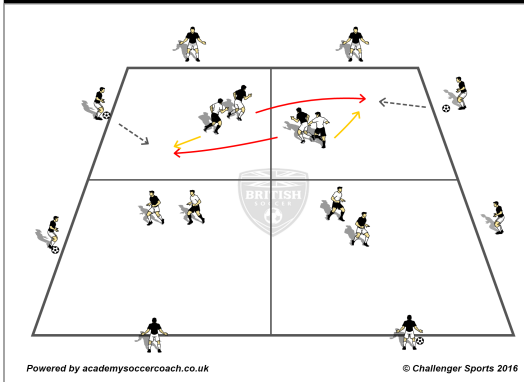
Organization: **Lucan Soccer Club**
Age Group: **U15-U18**
Category: **Competitive**
Week: **Week 3**
90 Minutes

Topic: Defending Principles (2)

Objective: To develop the tactical knowledge of when to track runs and when to pass players onto teammates.

Session Part: Technical Warm-up

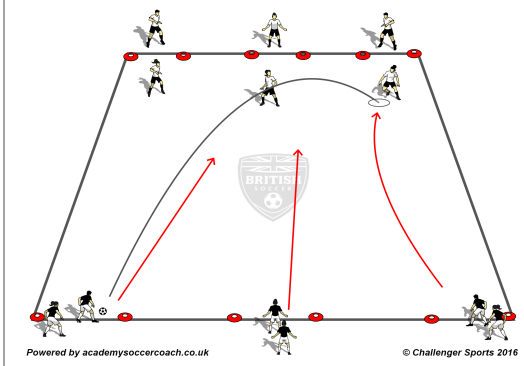


Organization	Time: 15
Area:	30x30
Numbers:	16

- 1 defender in each square, they are restricted to a specific square. They should track runners and prevent them from playing out of that square. Attackers can go in any square but it must always be 1v1 in the smaller 15x15 squares. Can the defenders track runs and pass them on when they leave an area. Defenders get 1 point for forcing attacker to back or to the side. Attacker gets 3 points for getting ball into square that is diagonal from them.

Progressions	Coaching Points
- Defenders can now move between squares. Attackers can attempt to create 2v1, can defenders see this and track player to force 2v2.	- Stay Goalside. Touch tight in a defensive stance Communication to pass player on (where and when).

Session Part: Small Sided Game

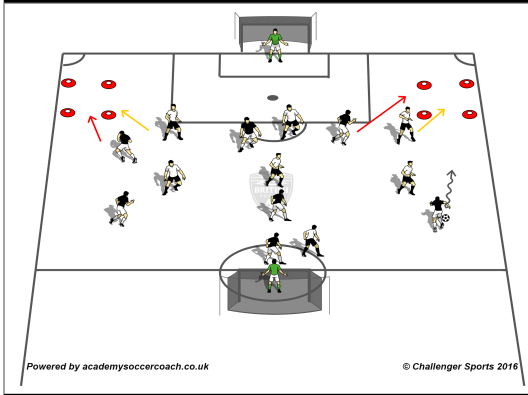


Organization	Time: 20
Area:	40x40
Numbers:	12

- Players go 3v3 game with 3 target players in gates. The players inside the grid will score points by passing the ball to one of their target players. When the target receives the ball, then the 3 target players enter the field to play against the team that just scored while the other team of 3 take their place as the new target players. Offside rule must apply.

Progressions	Coaching Points
- Add wide neutral bumper players - effectively a 5v3 so more players to track and/or pass on	- Defend as a unit, as soon as 1 player chases a ball out of position the full unit breaks down. - Allow players to run offside, don't drop deeper and allow a higher attack

Session Part: Expanded Small Sided Game



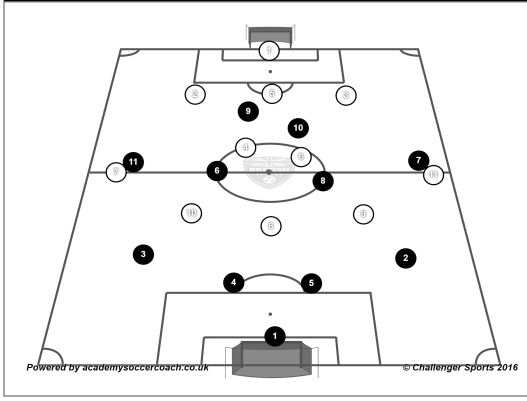
Organization	Time: 25
Area:	Half Field
Numbers:	16

- 7v7 +GK's with safety areas for attackers.
- Black team plays - 1-3-3
- White team plays - 3-3-1

Attacking team gets extra point for making an unmarked run into the safe area. Offside rule is now in play, only an unmarked run will result in extra points. Those runs are not to be rewarded with the ball.

Progressions	Coaching Points
- Safe area comes out. - Change formations (2-3-2 v 3-3-1).	- Compactness - pressure, cover, balance. - Track Runs from midfield, pass midfield runs to defenders when possible to keep shape.

Session Part: Game



Organization	Time: 30
Area:	Full Field
Numbers:	11v11

- 4-4-2 vs 3-4-3
- Two banks of 4 play against an attacking formation of 4 mids and 3 forwards.

Progressions	Coaching Points
- Ask defense to play deep to invite an attack from the front instead of balls in behind	- Communication to track run or pass player on. - Compactness. - Drop and push as a unit. - Keep shape.

Email Session
Print Session
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