



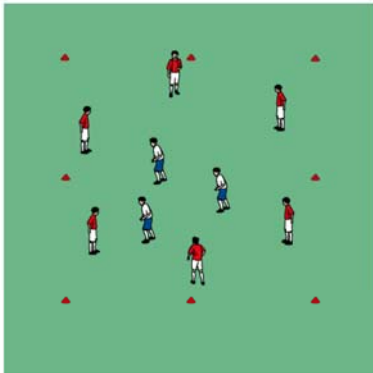
NSSDC Coaching Clinic 4 Defending Principles

Introduction

This document is to supplement the on field coaching clinic the NSSDC ran on Friday 3rd Dec 2010 focusing on the Principles of Defending

Session Duration 1hr 30mins

Warm up – 6v3 (10mins)



Set up area as shown in the diagram:

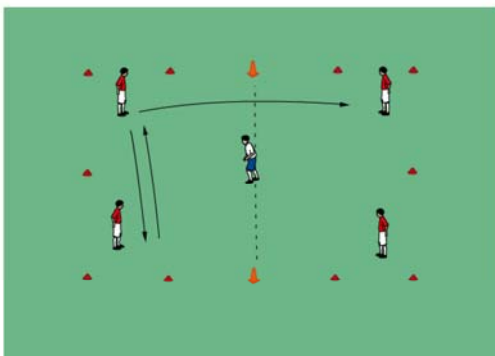
Players play a 6v3 defenders look to gain possession and connect a pass with a team-mate to get a point, attackers look to make a split pass through the defenders to gain a point.

Switch defenders every few minutes

Key Coaching Points to observe:

- Encourage free play and only give direction if needed

Exercise 1 – 4v1 Defending on the Line (10mins)

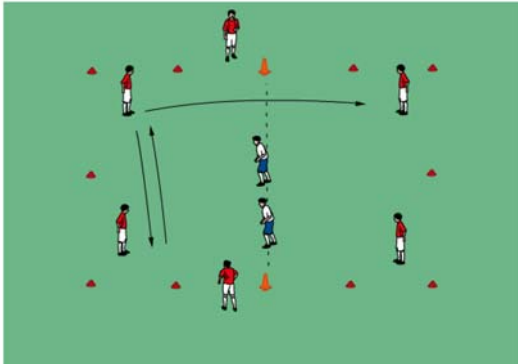


Set up area as shown in the diagram Players play a 4v1 with the defender restricted to the centre line, who attempts to intercept passes through to the players on the opposite side of the grid. Attackers are restricted to the back of the grid and can only pass the ball on the ground

Key Coaching Points to observe:

- Be on the ball of your feet adopt a low body position
- Move into line
- Concentrate and react quickly to intercept forward pass

Progression 1 – 6v2 Defending on the line (10mins)

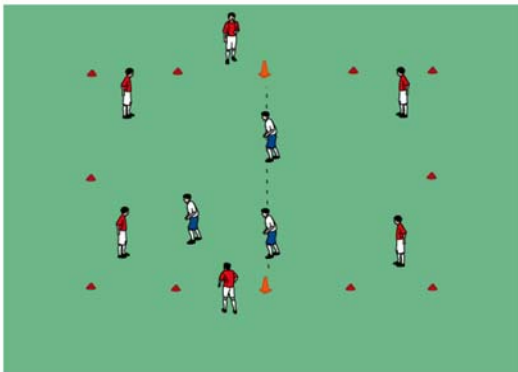


As in previous exercise, expand area, add 2 wide players to support the attackers and add another defender on the center line.

Wide players can't pass across to the opposite grid

Key coaching points see previous exercise

Progression 3 – 6v3 Defending on the line (10mins)



As in previous exercise add another defender to create a 6v3. Players play a 6v3 with the restriction that 2 defending players must always be situated on the centre line, 1 defender can come off the line and pressure on the ball but is not allowed to tackle the ball.

Key Coaching Points to observe:

- 1st defender applies pressure to the ball, moves into line and down the line, adopts a side on body position.
- Force play inside towards supporting defender when the ball is with the wide players
- 2nd defender provides a good support
- 3rd defender provides good cover and balance
- Defenders should work as a unit and react to the balls movement
- Communication

Exercise 2 – Defending in the Midfield and Final Third (20mins)



Set up a 6v6 phase of play as shown in the Diagram – (Attackers 4-2) (Defenders 1-3-2)

Play starts with the 4 midfielders who attempt to make a pass into to strikers to score a goal.

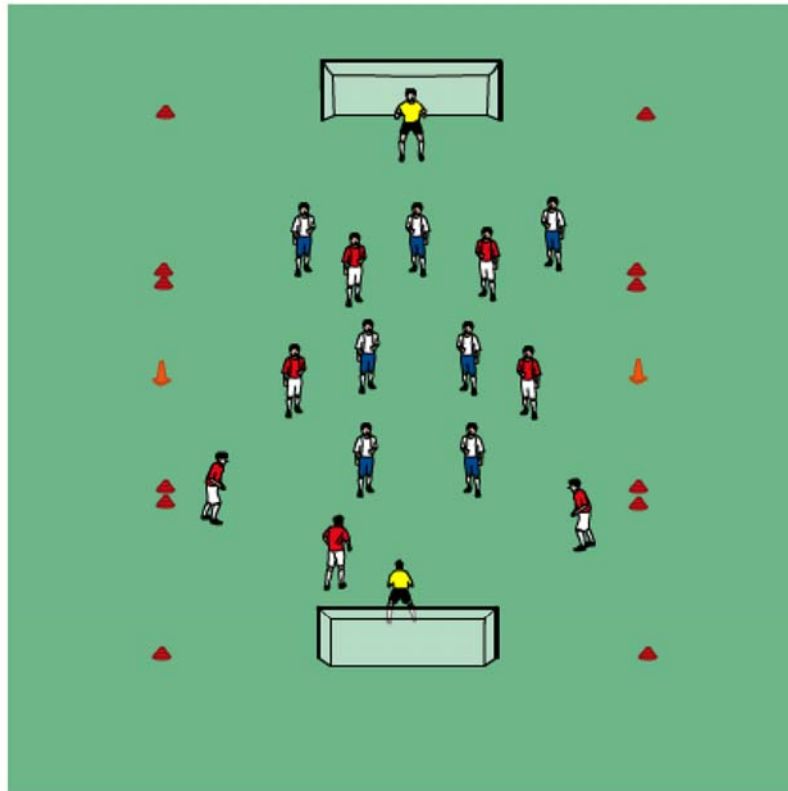
Defenders attempt to win the ball and connect pass with the target player situated at the top of the area to score a goal.

Progression attacking team can look to score on the goal.

Key Coaching Points to observe:

- 1st defender applies pressure to the ball, moves into line and down the line, adopts a side on body position.
- Decision force play outside or inside
- 2nd defender provides good support
- All other defenders provide good cover and balance.
- Stay Compact, work as a unit and react to the balls movement
- Communication
- On gaining possession attempt pass to target player quickly

Exercise 3 – 8v8 Small Sided Game (20min)



Set up and 8v8 game teams line up in a 1-3-2-2 formation

Free Play, focus on defending principles and step in and coach only when necessary.

Key Coaching Points to observe:

- 1st defender applies pressure to the ball, moves into line and down the line, adopts a side on body position.
- Decision force play outside or inside
- 2nd defender provides good support
- All other defenders provide good cover and balance.
- Stay Compact, work as a unit and react to the balls movement
- Communication
- On gaining possession attempt to exploit space, look to attack quickly.

De-brief players and cool down (10mins)