

# UEFA B Defending In Team's Own Half - Phase Of Play

Category: Defending

Length: 00:35 Rec. Players: 17

Published: May 16, 2014 @ 17:54

## Practice Theme/Topic

Coach a team to defend in its own half of the field - Phase of Play

### General Notes

N/A

### Aims & Objectives

Understand team priorities when defending in own half of the pitch

### Organisation & Setup

Pitch size: full width x 3/4 length from goal to 15 yards past halfway line.

Target goals for defending team to attack

### Coaching Factors & Outcomes

See Coaching Points

### Adaptation & Progression

Number of players could vary from 9v8 to 10v9

### Technical

N/A

### Physical

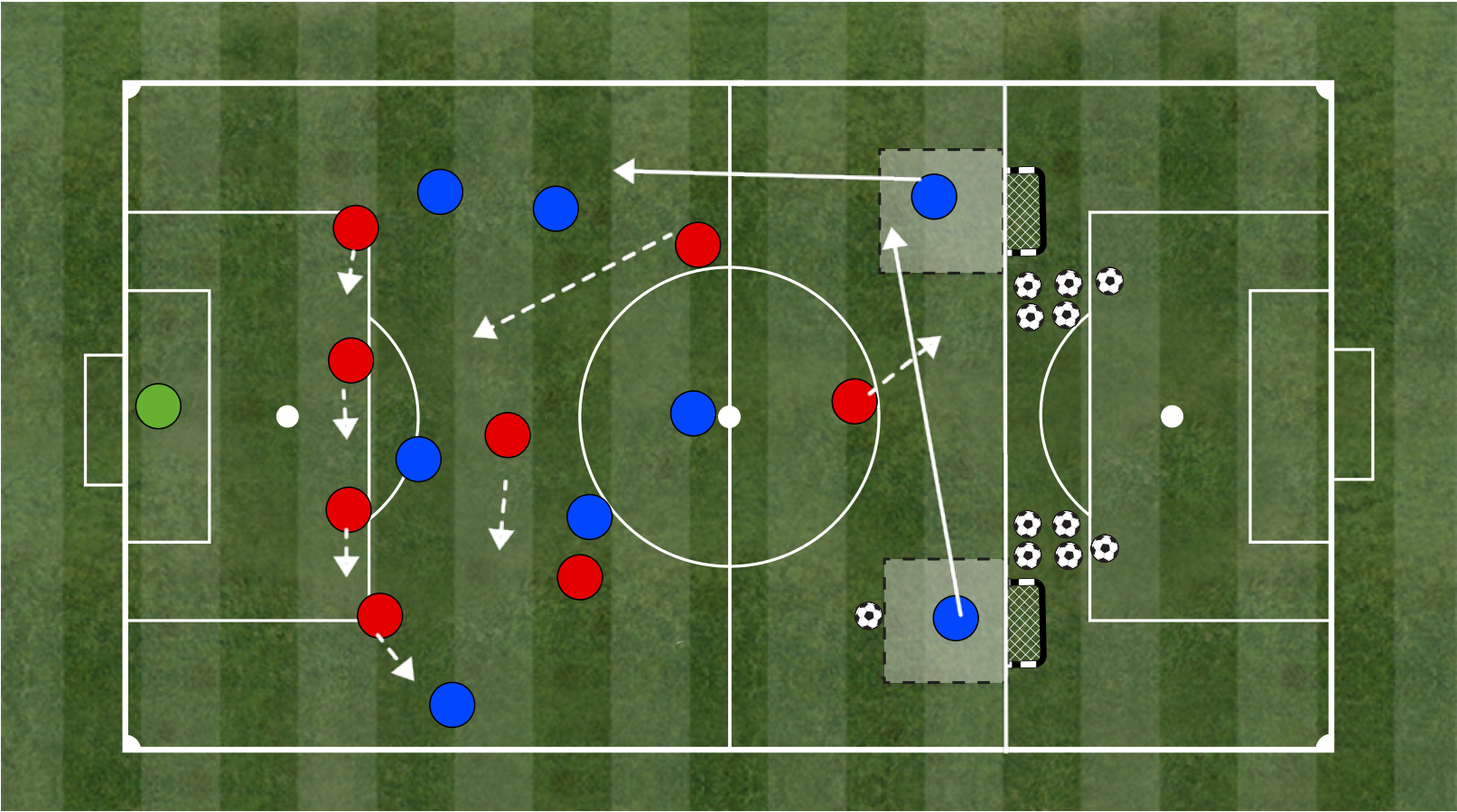
N/A

### Psychological

N/A

### Social

N/A



### Coaching Point #1

Player nearest the ball press the ball as soon as attacking team cross halfway line; win the ball or delay?

Communication with secondary player who will provide cover

Recovery runs to get back into play quickly

### Coaching Point #3

Protect spaces in front and behind back line

Prevent penetrating passes

### Coaching Point #2

Compactness in defence

Tertiary players provide balance

Predict/force attacking play into determined areas...

### Coaching Point #4

Regain possession and go on the attack

Defence retains security when attacking

Practice: 01 Length: 00:35

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Slide: 01/02





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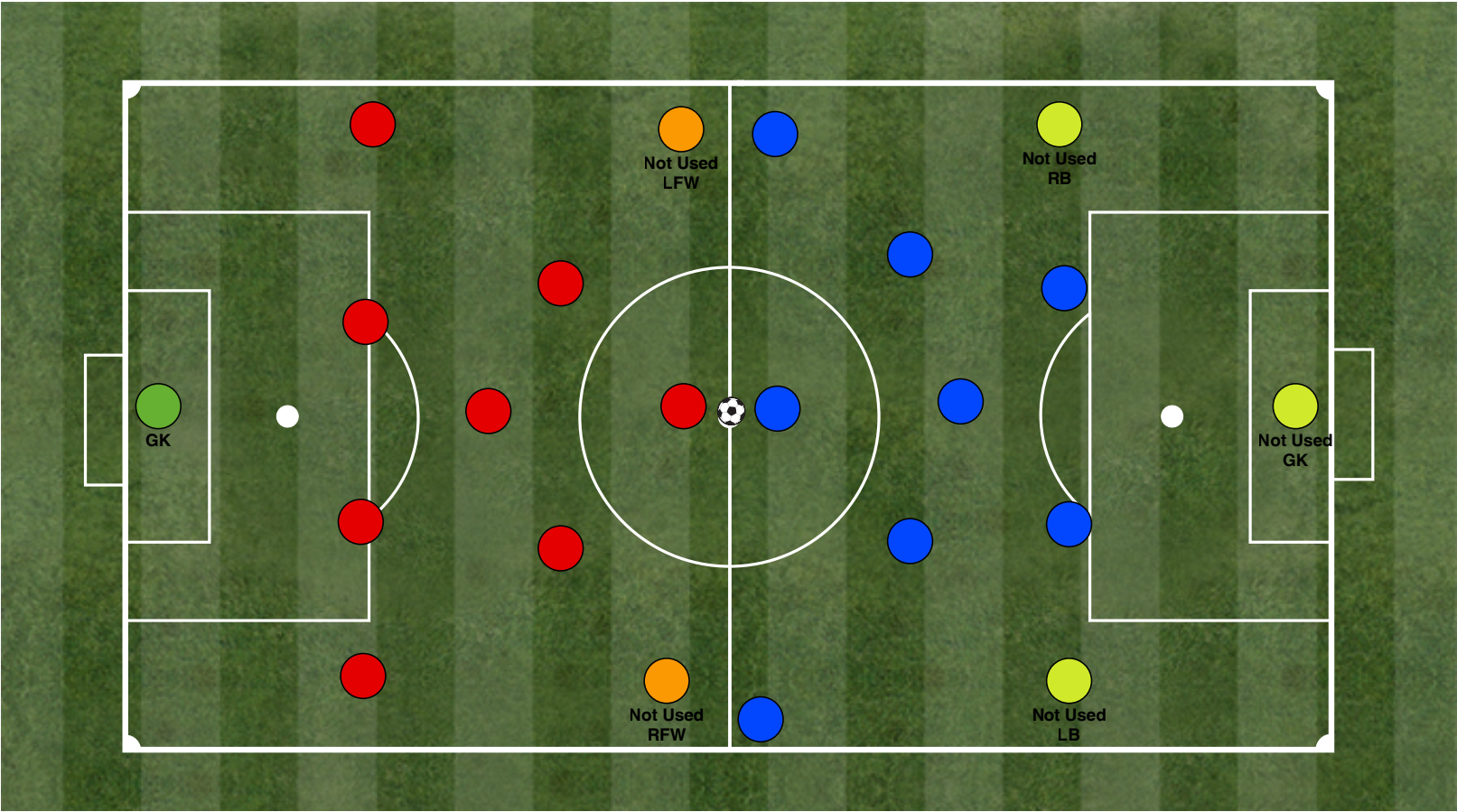
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UEFA B Defending In Team's Own Half - Phase Of Play

Category: Defending

Slide: 02/02

