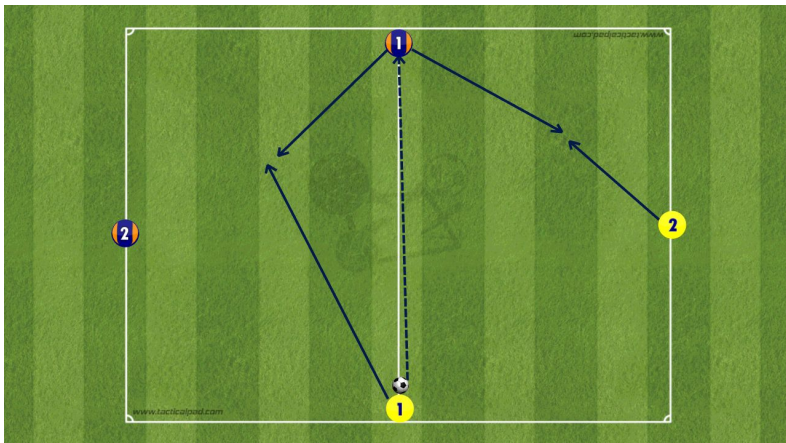




KEEPING COMPACT

Warm Up: 1830 – 1845
Individual Predict & Delay

Date: 28th Oct 16
Team: U18
Time: 1830 - 2000
Location: City Academy



Key Coaching Points

- Speed and angle of approach to close down attacker
- Use body shape and balance to make play predictable by force attacker away from danger
- Delay! Have patience, do not overcommit force attacker to make a decision. DO NOT make it for him!
- What is the best position for the supporting defender in 1v2
- Correct decision making when 2v2 poses an increase in questions

Instructions

1. Y1 passes to B1
2. B1 tries to dribble to either of the side lines...
 - a) If B1 goes right then Y1 must prevent him from reaching the line
 - b) If B1 goes left then Y2 must prevent him from reaching the line
3. After each rotation player 1 becomes player 2 and player 2 joins the back off the opposite queue to naturally rotate attackers/defenders

Progression/Regression

- Add goals where B1 has to dribble through
 - 1 Central, 2 wide (more points 'conceded' through central goals)
- B1 can change direction but this will create a 1v2 situation as the other Y player can join his teammate
- If 1v2 situation occurs then B2 can join the game

Setup

20x10 yards, 2 even teams, plenty of balls to keep tempo high



KEEPING COMPACT

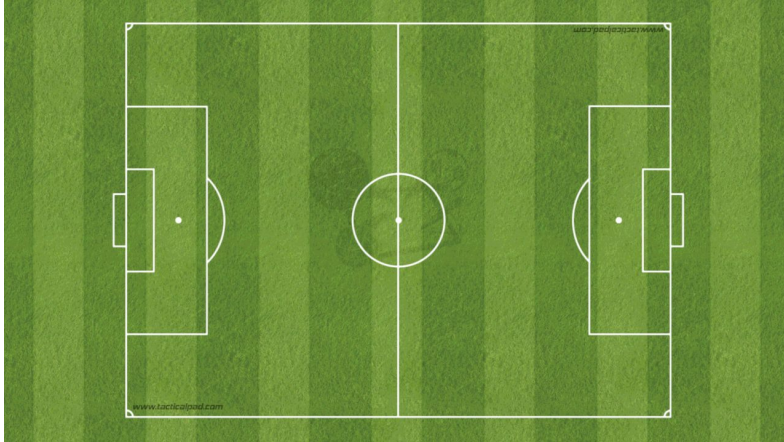
Scene Setter: 1845 - 1850
TBC

Date: 28th Oct 16

Team: U18

Time: 1830 - 2000

Location: City Academy



Key Coaching Points

- None beyond setting the scene and clarifying the rules

The Scene

TBC

Instructions

TBC

Setup

TBC



KEEPING COMPACT

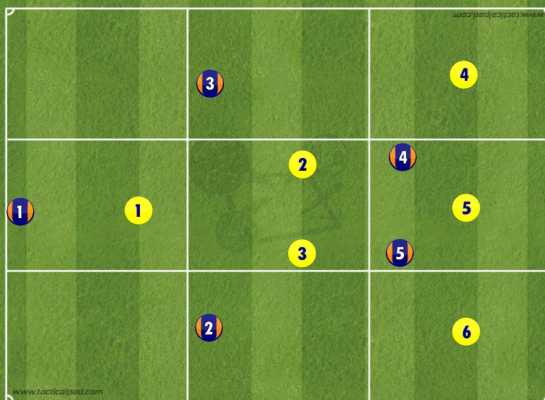
SSG #1: 1850 - 1915
Defending Through The Thirds

Date: 28th Oct 16

Team: U18

Time: 1830 - 2000

Location: City Academy



Key Coaching Points

- Compact, narrow and in LINE... That become defensive a TRIANGLE when applying pressure and become a line again when pressure is elsewhere
- Ensure there is **Pressure**, **Support**, **Cover**
- Whole defensive unit moves with the ball
- Individual positions should NOT solely be based upon position of the ball

Instructions

1. Blues are attacking Yellows.
2. Players can move up/down 1 third when the ball comes out of their original third.
 - They cannot move any further
3. To score the...
 - a) Blues have to score in the goal
 - b) Yellows have to get the ball to the 'halfway' line

Progression/Regression

- Restrict movement that allows players to move between the thirds... both vertically and laterally where appropriate
- Restrict which thirds goal can be scored from
- Vary length of thirds to make compactness more complicated

Setup

30x40 yards, 5 att. v 6 def. (plus GK)



KEEPING COMPACT

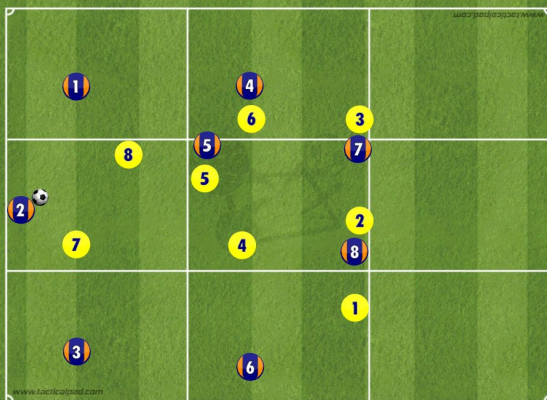
SSG #2: 1915 - 1940
One Third Empty

Date: 28th Oct 16

Team: U18

Time: 1830 - 2000

Location: City Academy



Key Coaching Points

- Compact, narrow and in LINE... That become defensive a TRIANGLE when applying pressure and become a line again when pressure is elsewhere
- Ensure there is **Pressure**, **Support**, **Cover**
- Whole defensive unit moves with the ball
- Individual positions should NOT solely be based upon position of the ball

Instructions

1. Normal game except one third must always be empty.
 - a) If the attacking team has players in all three thirds then a free kick for “offside” is awarded against them.
 - b) If the defending team has players in all three thirds then the “offside” rule cannot be applied

Progression/Regression

- Apply restriction of movement to prevent attacking overloads

Setup

30x40 yards, 8v8 (plus 2 GK's)



KEEPING COMPACT

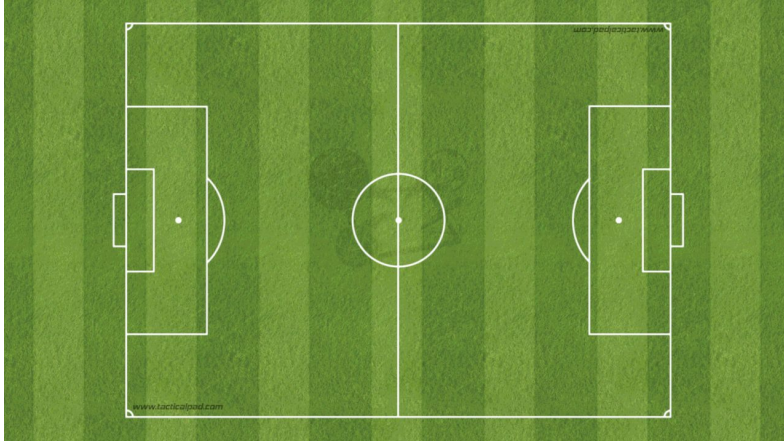
Scene Setter Revisited: 1940 - 1945
TBC

Date: 28th Oct 16

Team: U18

Time: 1830 - 2000

Location: City Academy



1. TBC

Instructions

Setup

TBC

Key Coaching Points

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



KEEPING COMPACT

**Match: 1945 - 2000
Match**

**Date: 28th Oct 16
Team: U18
Time: 1830 - 2000
Location: City Academy**

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