



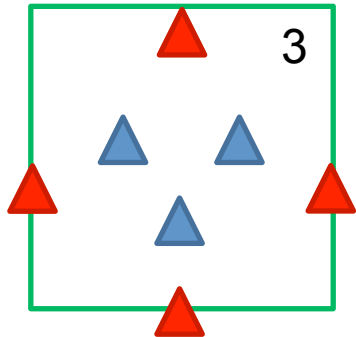
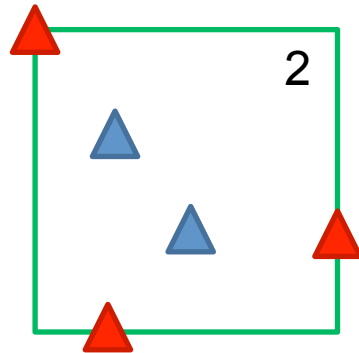
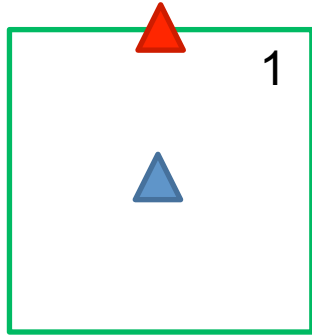
# Defensive Shape: Warm Up

Date: 7<sup>th</sup> Oct 16

Team: U18

Time: 1830 – 1845

Location: City Academy



## Key Coaching Points

- Body shape... make play predictable
- Advantage of team work over the individual....
- ... delay to get help

## Instructions

1. 1v1 dribble. Red has to get to far line, Blue has to force him anywhere but there!
2. 3 x Reds must stick to outside line and keep possession away from 2 x blues
3. 4 x Reds must stick to outside line and keep possession away from 3 x blues

## Amendments

- Vary size of playing areas

## Setup

#1 = 5x10 yard

#2 = 10x10 yard

#3 = 10x10 yard



## Defensive Shape: Scene Setter

Date: 7<sup>th</sup> Oct 16

Team: U18

Time: 1845 – 1850

Location: City Academy

### **The Scene**

Notts Forest are 1-0 up against Derby County in a relegation decider but have been reduced to 9 men. There is 5 minutes to play....

### **Setup**

Normal game rules apply except one team has a numerical advantage

### **Key Coaching Points**

Give no instruction beyond setting the scene.



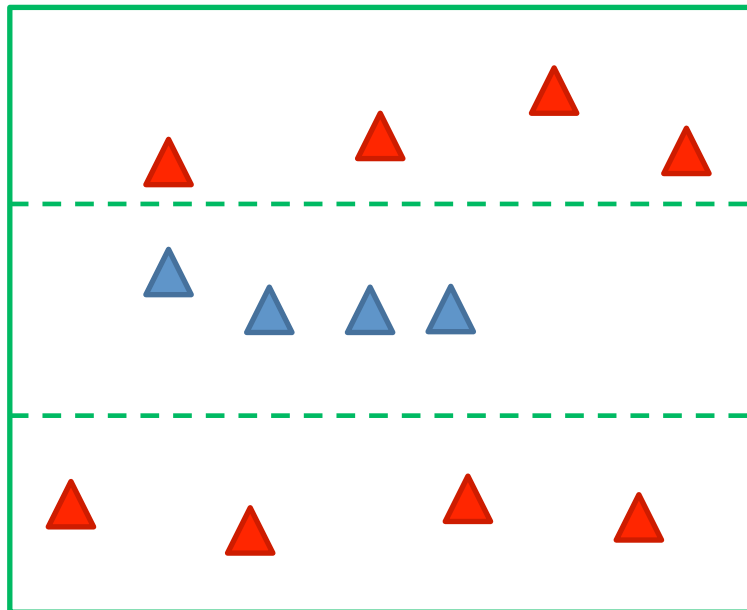
# Defensive Shape: Bank of 4

Date: 7<sup>th</sup> Oct 16

Team: U18

Time: 1850 – 1910

Location: City Academy



## Key Coaching Points

- DENY SPACE
- Make predictable – encourage lateral passes
- Pressure, Cover, Support
- Body space – of unit not just self
- TnT (Transition & Triggers – what, when, why?)
- OODA (Observe, Orient, Decide, Act) – Where is biggest threat?

## Instructions

1. The Reds have to pass the ball amongst themselves...
  - a) ... The Reds a point each time pass the ball through the middle third (bonus point awarded if they split the defenders)
  - b) ... The Blues score a point each time they intercept/clear the ball
2. All passes are made on the floor
3. Players are restricted to their zone

## Amendments

- Vary the rules regards restrictions to player movement to create overloads
- Vary size and touches

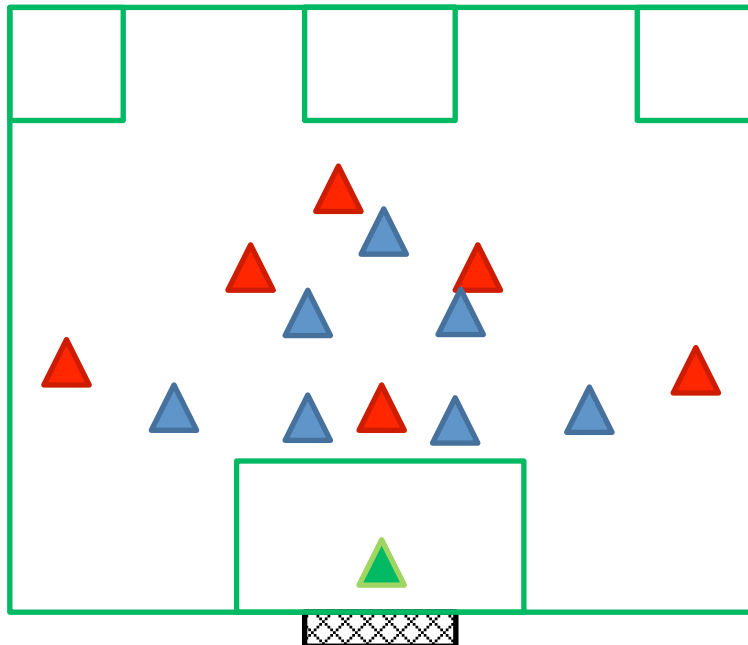
## Setup

1x ball, 20x30 yard area, 8 red players, 4 blue players



# Possession: Half Court

Date: 7<sup>th</sup> Oct 16  
Team: U18  
Time: 1910 – 1940  
Location: City Academy



## Key Coaching Points

- DENY SPACE
- Make predictable – encourage lateral passes
- Pressure, Cover, Support
- Body space – of unit not just self
- TnT (Transition & Triggers – what, when, why?)
- OODA (Observe, Orient, Decide, Act) – Where is biggest threat?

## Instructions

1. Attack v defence
  - a) The Reds get a point for each goal scored
  - b) The Blues get 1 point for clearance and 3 points for an intercepting play and getting the ball into 1 of the 3 squares

## Amendments

- Variation to points award for scoring options
- ‘Powerplays’ – create overloaded teams
- Vary size and touches

## Setup

1 x ball, 2 x teams, ½ Pitch, 1 x Goal



# Defensive Shape: Scene Setter Revisited

Date: 7<sup>th</sup> Oct 16

Team: U18

Time: 1940 – 1945

Location: City Academy

## The Scene

Nottingham Forest are 1-0 up against Derby County in a relegation decider but have been reduced to 9 men. There is 5 minutes to play....

## Setup

Normal game rules apply except one team has a numerical advantage

## Key Coaching Points

Provide feedback AFTER highlighting difference between this game and the one at the beginning of the session



## Defensive Shape: Match

Date: 7<sup>th</sup> Oct 16

Team: U18

Time: 1945 – 1955

Location: City Academy

**Players play a match... their rules**  
**No coaching, just observing**