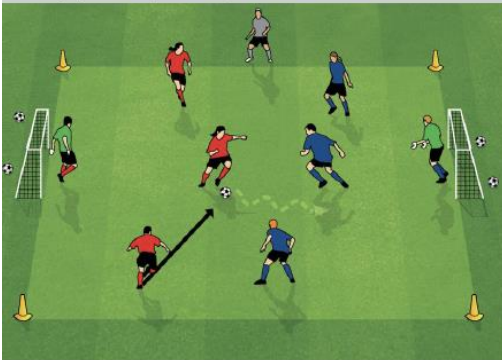


SESSION 15

PLAYING MOMENT DEFENDING | CORE SKILL MARKING | FOCUS MARKING OPPONENTS TIGHTLY

SKILL ARRIVAL

- SETUP**
- Area of up to 12x20m. Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
 - Small goals at each end of the area.
 - Bibs placed to the side of the pitch for players to pick up on arrival.
 - Spare footballs placed to the side of goals.
 - Another replica pitch set up alongside for another group of players (or players can set up themselves)



HOW TO PLAY

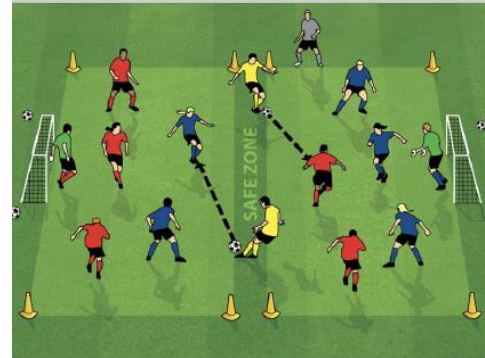
- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

OUTCOMES

- An environment of "play" encourages players to be creative and try new things.

SKILL TRAINING

- SETUP**
- Area of up to 50x30m, separated by a safe zone of 5m. Modify area depending on the number of players involved.
 - Goals, with GKs, at each end of the area.
 - 2 attackers vs 3 defenders in each half. 2 neutral players in each safe zone.
 - Supply of footballs with each goalkeeper.



HOW TO PLAY

- Play begins when a GK passes the ball into a neutral player. Neutral player then passes into the attackers.
- Attackers look to combine, in a 2v3, and shoot to score a goal.
- Practice is mirrored in the other half of the area.
- Rotate the players to ensure that everyone gets the opportunity to attack and defend.

POSSIBLE PROGRESSIONS

1. Neutral players must combine before passing into attackers
2. If defenders win possession, and the other areas attack has finished, they can play into their attackers to shoot. (If GK catches, the attack has concluded)

EXERCISE TASK

- Press and cover together to win possession and play forwards

PLAYER TASK EXAMPLES

- Can the player nearest the ball close down the attacker quickly?
- Can the second and third nearest player provide cover and balance, whilst marking the second attacker?
- Can the defenders keep possession until they can pass forwards?

OBSERVATION DISCUSSION

- When attacking, what did the defenders do that made it difficult to receive a pass?

SKILL INTRODUCTION

- SETUP**
- Circle areas with a diameter up to 20m. Modify area depending on the number of players involved.
 - Square area in the centre of the circle, made of cones.
 - 2 groups of equal numbers, bibbed in different colours (Red & Blue in diagram).
 - Reds begin in the middle. Blues begin as support players on the outside.
 - All of the Blue support players begin with a ball.



HOW TO PLAY

- Red players receive ball from a Blue, must change direction with their 1st touch, travel through the square and pass to another Blue player.
- Reds then repeat, receiving the ball from a different Blue player.
- Blue players must keep the ball moving at all times.
- Change roles after 1 minute.

POSSIBLE PROGRESSIONS

1. Encourage players receiving in the ball to try and perform a "no touch turn" when possible
2. Make the square in the middle smaller
3. Introduce a defender into the circle who attempts to stop players dribbling through the square

OUTCOMES

- Speed and angle of approach
- Getting "touch tight" to the attacker to prevent turning with the ball

DRINKS BREAK DISCUSSION

- When was it difficult to travel through the square? What did you have to do to ensure you travelled through easily?

SKILL GAME

- SETUP**
- Area of up to 50x30m, separated by a safe zone of 5m. Modify area depending on the number of players involved.
 - Goals, with GKs, at each end of the area.
 - 2 attackers vs 3 defenders in each half. 2 neutral players in each safe zone.
 - Supply of footballs with each goalkeeper.



HOW TO PLAY

- Play begins when GK passes the ball into the Red team. Reds then attack the opposition goal.
- Red attackers must play through the two neutral players in order to pass through to the attacking half.
- When ball is transferred in attacking half, one neutral player is allowed to join in, creating a 3v3.
- Rotate the players to ensure that everyone gets the opportunity to attack / defend and neutral players are changed.

POSSIBLE PROGRESSIONS

1. Teams are allowed to play directly into the attacking half. If they score this way = 1 point. If they play through the neutral players and score = 3 points

OUTCOMES

- Speed and angle of approach
- Remaining close enough to the attacker to prevent them from playing forwards
- Patience and timing of tackle

OBSERVATION DISCUSSION

- What can a defender do to help them mark an opponent effectively?