

DEFENSIVE ORGANIZATION OF A 5 MAN MIDFIELD

Session Objective:

"Lock Down" the midfield area to prevent midfield penetration by the opposition.

Session Set Up:

14 players, 2 Gk's, 10 balls, 20 cones, 2 goals, 5 red bibs, 5 blue bibs, 2 yellow bibs

Warm Up:

Games of 5v2 are organised as shown in Diagram (a) below.

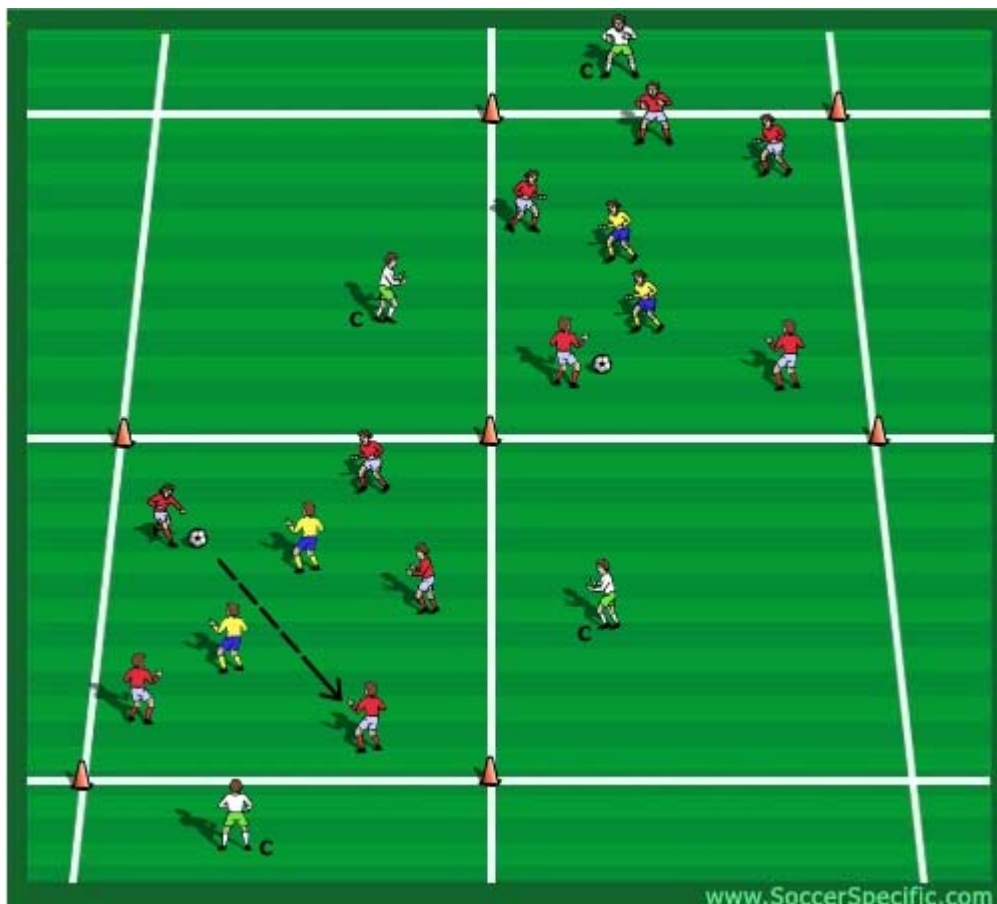


Diagram (a)

Explanation:

Emphasis is placed on the defensive component of the activity. "Can the 2 defensive players work together to prevent penetration???"

Coaching Points:

- Communicate
- Stay "connected"
- Prevent the "split"

Activity #1: Individual Defending

Set Up:

A 20x20 grid is organised as shown below in Diagram (b). Four pairs of players inside the grid, one player on each side of the grid. Each player on the outside has a ball as shown.

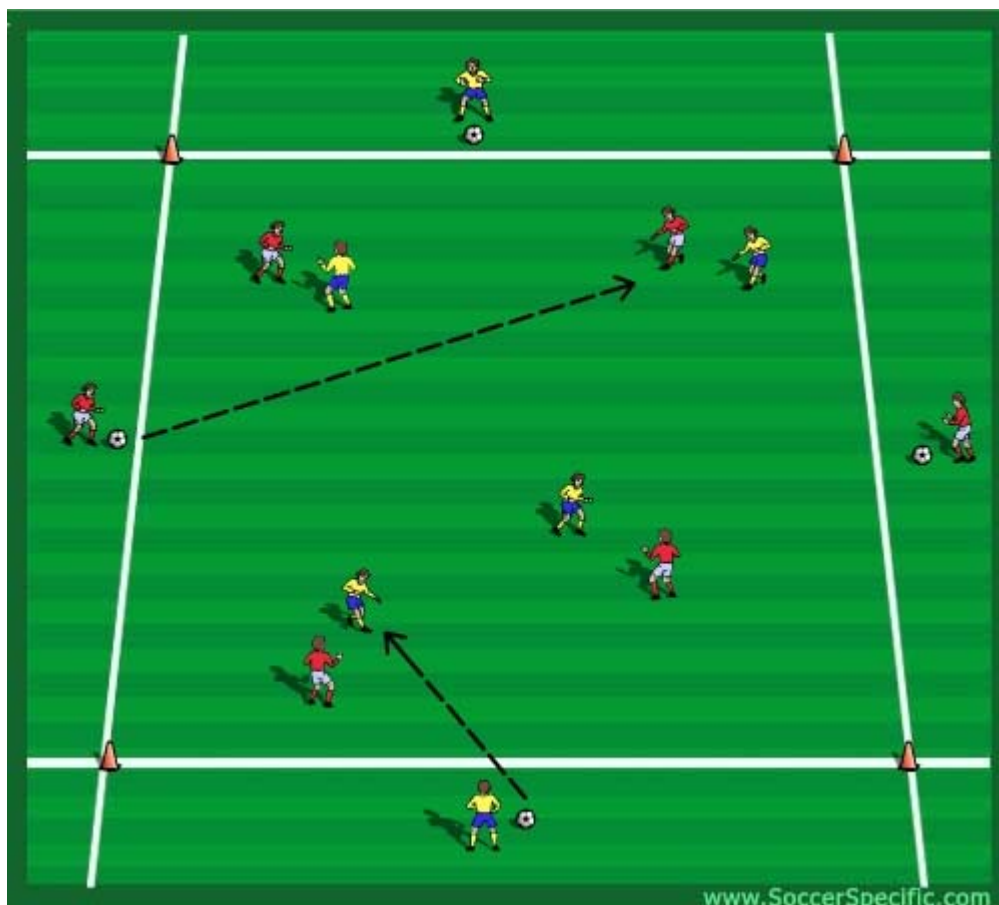


Diagram (b)

Explanation:

"Attacking" players must check and receive ball from any outside player and give it back to the same player. Emphasis is *AGAIN* placed on the responsibilities of the "defensive" players - can they compete in this individual defending situation? Defenders must attempt to intercept or put immediate pressure on the ball.

If the defender intercepts the ball they must possess and play it back also. Rotate the outside players to avoid fatigue. Switch the roles of the players inside the grid.

Progressions:

1. 1-touch
2. 2-touch
3. Attacker can't pass it back to same player - must find a different player on the outside.
4. Change to 2v1 and introduce "double-teaming"

Activity #2: Group Defending

Set Up:

A Box to Box size field is created as shown below in Diagram (c). Target players (black jersey) are positioned at opposite ends as shown. A central "kill-zone" is created in the center of the field (in the diagram below this area is between the white hashed lines)



Diagram (c)

Explanation:

Both teams compete for possession of the ball and attempt to score by getting the ball into the opponents "end zone" At first the ball must be dribbled into the end-zone for a point to be awarded. Emphasis is placed on denying space, time or penetrating options in the central "kill zone"

Coaching Points:

- Establishing pressure on the ball.
- Don't "ball-watch".
- Force opponent to play under pressure in the "kill zone"
- Shape is dictated by what opposing team does.
- Close down the passing lanes

Progressions:

1. Add a target in each zone and must play on the ground to his feet.

Activity #3:

Set Up:

A 6v6 + 2 target players is organised as shown below in Diagram (d). Goalkeepers are positioned at each end of the pitch as shown.

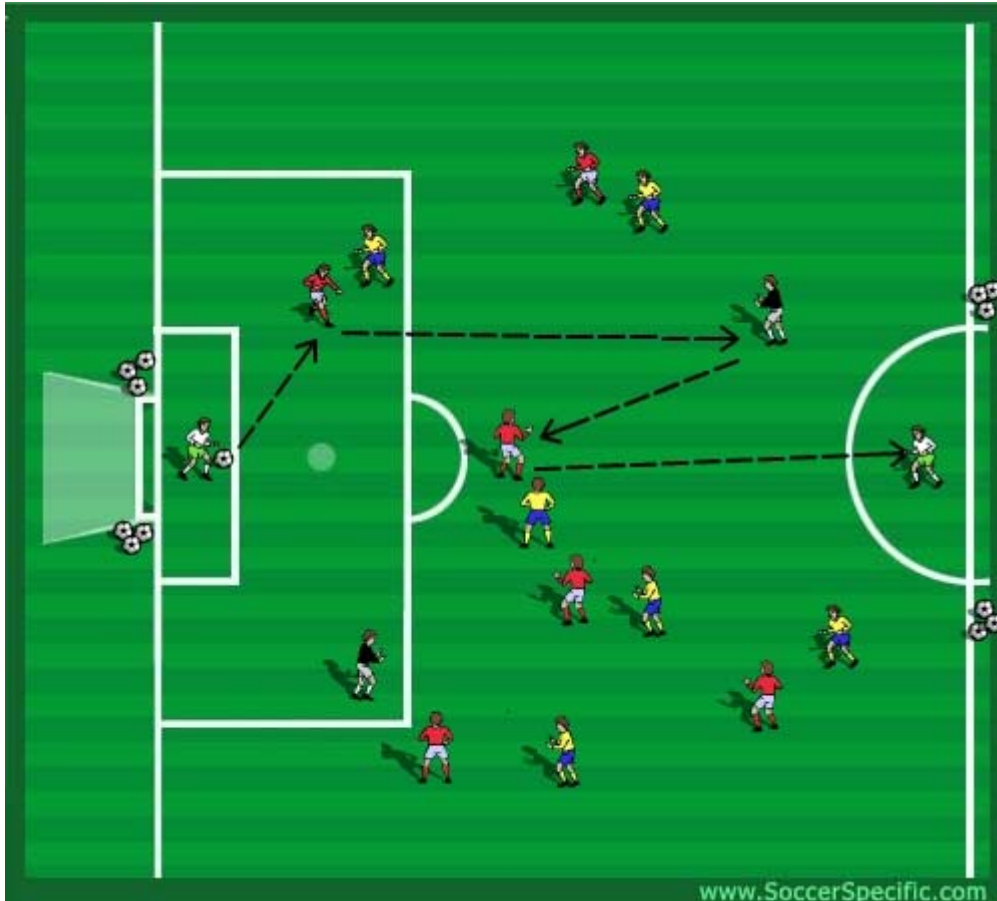


Diagram (d)

Explanation:

Both teams compete for possession of the ball and attempt to score in their opponents goal. Emphasis is AGAIN placed on the shape of the defensive team. The defensive team must attempt to "cut off" penetrating passes to the target players. In the diagram above, the Yellow team has not prevented a penetrating "through-ball" to the target player - the target player has layed the ball back for a shot on goal by his teammate. The defensive team must avoid becoming stretched as in the diagram above.

Coaching Points:

- Stay compact as a unit.
- Emphasize the security pass (connecting the pass successfully when winning the ball in transition)
- Recovery runs to the near post
- The GK's must remain in the half circle and the six yard box.

Progressions:

1. Targets have a one time finish
2. Must score off of a service from the flank

Activity #4:**Set Up:**

An 11v11 on a full pitch is organised - NOT ILLUSTRATED

30 minute game

10 minutes - defensive team down a goal.

10 minutes - defensive team up a goal.

10 minutes - no conditions/restrictions.

Cool Down / Stretch

10 minutes