

Are You Ready To Play?

UK Elite Training Methodology



Age Group/Gender: 7v7

Theme: Defending

Objective #1: Introduce Correct Defending Positioning.

Objective #2: Get Players To Pressure An Opponent.

PHASE AND ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>Catch the tail Every player has a pinnie in the rear of their shorts, like a tail. Aim of the game is to protect your pinnie from everyone else. If someone grabs another pinnie they win a point and give the pinnie back to the player. Prog- If someone grabs a tail, they keep it. Person with most pinnies at the end wins</p> <p>1v1 Channels. Players start opposite end of channels and take turns dribbling and defending. To score players need to get the ball through the opponents' end line. If defender wins the ball or forces the dribbler outside of area, they score a point. After playing for one minute the change into a new channel and play someone different.</p> <p>2v2 Channels Rather than focusing on the individual, can we now focus on team mates and supporting defenders First player (closest to the ball) is called the pressure and does like instructed in 1v1channels. Second player (behind the pressure) is the cover, covering both the player and the space, in case the player with the ball gets past or passes to a team mate.</p>			<ul style="list-style-type: none"> • Players are always aware of what is going on around them, protecting their pinnie • On their toes, knees bent allows for quicker movements • Speed, to help with attacking and getting someone's pinnie but also to escape if someone is nearby. <p>Focus on defender;</p> <ul style="list-style-type: none"> • Correct body positioning. (Side On, not too close) • Timing of approach and tackle • Putting pressure on the ball and opponent. Forcing them one way or the other with good body positioning (see video in email) <ul style="list-style-type: none"> • Pressure/first defender moves to the ball to close down the opposition. • Cover/second defender drops back in a diagonal line, not too close and not too far from the pressure to cover the space and the player • Cover is in good defensive position, on toes, ready to react. • If the ball gets past the pressure, the cover then becomes the pressure at they are now closest to the ball, the original pressure drops to become the new cover.

4) STATION THREE

2 v 2's.

Players are in pairs and must try to score in opponents' goal. The coach has all the balls on the side and rolls the ball in to play. Pairs are lined up ready to play on the side of the goals.



5) SCRIMMAGE

Play a small sided game.
Offer points for good
defending as well as goals.

- Look for good teamwork.
- Defenders positioning.
(Don't both close
attacker down as a pass
would be on)
- Who is pressure, who is
cover, how do they react
to the ball moving

- All of the above.