



Date: 27th Jan 17

Team: U18

Time: 1830 - 2000

Location: City Academy

DEFENDING WIDE AREAS – IN OPPOSITION 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 OPPO HALF

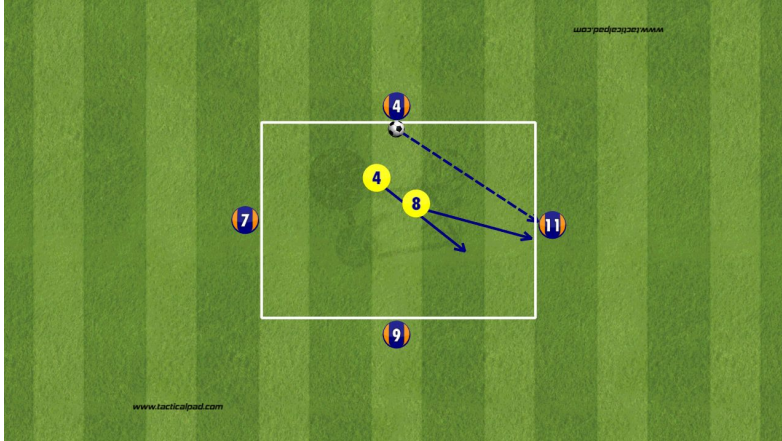
Date: 27th Jan 17

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Warm Up: 1830 – 1845
Restricting passing options



Instructions

1. Blues have to get the ball from #4 to #9
2. The Blue players can move anywhere along their line and can pass in any combination they want... but not outside the playing area
3. Yellows can move however they want within the playing area

Key Coaching Points

- Don't lose track of the objective
 - Preventing the ball reaching #9
 - All other passes are ok
- Frustrate the attackers till they get impatient and try to force a pass
- Ensure body shape and body position is correct to force the attacker to pass sideways or backwards
- Look for triggers so can read what the attacker intends to do

Progression/Regression

- Size variation is key here. Allow players to play with the size of the area
- Vary player on each team to create increase offensive overloads or vary defensive shape
- A variation of this game involves playing in diamond shape instead of square plus 3 attackers v 1 defender

Setup

1 x ball, 2 x teams, 10 x 10 yards, 4 x cones



DEFENDING WIDE AREAS – IN OPPO HALF

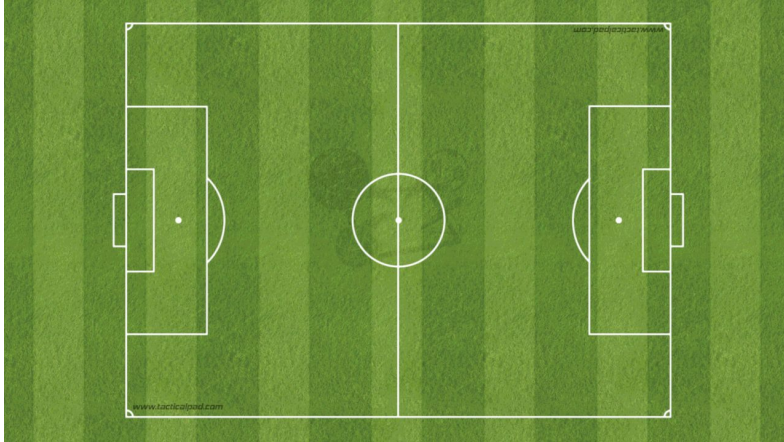
Scene Setter: 1845 - 1850
TBC

Date: 27th 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 OPPO HALF

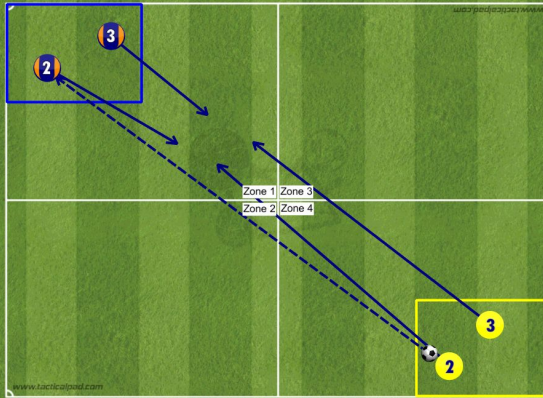
SSG #1: 1850 – 1915
Opposition Half Press 2v2

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Key Coaching Points

- Get to the opposition as early as possible so can dictate to them... make things predictable
- Show attackers away from danger... make things predictable
- Body shape... make things predictable
- Positioning... make things predictable
- Work as a team not an individual
 - Who leads, who supports, reading triggers to understand who, when, where and how

Instructions

1. Yellows pass ball from their square to the blues in their square
2. Blues then attack the Yellows with the aim of getting the ball into their square
3. Points can be scored in the following ways:

Defenders	Attackers
Play in Zone 1 = 1 point	Play in Zone 2 = 1 point
Play in Zone 3 = 2 points	Play in Zone 4 = 3 points
Ball out of play = 5 points	Shot on target = 5 points*
GOAL = 100 points	GOAL = 100 points
4. Winner of each game gets a point, first to 6 points wins a set (win by 2 points). Best of 5 sets.

Progression/Regression

- If defending team engage attacking team in their half then additional defender(s) can enter the game
- Create 3v2 overload in favour of the attacking team
- *Replace defending team square with a goal

Setup

30 x 15 yards (divided in quarters),
2 teams, multiple balls



DEFENDING WIDE AREAS – IN OPPO HALF

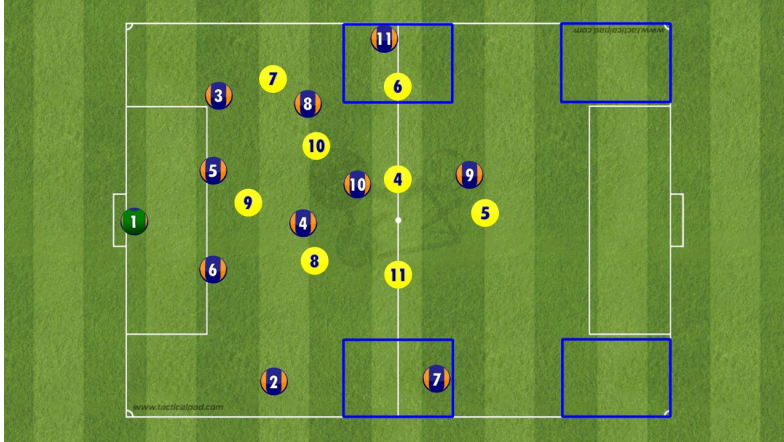
SSG #2: 1915 - 1940
Opposition Half Press

Date: 27th Jan 17

Team: U18

Time: 1830 - 2000

Location: City Academy



Key Coaching Points

- First player to the ball is the reference point to which all other players adjust
- OODA
 - Observe
 - Orient
 - Decided
 - Act
- Know what information you need to successfully OODA

Instructions

1. Blues play out from the back with trying to get the ball into any of the 4 blue squares.
 - 1 point reach a square on halfway
 - 3 points reach square at other end of pitch
 - Consecutive squares multiply by each consecutive number
2. Yellows have to win the ball and shoot within 3 passes.
 - 1 point for winning the ball
 - 2 points for shoot (off target)
 - 3 points for shot (on target)
 - 5 points for a goal

Progression/Regression

- Add/remove positions to focus on specific areas/ spread focus to multiple areas
- Play 'Aussie Rules' to slow game down so players can adjust shape and react accordingly

Setup

30 x 32 yards, 2 teams, 1 x ball



DEFENDING WIDE AREAS – IN OPPO HALF

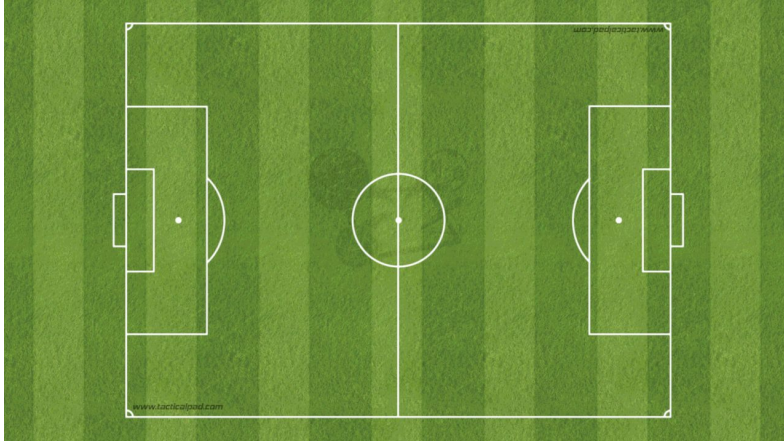
Scene Setter Revisited: 1940 - 1945
TBC

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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 OPPO HALF

Match: 1945 - 2000
Match

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