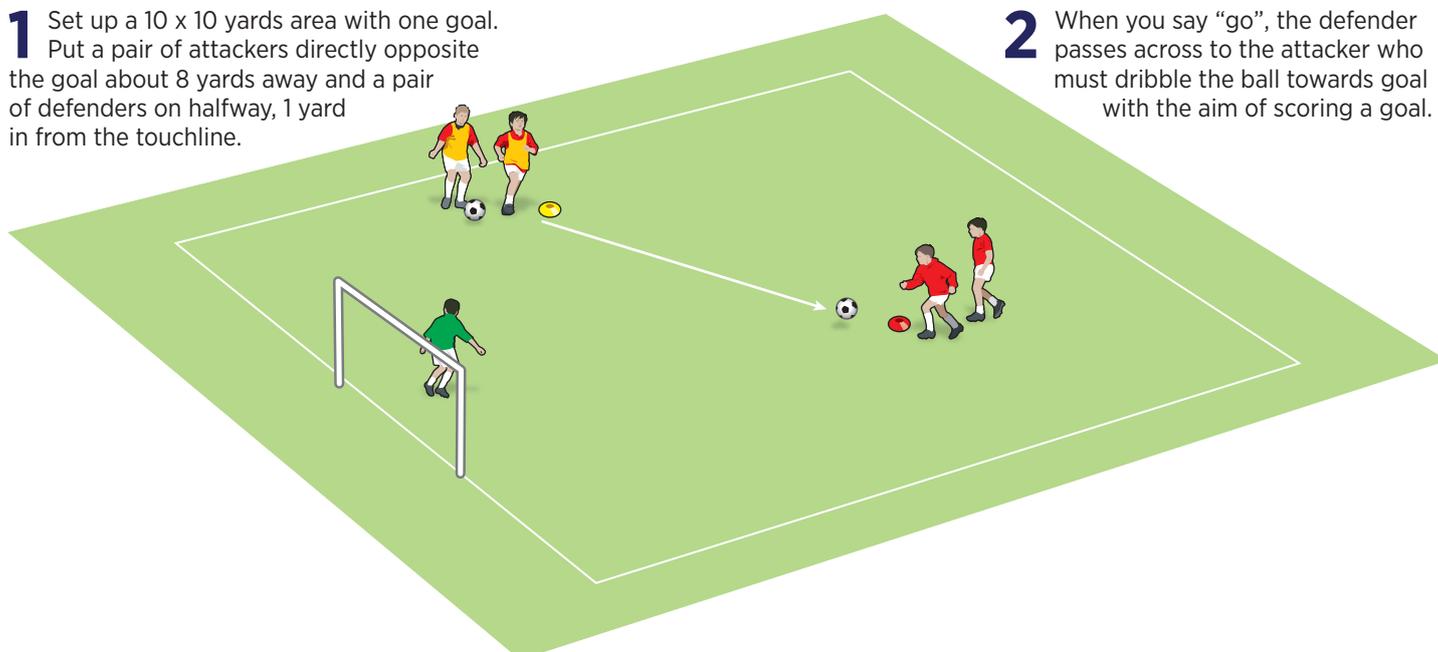
Pressing the player with the ball

ACTIVITY: PASS AND PRESS

CALL OUT

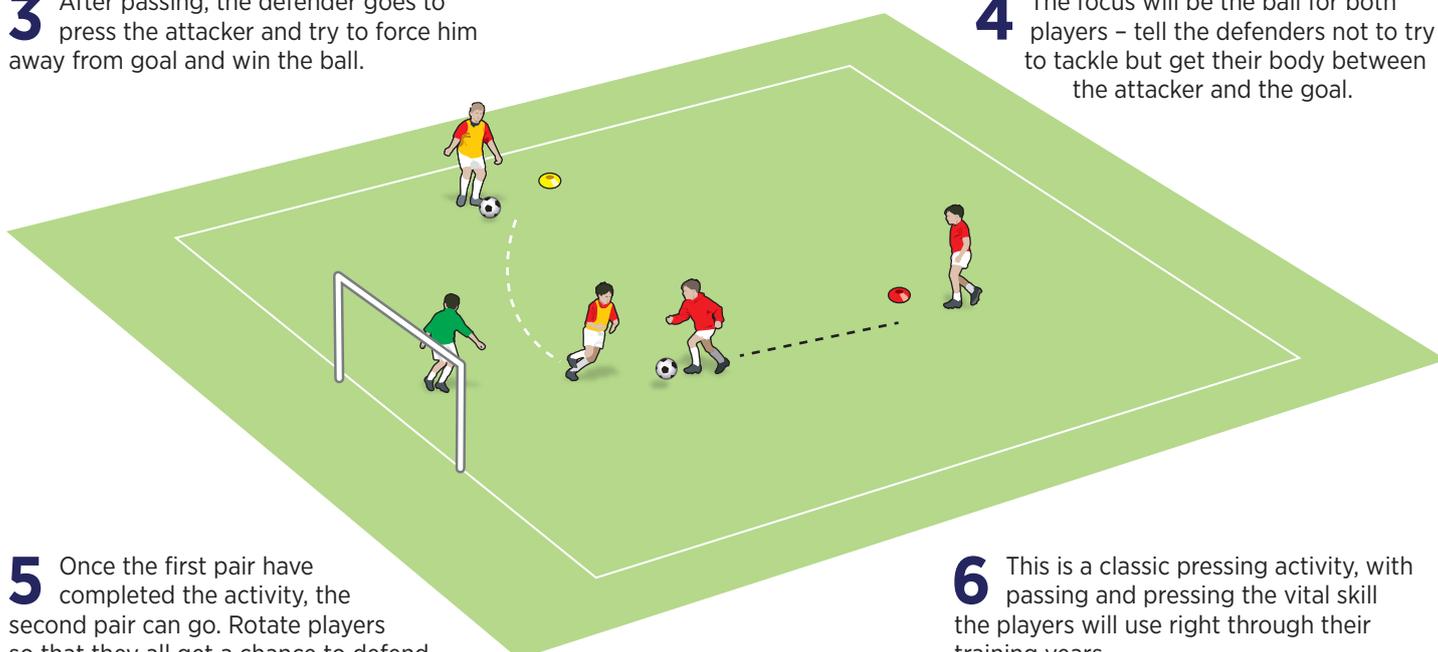
“Run towards the player with the ball” • “Try to get the ball” • “Stay between the ball and your goal”

- 1** Set up a 10 x 10 yards area with one goal. Put a pair of attackers directly opposite the goal about 8 yards away and a pair of defenders on halfway, 1 yard in from the touchline.



- 2** When you say “go”, the defender passes across to the attacker who must dribble the ball towards goal with the aim of scoring a goal.

- 3** After passing, the defender goes to press the attacker and try to force him away from goal and win the ball.



- 4** The focus will be the ball for both players – tell the defenders not to try to tackle but get their body between the attacker and the goal.

- 5** Once the first pair have completed the activity, the second pair can go. Rotate players so that they all get a chance to defend and attack.

- 6** This is a classic pressing activity, with passing and pressing the vital skill the players will use right through their training years.

How many players do I need?

We used five players for this activity – two attackers, two defenders and a goalkeeper – but you can line up more players behind each cone.

Key	Player movement	Ball movement
	→ (dashed line)	→ (solid line)
	→ (dashed line)	→ (solid line)