

Defending the goal

Practice organisation

- 5 attackers and 5 defenders are arranged at opposite ends of the pitch- distributed equally at the side of each goal.
- Coach positioned on the half way line
- 2 goalkeepers are used one in each goal
- The practice starts with the coach playing the ball to one of the attacking team who attack one versus one - a defender enters the pitch from the opposite end.
- If the ball goes off the pitch or the goalkeeper makes a save, the ball is returned to the coach and the practice restarts with the coach playing to the red team who then attack the blues (1v1)

Detail

- The practice progresses with the coach creating 2v2 3v3 scenarios

Key coaching points

- Delaying attacks and denying space
- Making effective decisions: when to drop, press and cover
- Intercepting, blocking and tackling effectively.

