



Date: 5th Nov 16

Team: U18

Time: 1830 - 2000




Location: City Academy

PRESSURE, COVER, SUPPORT

Objectives

- Improve fundamental defending techniques
- Improve confidence in not only technique but also decision making thereby reducing panic during match situations
- Incorporate 1v1 defending into defending as units and a team
- Players taking personal responsibility and also certain players developing responsibility for their 'units' and ultimately the team

Key

| Indicator | Action |
|---|-------------------|
|  | Dribble |
|  | Off Ball Movement |
|  | Pass/Shot |



PRESSURE, COVER, SUPPORT

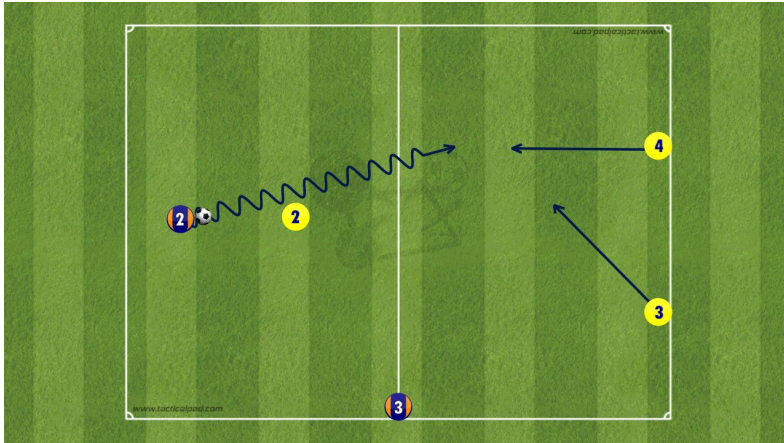
Warm Up: 1830 – 1845
1v1, 1v2 & 2v2

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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
- **Pressure, Cover, Support**

Instructions

1. B2 has to beat Y2 either 1v1 or 2v1 (using B3)
2. If B2 goes 1v1 then he has to beat Y3 & Y4 alone
3. If B2 uses B3 then it will create a 2v2 against Y3 & Y4
4. Y3 & Y4 can only enter game when B2(or B3) cross halfway line
5. Y2 cannot follow play into 2nd half

Progression/Regression

- Vary overload scenario, i.e. Y2 can follow play back into 2nd half

Setup

L20xW10 yards, 2 attackers, 3 defenders



PRESSURE, COVER, SUPPORT

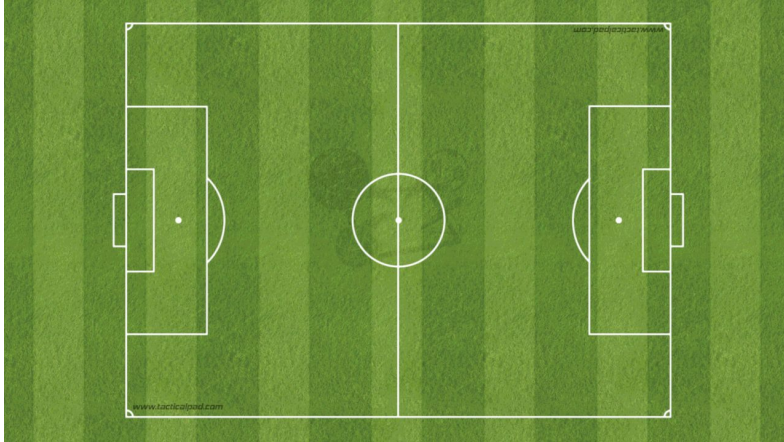
Scene Setter: 1845 - 1850
TBC

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Key Coaching Points

- None beyond setting the scene and clarifying the rules

The Scene

TBC

Instructions

TBC

Setup

TBC



PRESSURE, COVER, SUPPORT

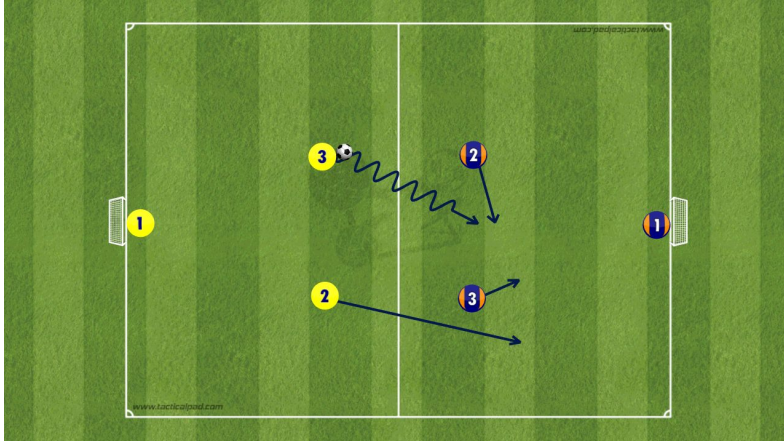
SSG #1: 1850 - 1915
1v1 & 2v2 Transition Game

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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
- **Pressure, Cover, Support**

Instructions

1. Both teams attack each other, when a goal is scored, keeper has ball in hand or ball goes over the goal line the defending players are replaced by new players. This players go on the attack. This change should be INSTANT with NO DELAY.
2. If the ball goes over the side lines both teams are INSTANTLY replaced

Progression/Regression

- Vary numbers in the game; 1v1, 2v1, 2v2, etc.

Setup

L30xW10 yards, XvX (plus GK's)



PRESSURE, COVER, SUPPORT

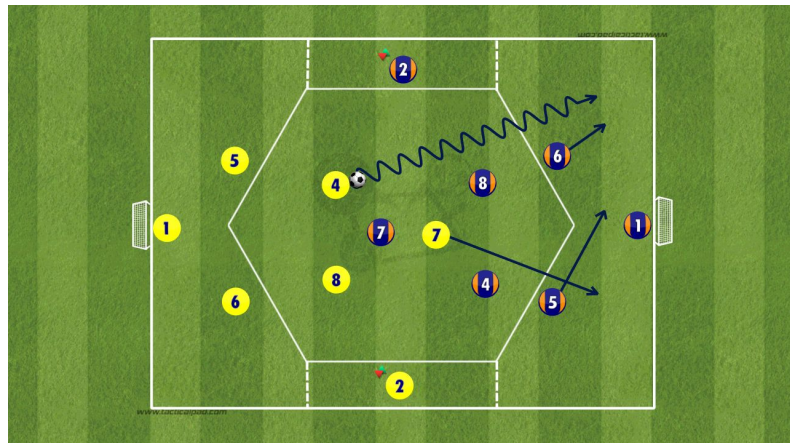
SSG #2: 1915 - 1940
Off Ball Defending

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Key Coaching Points

- What is the role of the players when the ball is not in their area? Can they make the attack predictable?
- What influences their individual positions?

Instructions

1. Directional game with aim to score as per a normal game
2. XvX play in the hexagon
3. When a player leaves the hexagon they then play 1v1 or 2v2 depending on what area then enter
4. If defending team win the ball they must get back to teammates in the hexagon
5. Wide players are defending for both teams

Progression/Regression

- Vary rules related to overloads and movement of players

Setup

L30xW32 yards, XvX (plus 2 GK's)



PRESSURE, COVER, SUPPORT

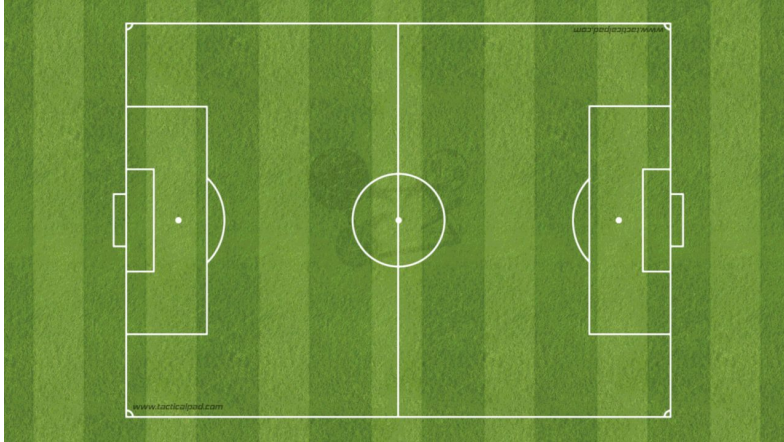
Scene Setter Revisited: 1940 - 1945
TBC

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Key Coaching Points

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

Instructions

TBC

Setup

TBC



PRESSURE, COVER, SUPPORT

**Match: 1945 - 2000
Match**

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