



Defensive Shape: Scene Setter

Date: 21st Oct 16
Team: U18
Time: 1845 – 1900
Location: City Academy

The Scene

Nott'm 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

7/8 v 5 (1GK)

Back four plus 2/3 midfielders/ front three plus two behind

Defensive team clear it or look to play it into coaches feet on halfway

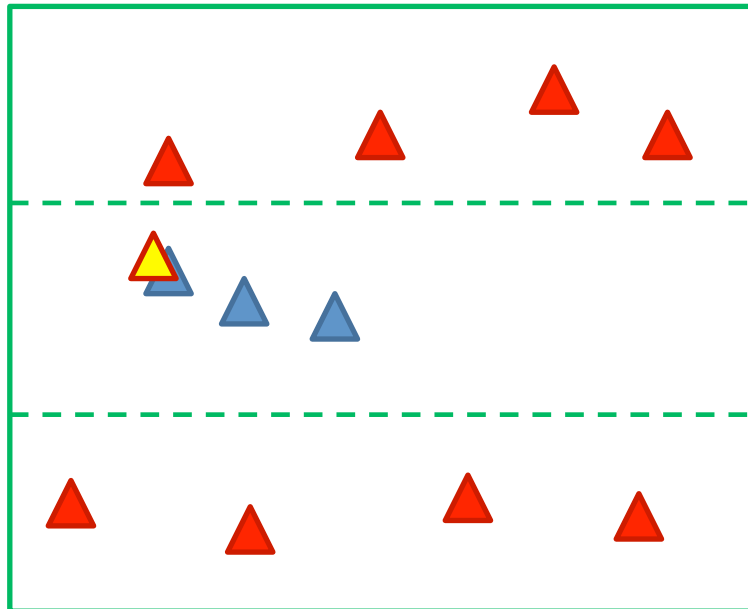
Key Coaching Points

Give no instruction beyond setting the scene.



Defensive Shape: Defending as a unit of 3

Date: 21st Oct 16
Team: U18
Time: 1900 – 1915
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, using the middle player as well
 - 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
- Suggest that one player from the three can press them in the “zone”

Setup

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

Note. Focus on one player pressing the ball and the other three player adjusting their shape.

Defence isn't just the back four – it's across the pitch.

Split into appropriate units



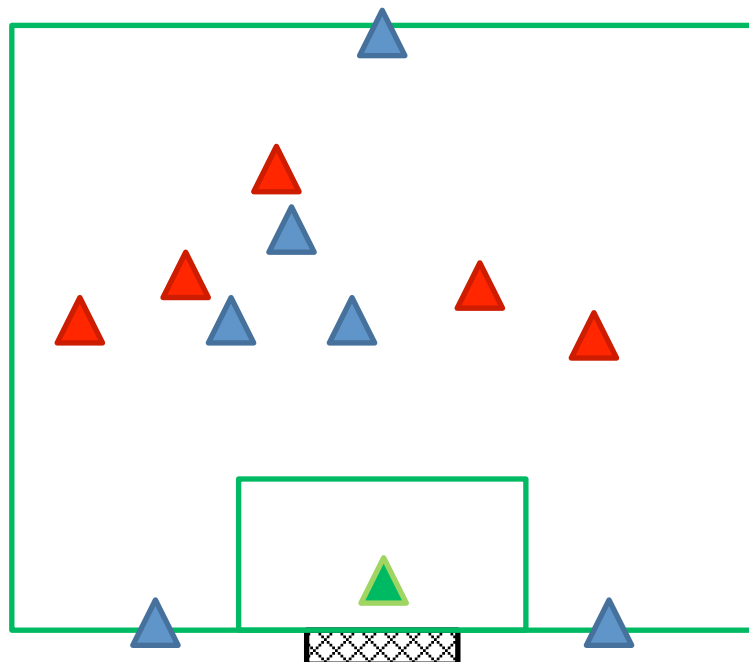
Defensive shape: as a unit and transition

Date: 21st Oct 16

Team: U18

Time: 1915 – 1940

Location: City Academy



Key Coaching Points

- DENY SPACE
- Make predictable – force players wide or backwards
- 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. 7 v 5 (5 attackers, 6 defenders (3 and 3 rotation, 1 GK))
2. Three players on the pitch for blues defending as a midfield 3, until they get the ball back at which point they can become a 5 or break quickly getting the ball to half way.
3. Two reds must drop back if they lose the ball to replicate 3 pressing.
4. Reds score in the normal way

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 and narrowed, 1 x Goal

Note. Emphasise defending as a unit and that it's done across the team not just the back four.

1st player presses, if play is switch a different play presses and one falls into shape.



Defensive Shape: Scene Setter Revisited

Date: 7th Oct 16
Team: U18
Time: 1940 – 1950
Location: City Academy

The Scene

Nott'm 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

7/8 v 5 (1GK)

Back four plus two/3 midfielders/ front three plus two behind

Defensive team clear it or look to play it into coaches feet on halfway

Key Coaching Points

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



Defensive Shape: Match

Date: 7th Oct 16

Team: U18

Time: 1945 – 1955

Location: City Academy

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