

Coach **Dan Chubbock**

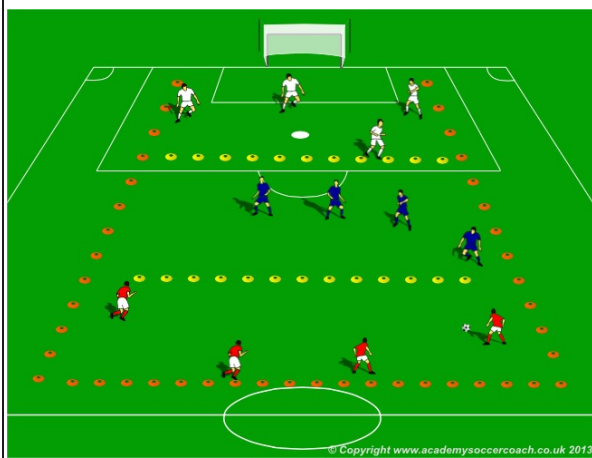
Session date **2013-12-16**

Team/Age Group **U18s**

Theme **Defensive Shape - teach defensive shape to the midfield and back line in the defensive and middle third**

Time available

**90 mins**



Explanation:

- red team must play three passes and then look to switch the ball to white team (below waist height).
- blue team must prevent split passes by shifting as a unit.
- players restricted to own grid.

Coaching Points:

- DELAY opposition's attack.
- DEPTH from supporting (covering) defenders.
- Ensure the rest of the backline is offering BALANCE.
- Keep the field small when not in possession and stay COMPACT.
- Stay DISCIPLINED and do not dive in when stepping to ball.
- Constant communication from all defenders.
- closest player to ball sets line of confrontation.
- Wave shape when ball is central and Nike Swoosh shape when ball is wide.

Progression:

- allow defenders to step into oppositions' grid.



Explanation:

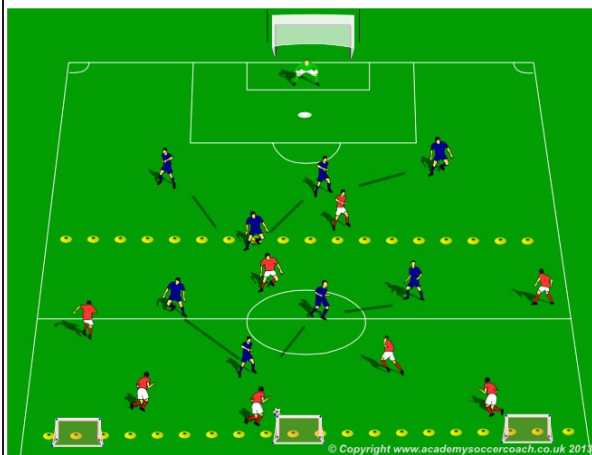
- ball starts with red midfield, who can move anywhere and try to score in goal.
- blue must try to win ball and can score in either small goal.

Coaching Points:

- as above.
- when ball is in middle third (grid), two midfielders help funnel ball centrally to make play predictable.
- in defensive third (grid), force play wide, or into cover and prevent ball/cross into box.
- push up back line as red team passes backwards to make field smaller.

Progression:

- add a neutral player to allow overloads for team in possession.



Explanation:

- teams play 8v8 plus a GK.
- have ball start with red every time ball goes out.

Coaching Points:

- as above.
- when ball is in front of midfield, play with two banks of four.
- midfield and backline shape should be same.
- shift as a unit.

Progression:

- allow free play.

Action Points/Notes:

**Allow 15 minutes free play at end of practice**