

WK 2 - Def in att third

OBJECTIVE: Make play predictable, regain possession and score.

TEAM TACTICAL PRINCIPLES: Get compact, Stay compact, Pressure/cover/balance

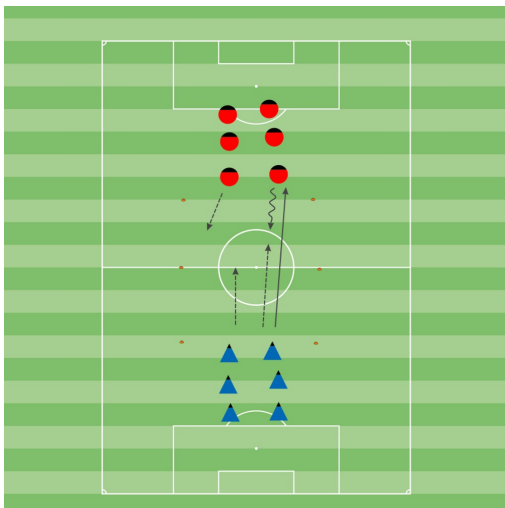
KEY QUALITIES: Read game/make decisions

Christopher Madigan

AGE: U5 / U16 / 15 players

TEAM FUNCTION: Defending

DURATION: 90 min



Def Att 1/3

OBJECTIVE: to prepare players physically for the creating chances

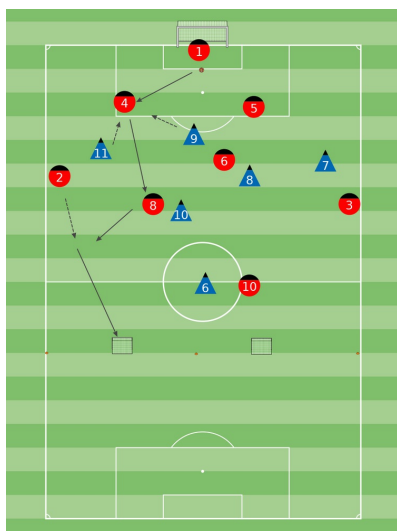
ORGANIZATION: 20 x 25 2v2 defending the end line. Players pass the ball down and then they defend 2v2

KEY WORDS: Pressure and cover, delay

GUIDED QUESTIONS: How do you stop the team from penetrating through the pass and dribble

ANSWERS: Pressure on the ball, Pressure and cover. Stay compact. Show the player to the sideline, make play predictable.

NOTES: Rotate players to manage work load.



Orientation Defending in the defensive 1/3

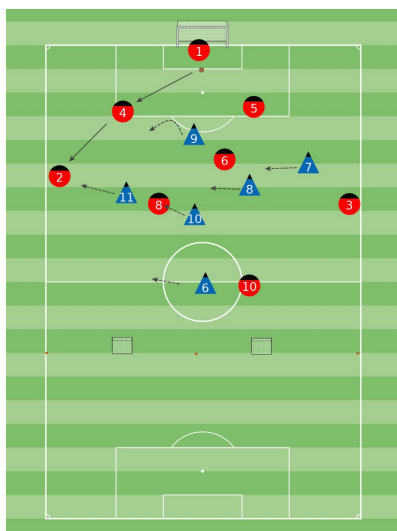
OBJECTIVE: Move ball from defensive third to middle third.

ORGANIZATION: 78x74 two teams. What: unable to get spread out, create triangles, penetrate centrally and move the ball into the middle/attacking third Who: 2,3,4,5,6,8 (primary) 10 secondary When: have possession in the defensive third with GK, 4 & 5. Where: in the defensive - middle third Why: Not able to spread out, create triangles, penetrate KEY WORDS: Spread out, Support,

GUIDED QUESTIONS: How can we make it tough for the opponent ? How can we create space for our team mates, how can we create passing lanes.

ANSWERS: Spread out, Check into space at right time.

NOTES: 2,3,4,5,6,8, 10 need to spread out vertically and horizontally. 2 & 3 need to get high and wide to create space for the 4 & 5 to play in. The 4 & 5 need to spread out to the corners of the box as a reference point. 6 is playing on the opposite side of the ball trying to receive the angled pass. Number 8 is showing in the pockets trying to receive passes that



Learning Defending in Att third

OBJECTIVE: Make play predictable, stop opposition playing forward, regain possession and score

ORGANIZATION: 78x74 two teams. What: Prevent the opponent from playing forward and/or force an inaccurate pass. Who: 7,9,11,10 (primary) 6 & 8 (secondary) Where: Mid/Att Third When: 4 & 5 have possession of the ball in the attacking third and are trying to play forward Why: 4 & 5 are trying to play through

KEY WORDS: Get compact, Stay compact, Stop them playing forward, force wide

GUIDED QUESTIONS: How can we get compact ? How can we stop them playing forward ? How can we force them wide?

ANSWERS: Work as a team and shift together. Keep spaces in between players small. Make play predictable and mark up the forward options. Show one way with the correct angle of approach and cover and balance

NOTES: Pressure around the 25 yd. Number 9 cutting the field in half. 7 and 11 tucking in especially on the side where the 9 has shown the attacking team. 7 & 11 show wide. 10 and 8 stepping up high, man marking when team presses, go with the attacking teams midfielders when they drop to receive. Defending team providing pressure, cover & balance.

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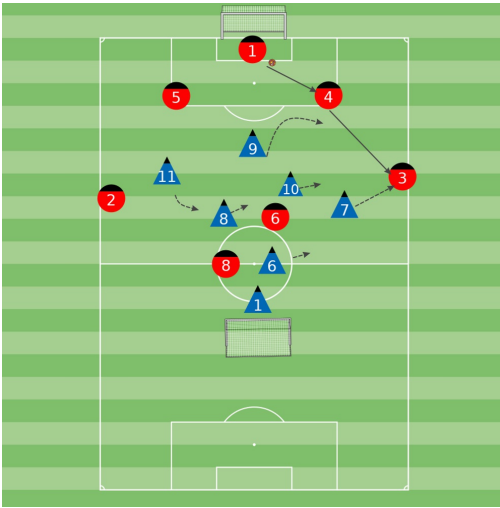
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Implementation

OBJECTIVE: Make play predictable, stop opposition playing forward, regain possession and score

ORGANIZATION: 1-2-3-1 Non focus vs 1-1-2-3- Focus. Formations based on shape on attacking in defending 1/3 and defending in attacking third in a 4-3-3 What: unable to stop opposition play forward, regain possession and score Who: 7,9,11,10 (primary) 6 & 8 secondary When: We opponent has possession in the middle to final third Where: in the KEY WORDS: Get compact, Stay compact, Stop them playing forward, force wide

GUIDED QUESTIONS: How can we get compact ? How can we stop them playing forward ? How can we force them wide?

ANSWERS: Work as a team and shift together. Keep spaces in between players small. Make play predictable and mark up the forward options. Show one way with the correct angle of approach and cover and balance.

NOTES: Pressure at 25 yd. Number 9 cutting the field in half. 7 and 11 tucking in especially on the side where the 9 has shown the attacking team. 7 & 11 show wide. 10 and 8 stepping up high, man marking when team presses, go with the attacking teams midfielders when they drop to receive. Defending team providing pressure, cover & balance.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?