

DESCRIPTION

Set up 12x12 yard boxes for each group of 3 or 4 players. Players choose a side of their square and pass the ball around to loosen up. Encourage lateral movement.

Assign each player a number in their group. Players will pass the ball and then coach calls out a number that player will run to collect an extra ball, their job is to hit the main ball with their ball.

Once players get the hang of this we can have the defender play without a ball - ask them to cover space rather than trying to steal the ball. Ask your passers to keep the ball moving the whole time. Count how many passes they get before either the ball stops moving or the defender intercepts it.

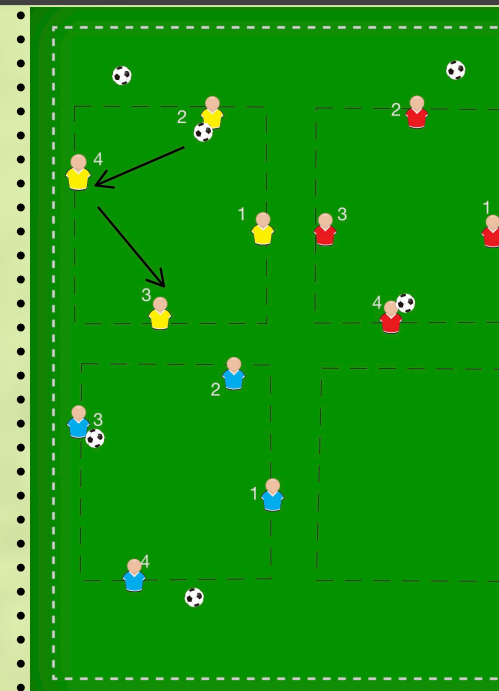
WARM UP

COACHING POINTS

FIRST COACHING POINT - PATIENCE

The defender should try to keep calm and time their attempt to get the ball when they see it mis-controlled or go in the air.

DIAGRAM



Similar set up but now two squares will play together (the diagram shows this drill taking place twice, side-by-side). Place one defender in the middle of each square. The players on the outside are trying to connect ten passes, every pass must enter the square, they cannot play around the outside. Ask the passers to be at least 6 yards apart and to keep the ball on the ground. Again, ask that the passers keep the ball moving the whole time. As the ball goes in to one square the other defender should move to the channel between squares and cover space.

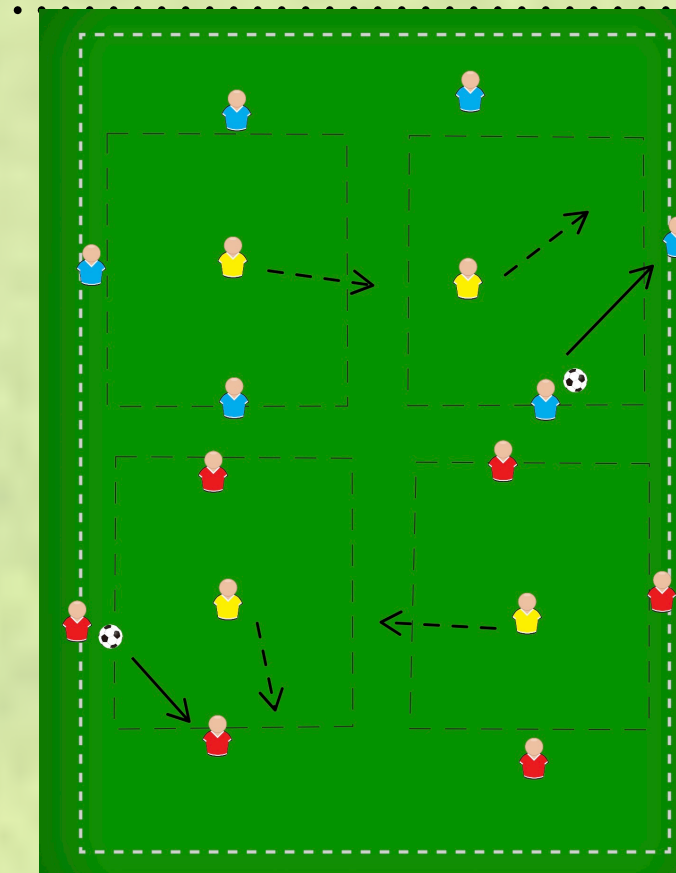
TECHNICAL

FIRST COACHING POINT - WORKING TOGETHER

Encourage your two defenders to work together, if one defender goes out to the left the second defender should slide to the middle to cover them.

SECOND COACHING POINT - MAKE PLAY PREDICTABLE

The defender should make play predictable by cutting off at least one passing lane with their position. This will allow the defender to narrow down the passing options and make getting the ball easier.

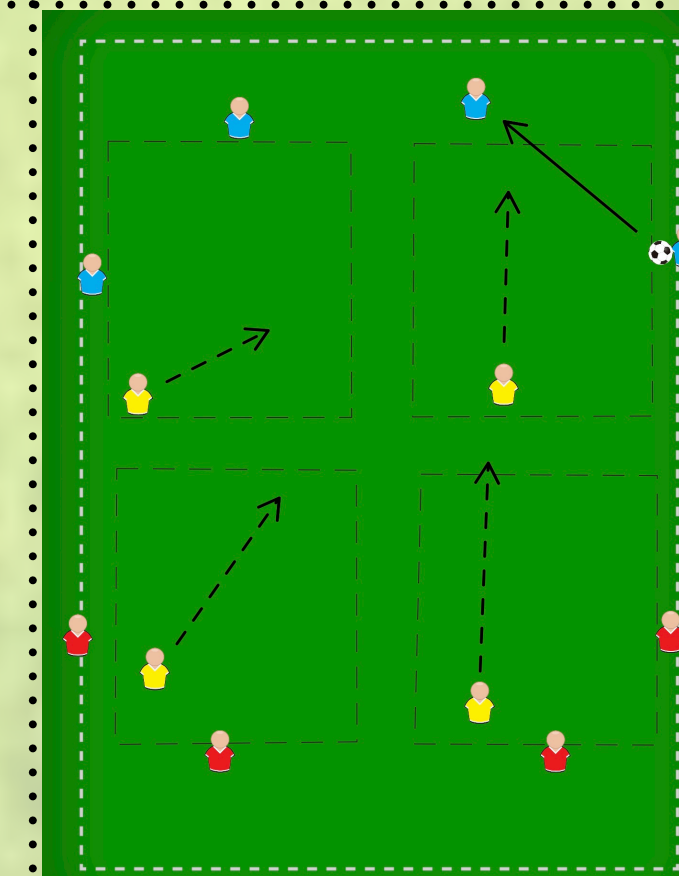


We'll expand once again to play with all four squares connected (the diagram shows the blues and the reds working together, the yellows are defending). The players on the outside are trying to connect passes, the ball must go through the playing area. The defenders are working together to make it hard for the ball to go forward.

TACTICAL

FIRST COACHING POINT - COMPACTING

The defenders should all move as the ball moves, the player closest to the ball is putting pressure on the ball and the others are in positions that should prevent easy forward passes.



This will be a small sided game. Same set-up as above but add in goals. All the balls at one end. Play one ball at a time, the passers get a point by passing it to every player on their team, they can go back to a player but the point only counts if they can all be involved. If the defenders intercept they can score in either goal for a point.

GAME

COACHING SUMMARY

This part should be fun, high energy and enjoyable. Work with the team on their ability to move the ball quickly to dangerous areas

