



Date: 20<sup>th</sup> Jan 17

Team: U18

Time: 1830 - 2000

Location: City Academy

## DEFENDING WIDE AREAS – IN OWN HALF

### Objectives

- Recognise where the true danger lies
  - How to work as a team to neutralise it
  - Prioritising who poses biggest threat
- OODA Loop
  - Observe
  - Orient
  - Decide
  - Act
    - Break habits of doing what you always do... do what needs to be done
- Importance of basic defending fundamentals

### Key

Indicator	Action
	Dribble
	Off Ball Movement
	Pass/Shot



# DEFENDING WIDE AREAS – IN OWN HALF

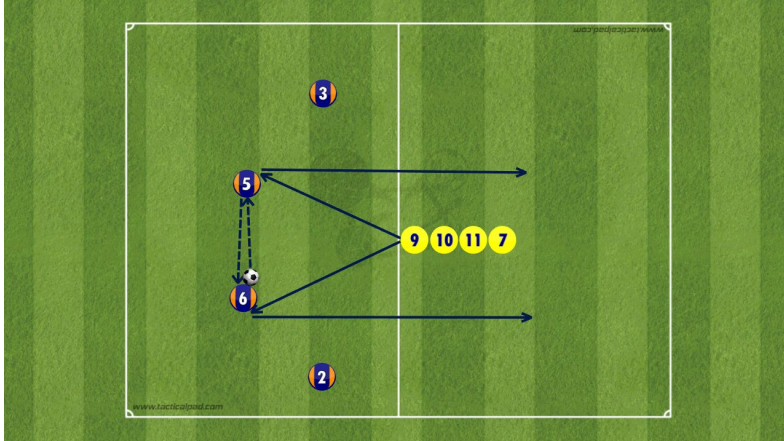
Date: 20<sup>th</sup> Jan 17

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Warm Up: 1830 – 1845  
Closing Down



## Instructions

1. Blues pass between each other
2. Yellows close down the receiving player
3. Yellow returns to the back of the queue – jockeying as if facing opponent
4. Next yellow repeats steps 1-3 (1 pass = 1 yellow)

## Key Coaching Points

- Time & pace closing down
- Close down with a purpose; what is the desired outcome?
- Arrival position and body shape
- Not about physicality but speed of foot and mind (timing)
- Always maintain the mind-set of working as a team not an individual

## Progression/Regression

- Central blues try to escape into wide areas when closed down
- Blue CB's (5 & 6) have to try and pass to Blue FB's (2 & 3)
- Split Yellows into 2 queues; 1 Yellow covers the centre as the other closes down the wide option. Close 2 passes before the next pair go.

## Setup

1 x ball, 2 x teams, 10 x 5 yards, 3 x cones



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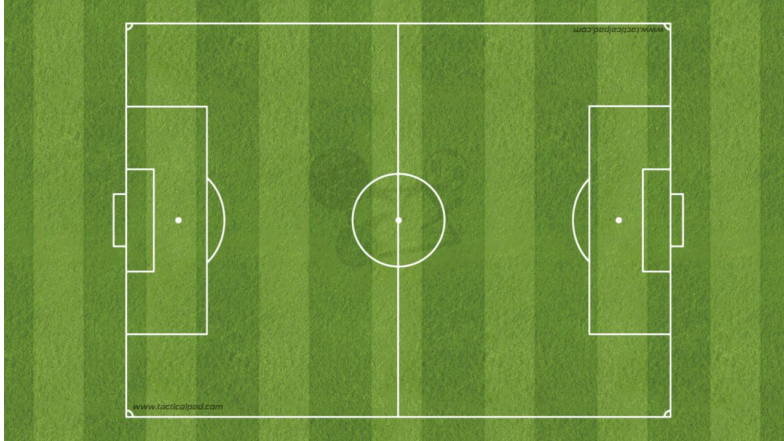
Scene Setter: 1845 - 1850  
TBC

Date: 20<sup>th</sup> Jan 17

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## Key Coaching Points

- None beyond setting the scene and clarifying the rules

## The Scene

TBC

## Instructions

TBC

## Setup

TBC



# DEFENDING WIDE AREAS – IN OWN HALF

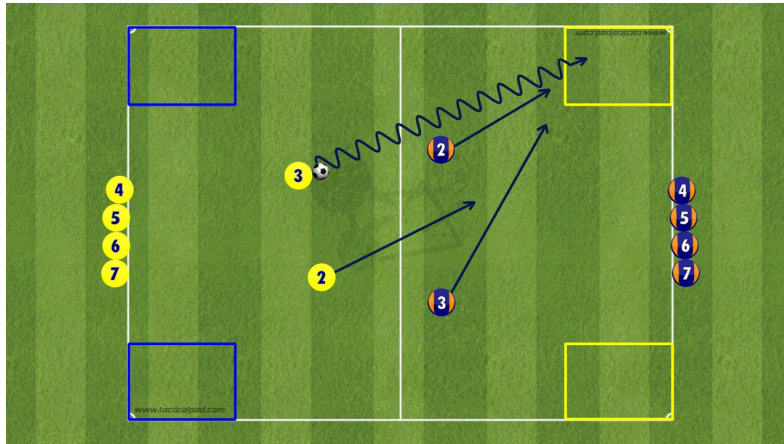
SSG #1: 1850 – 1915  
2v2 Transition (Corner Areas)

Date: 20<sup>th</sup> Jan 17

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## Key Coaching Points

- Basic defensive principles
- Working as pair as opposed to in isolation
  - Responsibilities of each player in doing so
- Pressure, Cover, Support

## Instructions

1. Yellows score by dribbling or passing ball into Yellow areas and Blues doing likewise into Blue areas
2. When a team concedes a point, they are immediately replaced by 2 new players who attack players who just scored

## Progression/Regression

- Remove transitional aspect; after each point is scored new players from each team enter game
- Add a 'magic man' who attacking team must play ball into, he can then change angle of attack to ensure that defending team are having to defend a switch of play

## Setup

30 x 15 yards, 2 teams, multiple balls



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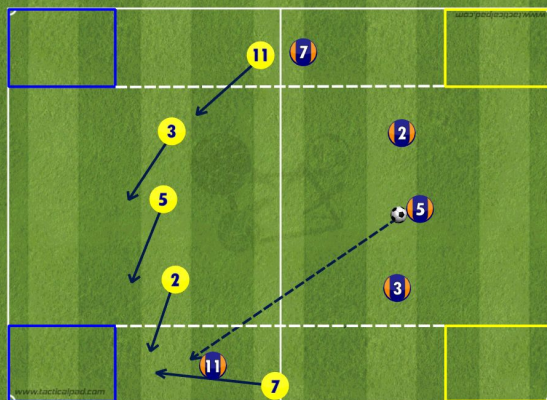
SSG #2: 1915 - 1940  
Covering Deep Wide Areas

Date: 20<sup>th</sup> Jan 17

Team: U18

Time: 1830 - 2000

Location: City Academy



## Key Coaching Points

- Relationship between 2 wing backs
  - How they create balance to the team
- Defend laterally not just vertically
  - Zonal opposed to man marking
- Back 3, Back 4, Back 5
  - The formation is a framework that adapts to the game situation it is not rigid in it's application
- Delaying when required
  - If back 3 retreat too quickly then wingbacks cannot get back in time to support

## Instructions

1. Yellows score by dribbling or passing ball into Yellow areas and Blues doing likewise into Blue areas
2. Players 2, 3, 5 can go anywhere. Players 7 & 11 are (initially) restricted to the wide channels

## Progression/Regression

- Allow wide players to move into central areas
- Additional points are scored if teams can move ball from one scoring area to another without the opposition intercepting the ball
- Add Defensive Midfielders and/or Strikers into the game

## Setup

L32xW30 yards, 2 x teams, 1 ball





# DEFENDING WIDE AREAS – IN OWN HALF

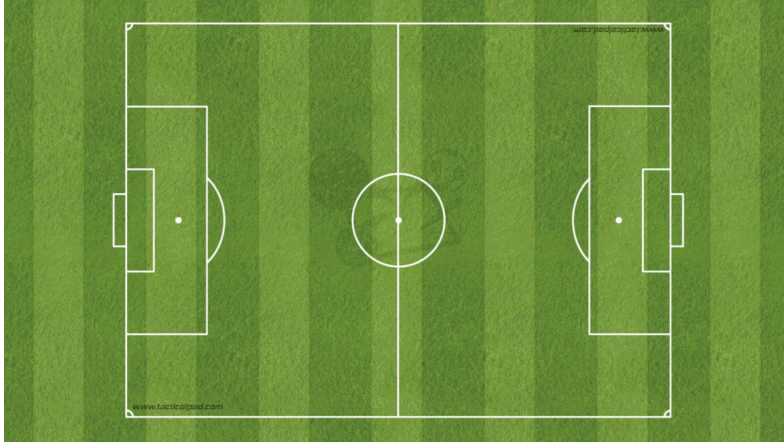
Scene Setter Revisited: 1940 - 1945  
TBC

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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



# DEFENDING WIDE AREAS – IN OWN HALF

Match: 1945 - 2000  
Match

Date: 20<sup>th</sup> Jan 17  
Team: U18  
Time: 1830 - 2000  
Location: City Academy

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