

Football Specific Theme: Opponents Possession (Defending)

Warm Up (15 mins)

Set Up:

Positional play – Basic positional play (Rectangles)
– 5v3 Defending. Three players work together: 1 presses, 1 supports, 1 covers.

Conditions:

Nearest presses, 1 supports, 1 covers.

Coaching Points:

Make the area small – nothing through between defenders.



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Dynamic Stretching (5 mins)

Speed and Agility (10 mins)

GK and back 4 v front 3 and midfield 3 with 1 deep support player (5v7) (20 mins)

Set Up:

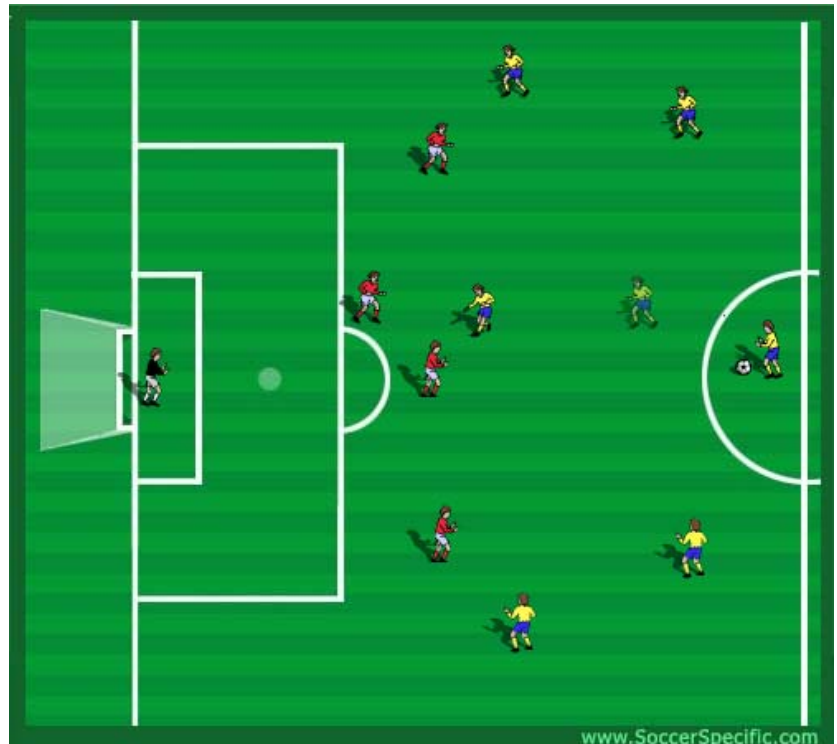
Area of field – own half (Back four defending).

- 1) Full half
- 2) Back third

Coaching Points:

- 1) Starting positions
- 2) Pushing away
- 3) Passing on
- 4) Not passing on

Do not let them score



KEY: - - - - > Ball Path → Player Path ·····> Dribble

SFA Youth Action Plan Coaching Plan - Opponents Possession (Defending), page 2

GK and back 4 v front 3 (5v3) (20 mins)

Set Up:

Area of field – opponents half (Front three defending).

- 1) Full half

Coaching Points:

- 1) Starting position.
- 2) Disturb the build up – prevent the pass forward.



KEY: - - - - > Ball Path → Player Path - - - - - > Dribble

Game 9v9 (20 mins)

Set Up:

9v9, shape 1-3-2-3. 65 m by 50 m. Make the pitch small.

Coaching Points:

Defensive start position.
Setting the block.

Front line – drop off
Middle line – tuck in
Back line – push up

Basic team shape –
Good occupation of the field.

Focus on front three:

- Disturbing the build up
- Preventing the pass forward
- Start position

Focus on back four:

- Passing on, not passing on
- Pushing away
- Start position



KEY: - - - - > Ball Path → Player Path - - - - - > Dribble

Homework – Individual Specifics (20 mins)

Cool Down (10 mins)