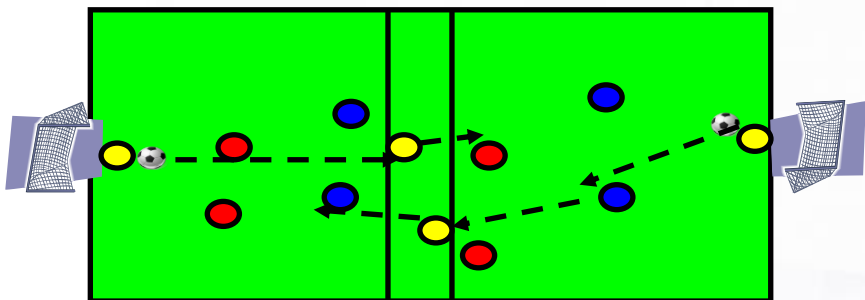




Dave Stevens
FA (County Coach Developer)



Defending When Organised

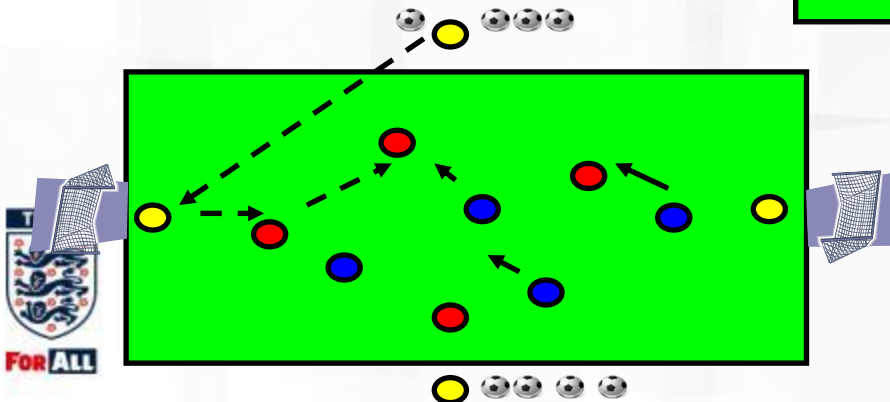
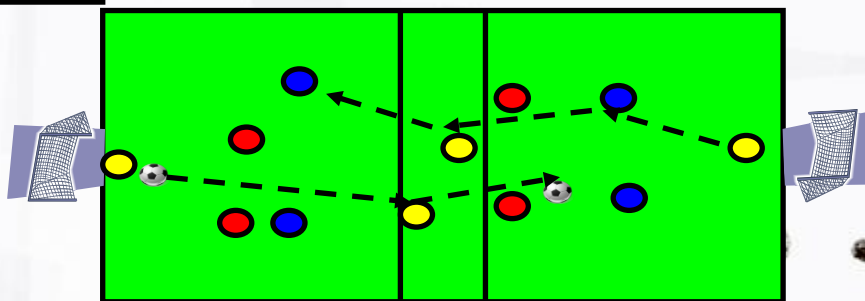


Technique Practice

1. 2 teams of 4 + 2 GK's + 2 servers
2. GK serves to defenders who play into target player.. They play into attackers on other pitch who, unopposed, seek to get ball into GK's hands
3. Re-start as in 1.

Skill Practice

1. As in Technique practice, except attacking team seek to score in goal and defender / goalkeeper try not to concede.
2. If defender / goalkeeper re-gain play into target player in middle area.



Small Sided Game

1. 2 teams of 4 + GK's + 2 servers
2. Server starts game and plays into GK who commences game – servers not to be used in play



Defending When Organised

Coaching Considerations

Defending When Organised

1. Deny Space

Team/Unit

- Pressure first touch
- Reduce options
- Encourage mistakes
- Stay compact
- Squeeze as a unit

- Deny space behind
- Remain between ball/goal
- Outnumbered
- Pressure not possible

Individual

- Start position in relation to: area of field, ball, goal, team mates, opponents and pressure on the ball
- Decision: Can they intercept, spoil or delay?
- What factors will affect their actions?

First Defender

- Start position
- Shut down
- Sit down
- Slow down
- Stay down
- Show down

Deny Space (continued)

Around The Ball

- Support/Cover
- Start position
- Angles
- Distances
- Communication
- Job and a half

Away from the Ball

- Balance the team
- Start positions
- Mark players?
- Cover space?

2. Restrict Space

- Eliminate best options for opponents
- Encourage mistakes by opponents
- Execution of opponents hurried
- Exclude individual opponents
- Ensure one or two touch maximum by opponents

3. Predict Space

How:

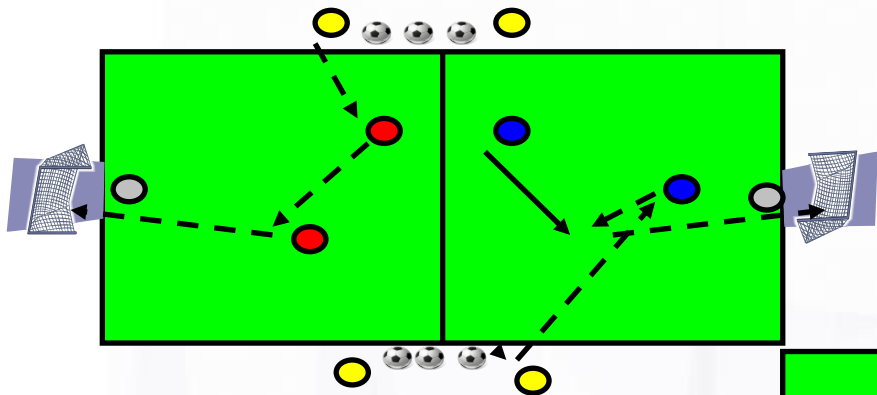
- Team shape/policy
- Set up/start positions
- Angle distance of pressure

Why:

- Force direction of play
- Numerical advantage in certain area of field
- Defenders can be pro-active
- Angle/distance of pressure



Finishing

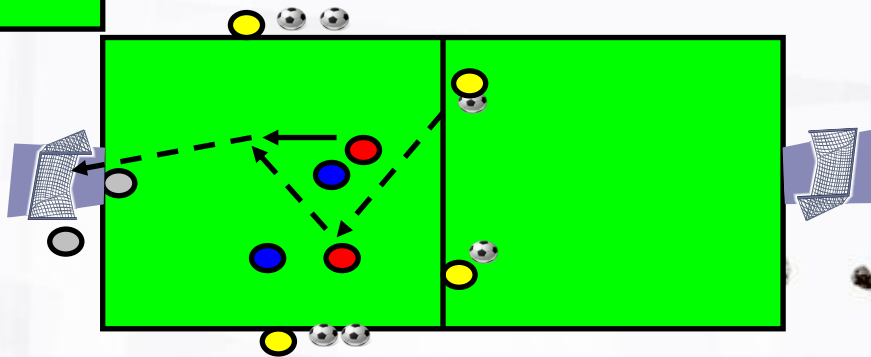


Technique Practice

1. 4 players, 4 servers + 2 GK's.
2. 1 server serves a ball into each pitch and two attackers create a shot on goal - repeat
3. Rotate - vary service

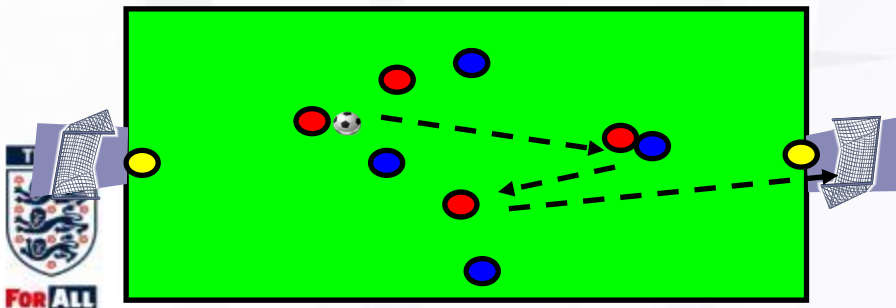
Skill Practice

1. 2 vs. 2 + 4 servers + GK's
2. Servers play into area and reds attack to score (can use servers to help if required). If blue's win the ball, play back to server and swap roles - if reds score, they get another go
3. Rotate servers for players



Small Sided Game

1. 2 teams of 4. + 2 GK's
2. Di rectional - score in oppositions goal



Finishing

Simple Attacking Principles

Create....
Maintain.....
Exploit.....

Space

Coaching Considerations

Finishing

A – Adjustments

- No time to shape body
- Any contact to direct ball on goal

B – Basics

- Time to adjust
- Shape body for recognised technique
- e.g. header, driven

C – Clever

- Time to adjust
- Utilise unexpected contact

For B & C – assess GK's position, select technique and aim for most vulnerable area of the goal

