

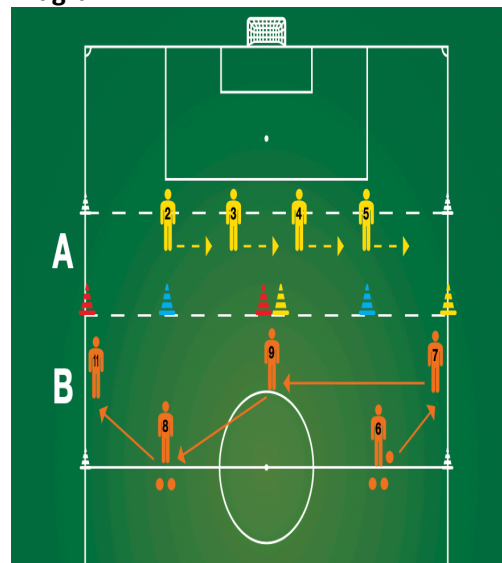
## Session 9– Defending / Recapturing

### Passing Practice – 15 Minutes

#### Organisation/ Explanation

- Playing Area: Grid A, 10m -15m, Grid B, 20m x 15m.
- Session set up as illustrated.
- Ensure that cones are set up as shown in the diagram.
- On coaches' instruction, orange players pass the ball in a random order.
- As the ball is being moved by the orange team, the yellow team collectively move as a unit keeping relative distance between themselves.
- When the ball moves to orange #7, all yellow players must be in between the yellow cones.
- When the ball moves to orange #9, all yellow players must be in between the blue cones.
- When the ball moves to the orange #11, all yellow players must be in between the red cones.
- When the ball moves to either orange #6 or #8, yellow players are to move forward towards the half-way line.

#### Diagram

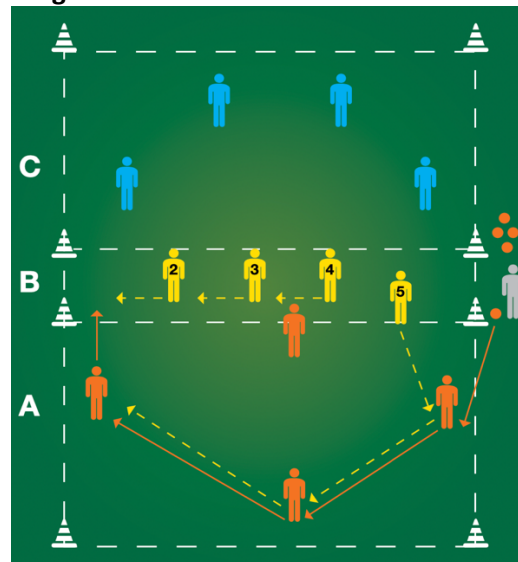


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- Playing Area: 15m x 10 m (Grid A &\* C), 15m x 5m (Grid C).
- Session set up as illustrated.
- Coach starts the game by passing the ball to orange in grid A.
- One yellow defender sprints into grid A and attempts to win the ball.
- Orange look to keep possession from the defender and try to play a pass across into grid C to a blue player.
- Remaining yellow defenders in grid B must work collectively to move as a unit to stop the ball going across.
- Rotate every 2-3 minutes so all three teams defend.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.

#### Diagram



## Game Training – 20 Minutes

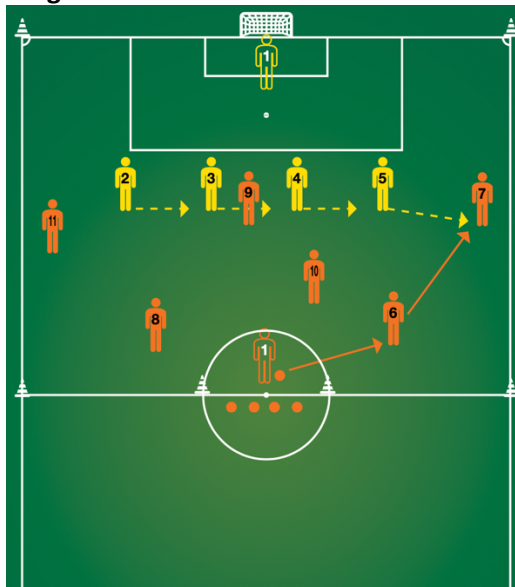
### Organisation/ Explanation

- 7 v 5 game training.
- Playing Area: Half Pitch depending on players ability.
- Teams set up as shown in the diagram.
- Orange objective is to score by beating defensive line of yellow and shooting at goal.
- Yellow objective is to maintain defensive shape, win the ball off orange and play a pass into orange #1.
- Offside rules apply.
- Play always restarts with orange #1.

Coaches Remarks to defending team.

- Keep your relative distances.
- Cover each other.
- Press the ball if your close enough to do so.
- Drop as a defensive unit if yellow look to play in behind.
- Move forward collectively if orange play backwards.

### Diagram



## Training Game – 20 Minutes

### Organisation/ Explanation

- 6 v6 training game.
- Playing Area: Half Pitch.
- Teams in formation as show in the diagram.
- Orange #1 has a dual role.
- Objective for orange is to score in the goal against the yellow goalkeeper.
- Objective for yellow is to win the ball and passing into the hands of orange #1.
- Coach focuses on the zonal defending of the yellow team.
- Observe improvement in yellows team's ability to collectively pressure the opposition.

### Diagram

