

## 2011 Age Group Training Topic: Defending



Key Points Players should learn

1. 2<sup>nd</sup> Defender role
2. 3<sup>rd</sup> Defender role
3. Communication and Terminology

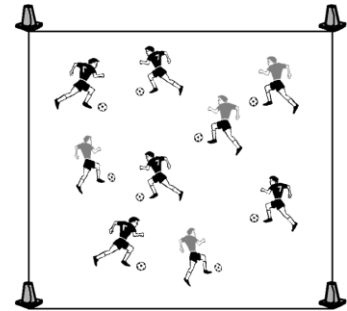
### Arrival: Small Sided Games

Players play games of 3v3 and 4v4 until session starts.

### Coaching Points:

1. -NO Coaching
2. Allow players to think for themselves
3. Creativity and problem solving

Break into Groups of 6-8

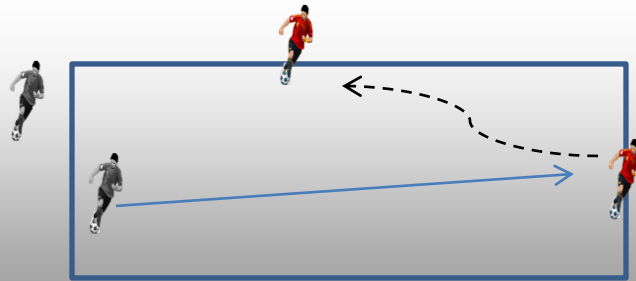


### Activity One: 2v1 defending

Set up 10x15 grid. Play A passes to B and closes him down. Player B tries to beat A and C to endline.

### Coaching Points:

1. Close quickly (desire to win ball back)
2. Press to one side
3. Communication (“Ball, Press Left, Delay”)
4. 2<sup>nd</sup> defender-distance from 1<sup>st</sup> defender



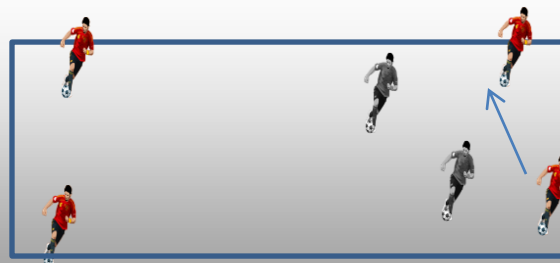
### Activity Two: 4v2 keepaway

Set Up: 10X15 grid as below. 4 players play keepaway from 2 defenders.

Points: If defenders win ball, they must try to dribble out of grid.

### Coaching points:

- 1.) Toughness and desire to win ball
- 2.) Communication
- 3.) Cover and compactness (don't get split!)



### Game: 3v3 or 4v4 games

Players play small sided games to end the session.

### Coaching Points:

- 1) Limited coaching- evaluate players
- 2) Who is ready to play at the next level?
- 3) Only coaching points should be directly about last activity.

**Coaches: Please use the final game as a chance to talk about which players deserve a chance to play up at the next level. Discuss what you've seen in the session and during the last week.**