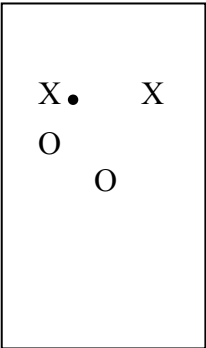
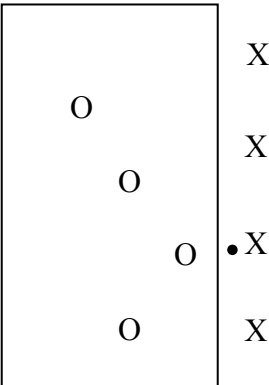
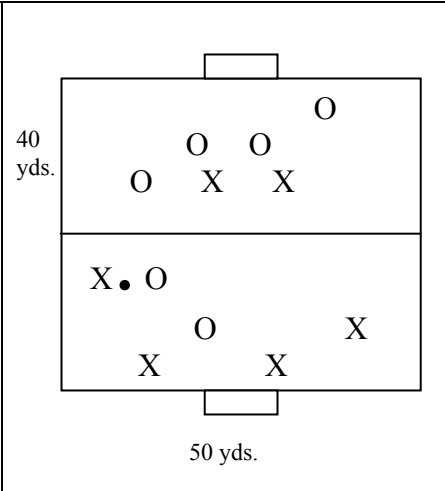
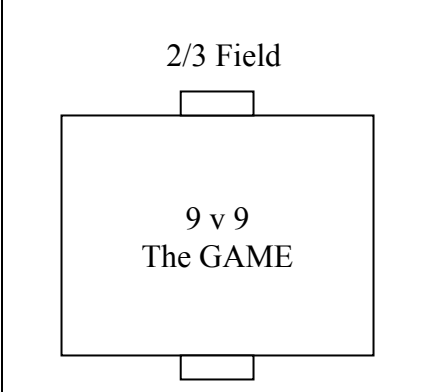


Topic: **Compactness of the Back Four**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Groups of four (15 x 40 area or as needed). Play can also be designated touch line to touch line. Two defenders and two attackers. Stretch.</p>	<ul style="list-style-type: none"> ▪ Begin the exercise by simply “shadowing” the attacking two. Apply correct defending principles. Reverse roles and repeat. ▪ 2 v 2 directional line soccer. Object is for the defending two to apply immediate pressure to the ball and stay compact, while not allowing the attacking two to dribble past them. Reverse roles and repeat. 		<ul style="list-style-type: none"> ✓ Immediate pressure to the ball and angle of support ✓ Quick reactions and ability to close and deny space immediately ✓ Communication between defenders (verbal and visual) ✓ Do not cross in front of teammate while defending – pass players off for help and drop off
Restricted			
<p>Groups of four (20 x 40 area or as needed). Attackers may use additional players if available. Note: defend with only four.</p>	<ul style="list-style-type: none"> ▪ Four defenders in the middle of the area. Attackers are on the outside of the area and attempt to play the ball back and forth to each other. ▪ Attackers must pass the ball on the ground to begin. Progress by allowing the defenders to dribble across the area to penetrate. ▪ Award (1) point to defenders for winning the ball and (-1) for getting split or beat. Rotate once 5 or so goals is achieved. 		<ul style="list-style-type: none"> ✓ Be patient and make play predictable ✓ Visual cues from the attacking team ✓ Defending shape and balance with movement of the ball ✓ Deny penetrating passes and/or dribbling ✓ Compactness of the field to limit attacking space and options

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Counter Goals and/or Lines			
<p>6 v 6 with goalkeepers to two large goals (50 x 40 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Begin with 4 v 2 in each area. Players are not allowed to move into the other area. ▪ Progress by allowing a 3rd attacker to enter the area once a ball has successfully linked with the front two. Focus on the compactness of the four defenders and denying any opportunities on goal. ▪ Remove the central line and play. 		<ul style="list-style-type: none"> ✓ Immediate pressure to isolate player on the ball ✓ Zonal defending: shift and slide ✓ Do not allow opportunities to penetrate – dribble, pass or shoot ✓ Defensive starting positions in transition
Two Goals			
<p>8 v 8 with goalkeepers to two large goals (2/3 field or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible Formation 4:2:2 versus a 4:1:3 ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ “Win the ball” ✓ Counter attack ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session