

Defending from the Front (with a front 3 in 11v11)

OBJECTIVE: Improve team's ability to defend with the 7/9/10/11

TEAM TACTICAL PRINCIPLES: Get compact, Press situations

WHAT 7 and 11 not getting connected quickly enough to 9/10 causing openings between and allowing the opposition to quickly play forward.

WHEN: The opposition 1/4/5 has the ball

WHERE: offensive-third

WHO: 7/9/10/11

WHY: To get compact quickly in order to press in the identified situations effectively.

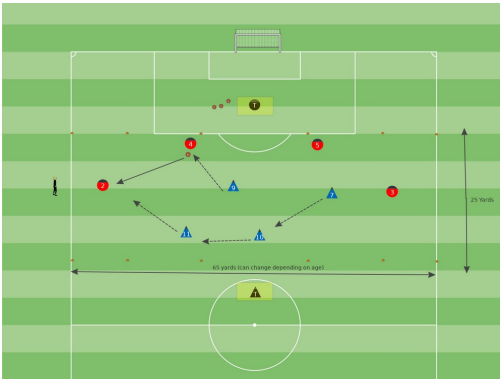
Derek Willis

AGE: U13 / U18 / 22 players

Defending

DURATION: 90 min

DATE: Mar 29, 2021



4v4 to targets (defending from the front)

EXERCISE RULES: Red team set up in a back four vs blue team in a front three and a 10. Team must play the ball to the target (either in the air or on the ground) to score a point. 65 yards wide (can adjust to go more narrow depending on ability level and age group) by 25 long.

FOCUS TEAM OBJECTIVE: To improve the front players (7,9,10,11) on winning the ball higher up the field by sitting deep enough to encourage the short pass, but high enough to engage the first attacker when they receive.

NOTES: Starting position a little deeper to discourage the direct ball early, close enough to engage the first attacker when the ball is played in Compactness both horizontally and vertically Angles of approach/angles of support When the ball is won, can they find the target early to catch opposition in transitional moment.

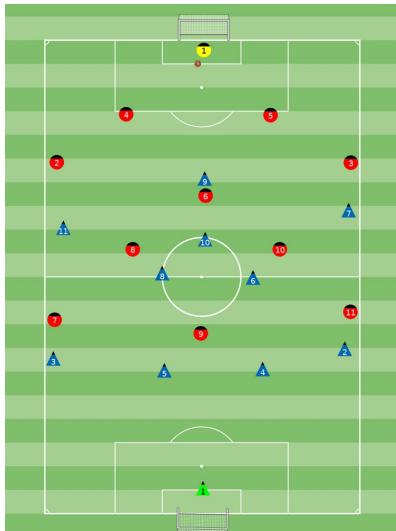


6 vs 7 goal to target (defending from the front)

EXERCISE RULES: 6 vs 7 (can go 7v7 if too easy, add the red 10). Red team looks to build out of the back 1/3 and play the target at midfield. Blue looks to win the ball and go to goal.

FOCUS TEAM OBJECTIVE: To improve the team's ability to defend from the front, primarily with the 7,9,10,11 and including the 6 and 8.

NOTES: Starting position Angles of cover for 6/8 Which direction for 7/11 to push the ball into When the ball is won, how quickly can we go to goal?



11 vs 11 (defending from the front)

EXERCISE RULES: Match rules. Can go 9v9 or smaller if numbers dictate.

FOCUS TEAM OBJECTIVE: Using the 7, 10, 11, and 9 to either steer the opposition into areas we can win the ball, or look to press higher up the field when the opposition plays short.

NOTES: Drop off, press, stay compact. Where can you start when the opposition has a goal kick or the gk gets the ball to entice them to play short? Start deeper, but close enough to pressure the ball when released short.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?