

Coach **Dan Chubbock**

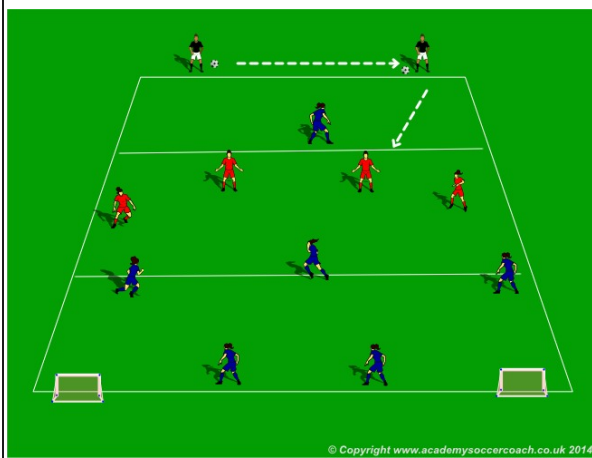
Session date **2014-05-19**

Team/Age Group **U14s**

Theme Teach Forwards to Defend - Shape (in a 4-2-3-1)
Objectives: teach forwards and midfielders to press from the front effectively in a 4-2-3-1 system of play

Time available

90 Minutes



Explanation:

- black players are targets and must stay on line.
- red team receive ball from target and try to score in two small goals.
- blue try to prevent reds from scoring.
- blue score by playing to neutrals.
- once game has started, blue and red can move anywhere in grid.

Coaching Points:

- forward must cut off half of field and force play to wide player
- midfield then cut off line and protect goal
- look for visual cues of when to pressure (i.e. Bad touch, head down)
- if no pressure on the ball, midfield must drop to protect goal.

Progression:

- allow target players into play.



Explanation:

- ball starts from GK, who plays to red defender.
- blues must start behind retreat line.
- can press as soon as ball leaves GK hands.

Coaching Points:

- good body shape to make play predictable
- angle of approach (bend run)
- cut off options and prevent them playing through and out other side.
- work as a unit. One player goes, all go and vice versa.
- pressure, cover, balance.
- defend with no gaps
- ball side, goal side marking
- don't allow the opposition time on the ball.



Explanation:

- red play with GK, plus 4-3.
- blue play with #4, #8, #10, #7, #11 & #9
- reds try to score in small goals

Coaching Points:

- #9(CF), must cut field in half and show def one way (more important than trying to win ball)
- delay opponent, in order to get team shape and compactness.
- use closest player to ball to determine shape of rest of team.
- #7 & #11 should cut off channels to a compact Midfield and prevent direct channel ball.
- winger on opposite side should tuck in to prevent switch
- Mids should get tight and prevent opposition turning.
- do not allow opposition to switch and play out other side.

Action Points/Notes:

Allow 10 minutes free play at the end.