



**Functional Session Plan**

**Season** Spring 2016

**Topic** Functional Training of the #4 and #5 - Defensively

**Objectives**  
(5 W's)

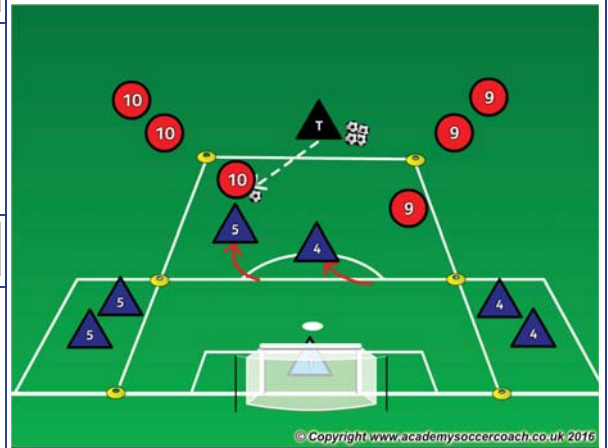
**Who:** The #4 Right Central Defender and #5 Left Central Defender  
**What:** Individual Defending Techniques and Principles of Defense  
**Where:** Defensive third of the field  
**When:** The opponent is attacking down the central channel  
**Why:** To delay or deny penetration and win the ball back

**Organization**

Duration  Intensity

In a 20W x 30L yard grid with a Regular goal and a target player  
 3v2+Server/Target Player - Target player will pass the ball either Red player. The closest central defender (Blue#5 or Blue#4) will Pressure the receiver, the other will Cover without losing sight of the other red attacker. Red team scores in the big goal, the Blue team scores by passing to the Target player.

**Stage 1** 3v2 To Goal and a /Target Player



**Coaching Points**

Activity Time  Rest  Intervals

What? Techniques of: Angle, Speed and Distance of Approach, Footwork, Eyes on the Ball, Body Shape and Types of Tackle - Poke or Block?

Defending Principle - Pressure: Who? Where? When? Why? - Delay: When? Why? - Cover: Who? Where? When? Why?

**Stage 2** 5 v 5 to Regular Goal & Counter Goals



**Organization**

Duration  Intensity

In a 75W x 50L yard field a regular goal and 2 small counter goals  
 Play a 5 v 5 Game - Target team (Blue): #1, #2, #3, #4, and #5 - Defends the regular goal - Opposition team (Red): #7, #8, #9, #10 and #11 - Defends the counter goals on the mid-line.  
 Any interceptions or tackles by the #4 or #5 wipes out the opponents goals to zero.

**Coaching Points**

Activity Time  Rest  Intervals

What? Techniques of: Angle Speed and Distance of Approach/Recovery, Angle and distance of Covering player/s, Interceptions, Types of Tackle.  
 Defending Principles of the #4 and #5: Pressure - Who? When? Where? Why? - Delay: Where? When? Why? - Control and Restraint: When? Where? Why? - Cover: Who? When? Where? Why?

**Organization**

Duration  Intensity

In a 75W x 90L yard field with regular goals  
 7 v 7 game - Target team (Blue): #1, #2, #3, #4, #5, #6, and #9 - Opposition team (Red): #1, #6, #7, #8, #9, #10 and #11- Goals scored after the #4 and #5 win the ball and pass to #6 or #9 for a counter attack are worth 100 points.  
 Play to 300 or 10 Minutes.

**Stage 3** 7 v 7 (3/4 Field) Game



**Coaching Points**

Activity Time  Rest  Intervals

What? Techniques of: Individual defending

Defending Principles of the #4 and #5: Pressure - Who? When? Where? Why? - Delay: When? Why? - Control and Restraint: When? Where? Why? - Cover: Who? When? Where? Why? - Balance: When? Where? Why?

**Stage 4 - 11v11**

Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 75W x 112L yard field. Play 11 v 11 all FIFA Laws Apply

**Coaching Points**

Defending Techniques of the #4 and #5, Defending Principles of the #4 and #5 Speed of play, Execution.