

COACH EDUCATION LESSON PLAN

ADRIAN PARRISH, TECHNICAL DIRECTOR

Defending in the Defensive Third

Training Objectives:

To help the back four and keeper work with the #6 to stay connected and shift as a unit when the opposition transitions into the attacking half. Provide different scenarios of when, where and how the opposition enter the defensive half and third. Session can be conducted with a back three or back five, depending on the coach's preference of formation.



Organization

Two groups of four, with five different colored mannequins/poles or cones placed in between the groups. The team closest to the halfway line passes the ball back and forth amongst themselves and the back four shift. The coach yells out a color of a mannequin and the team with the ball dribbles as quickly as possible to that mannequin. The defending team moves and shifts to shape how they would defend if the player was live in that area.

Coaching Points

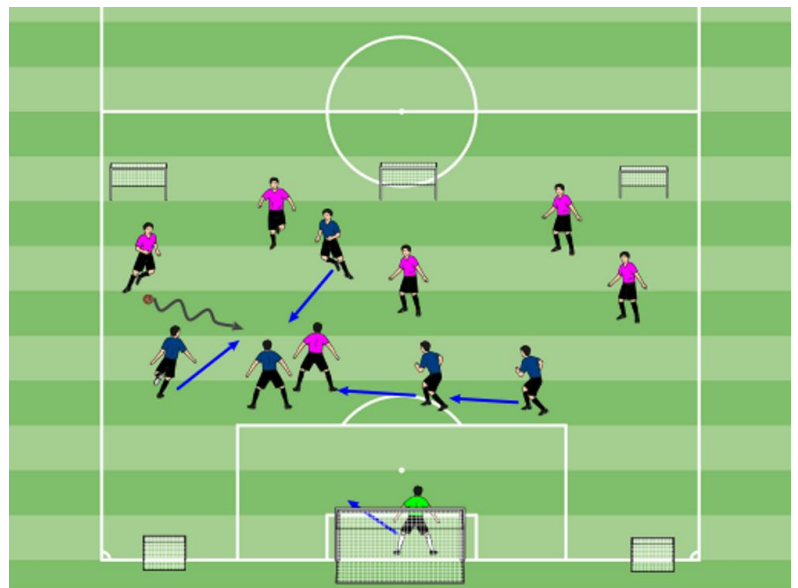
Angle and speed of approach of the first defender; body shape (first defenders shaping up to force player one way. Other defenders open up to see the field and the ball); distance between the defenders (6-7 yards); trust your teammate and communication/organization.

Organization

45x 70-yard area. 6v6 with one team playing with a GK, back 4 and DM. Attacking team plays in a 2-3-1. Defending team defends two small goals (one point) and one large goal (two points) and attack three counter goals. A line can be set up where they must pass before they can score. Coaches need to feed the ball into two different areas to create different scenarios.

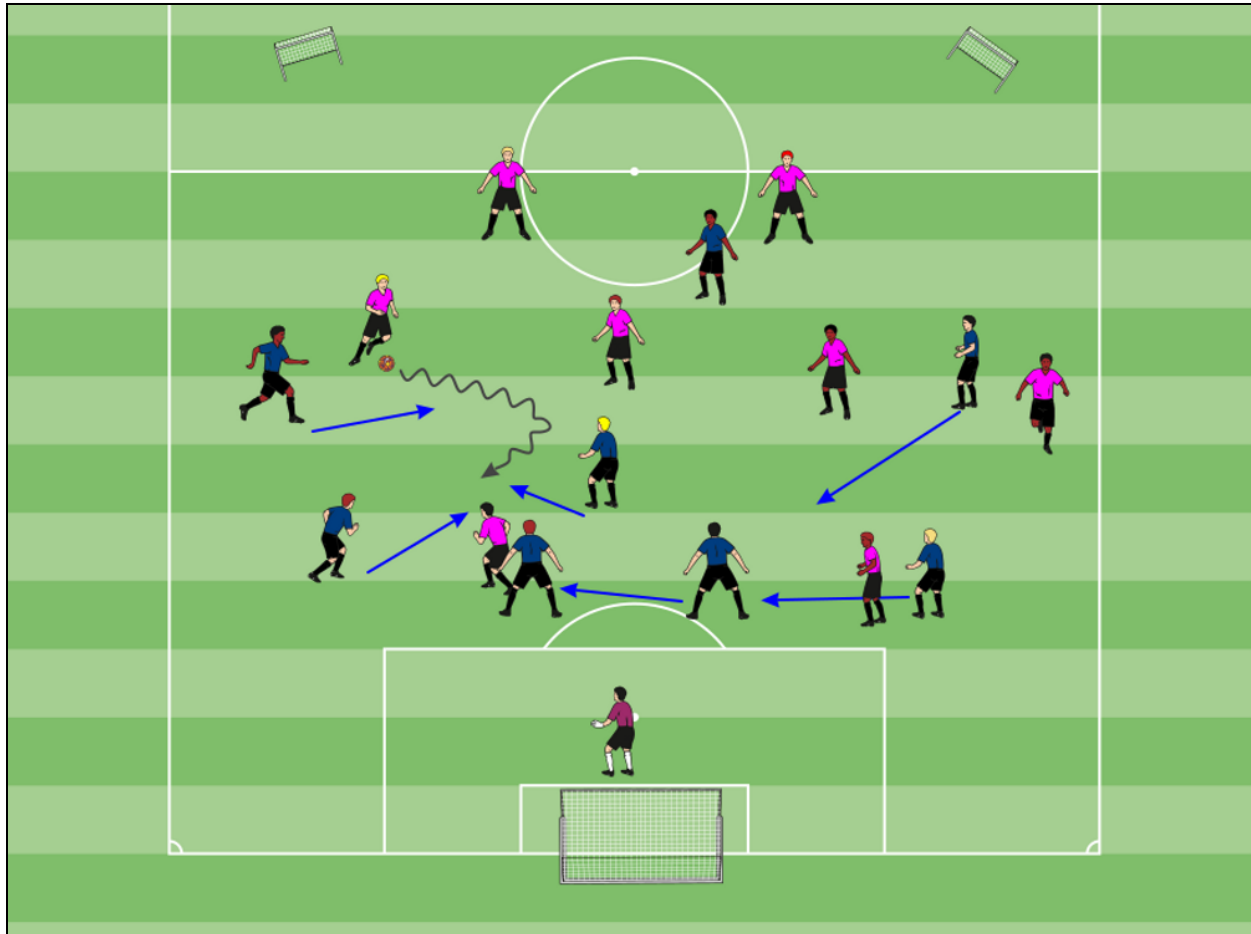
Coaching Points

Shifting and staying connected, body shape, organization and staying focused on the ball and surroundings. Keeping the play on one side and making play predictable. Desire to win the ball/keep the opposition from scoring (being patient).



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Organization

9v8 Normal Playing Rules defend. Defensive Team defends the big goal and scores in the counter goals but must be past the half-way line to score.

Coaching Points & Questions

Shifting and staying connected, body shape, organization and staying focused on the ball and surroundings. Keeping the play on one side and making play predictable. Desire to win the ball/keep the opposition from scoring (being patient). Upon winning the ball can your team counter attack quickly?

Questions to ask players

1. How do you shape your body to see both the player with the ball and the field?
2. What happens if the distance between the defensive players is too compact?
3. What areas of the pitch are you willing to sacrifice?
4. What does the defensive unit do upon winning possession and the teams transitions into the attack?