



Defending Unit

Category: Tactical: Defensive principles

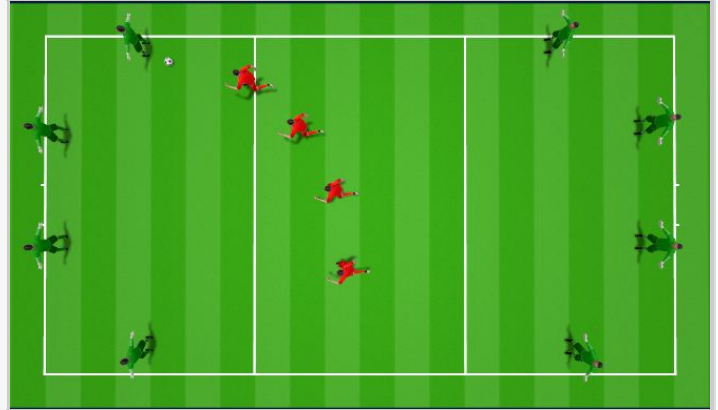
Difficulty: Moderate

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Description

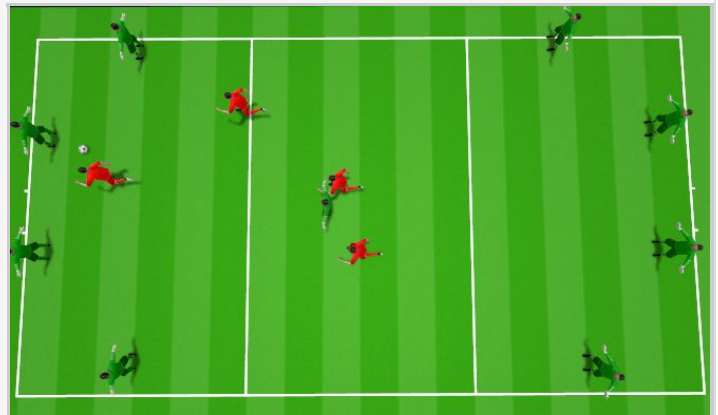
Screen 1

Focusing on the defending shape when the ball in different position.
How do we shift together as a unit, providing cover and balance.
Objective for blue team is to try to recycle the ball and try to play the ball to the blues on the opposite side.
Red cannot tackle in the beginning, just to practise the shape.
Coaching point -
body shape
defensive shape (cover and balance)
communication



Screen 2

Progression -
Add one more player to the middle zone for blues.
Blues' objectives are the same, keep the ball and try to play to the opposite box.
Red can now jump and tackle, if they win the ball and make 5 passes they get a point.
Coaching point -
body shape
When to jump? When to press? Press where? How to press?
Communication!!!



Coaching Practice Review and Reflection

How were you able to affect the individuals in the practice?

What can be done to make sure you have the same, or an even better, impact next time?

What's the main thing you can do to make the session even better next time?