



SESSION 3 Principles of Defending



Warm Up : Individual Defending



Organisation

Set up a 15x15yd grid each player with a ball and perform the "Basic Dribble Warm up". After 5mins select 3 or 4 players to act as passive defenders who put pressure players with the ball attempting to force them into certain areas of the grid without winning the ball. Switch defenders after 30 sec.

Progression

- If defenders win the ball cleanly the attacking player becomes the defender

Technique Practice : 1v1 Individual Defending



Organisation

Set up a series of 20x10yd grids, split players into pairs with 1 ball between each pair. One player dribbles in a straight line while the other jockeys. On reaching the end line players switch roles

Progression

- Dribbling player can change the direction of the dribble using feints
- Defender passes the ball into the attacker from the end line and closes down attacker

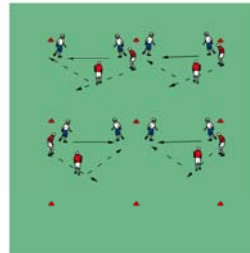
Skill Practice : 1v1 Defending



Organisation

Set up a series of 20x10yd grids (see diagram) Players split into pairs and have a ball between them. The player with the ball starts the drill by passing to their partner who then attempts to beat their partner by dribbling across the end line. Play for 3mins the player with the most points moves up the ladder.

Skill Practice : 2v2 Defending



Organisation

Set up a series of 20x20yd grids, split players into groups of 4 with 1 ball between each group. 2 attacking players pass the ball between each other while the 2 defending players work as a team to maintain a good defensive position (See Diagram) Players switch roles after 1 min

Progression

- Develop into a skill practice Attackers attempt to dribble over the end line

Small Sided Game U11-U16

Select one of the following games, after 15mins of play depending on score set a scenario for players and condition game appropriately for each team.

Example: If score is 2 – 0 tell players it is the last 10 mins of the Champions League final and set the following conditions:

- Team with 2 goal lead use Delay defending game condition (Hold on to Score)
- Losing team use pressure defending game condition (Try and win game)

Delay Defending



Organisation

Mark out a 30x20yd field with a centre line marked by cones. Players play a 4v4 game with the condition that on losing possession all players must move back to their own half

Pressure Defending



Organisation

Mark out a 30x20yd field with a centre line marked by cones. Players play a 4v4 game with the condition that all players must be in opponents half to score

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the group:

1. **When Defending who is responsible for putting pressure on the player with the ball?**
The nearest defender to the ball.
2. **When should the defender look to close down the player with the ball?**
As the ball is travelling to the player receiving the ball.
3. **What does the defender need to think about in 1v1 situations?**
Close down the space quickly, slow down and adopt side on body position forcing the player in one direction, be patient jockey and wait for an opportunity to win the ball
4. **What do we need to do as a team on losing possession of the ball?**
Get back behind the ball and adopt good defensive positions.
5. **When might you use delay defending as a tactic in a game?**
To hold onto a winning score, when playing a stronger team, when there is no pressure on the ball.
6. **When might you use pressure defending as a tactic in a game?**
When we are losing with only a few minutes left, when playing against a weaker team,