

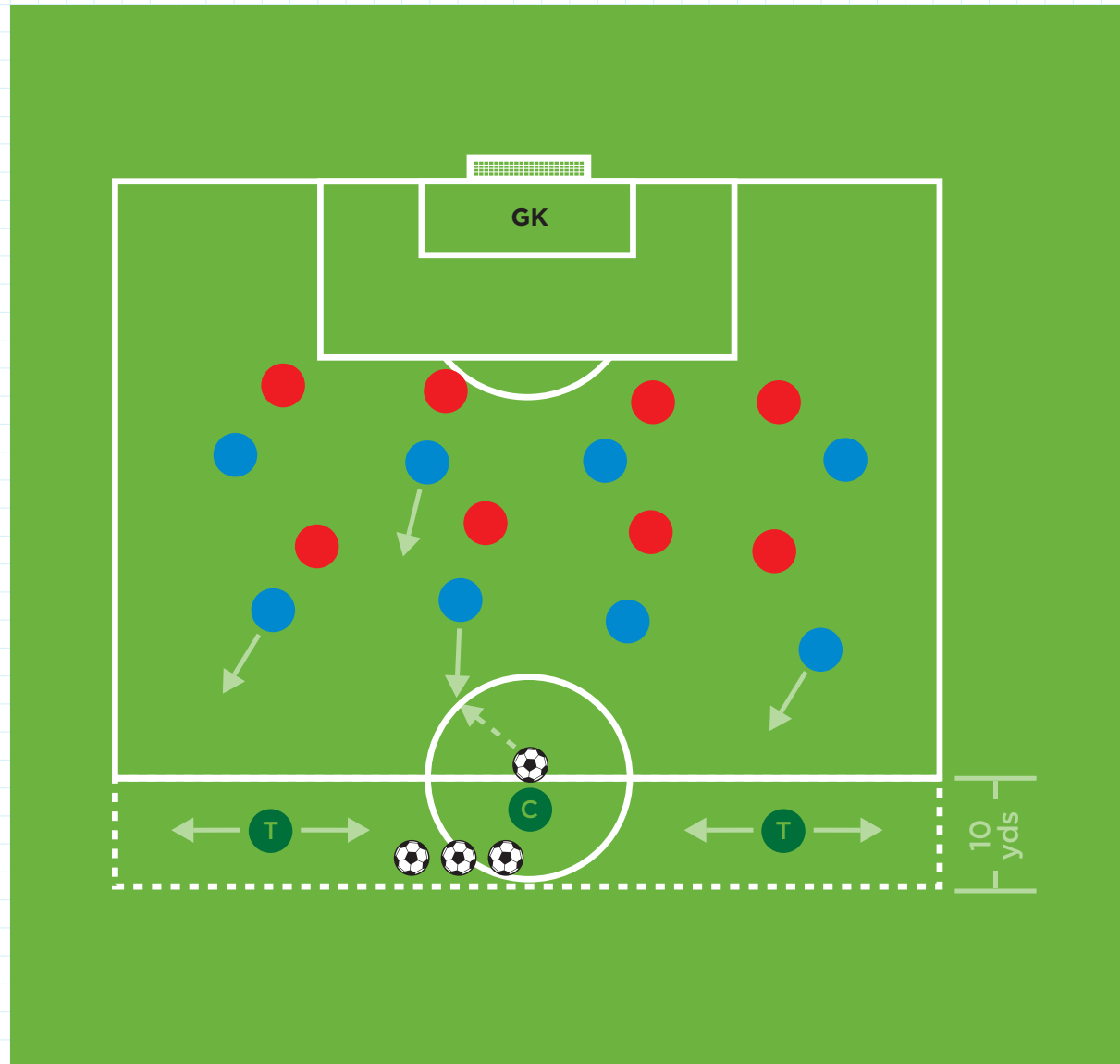
# Continuous defending

## Practice organisation

- Half pitch with an additional 10yd channel inside opposing half with goal at one end, as illustrated.
- 19 players (incl. GK) organised 8v8 plus GK, with 2 Target players beyond half way line in 10yd channel, supply of balls in centre circle, with coach.
- Practice starts with: ball fed into practice area by coach to Attackers or T who then feeds into A's.
- A's objective: build play & create goal-scoring opportunities.
- If Defenders gain possession: they try to play to feed T's.
- Process continues for 5 minutes non-stop & is then repeated.
- If ball goes dead: coach immediately feeds another into practice area.
- Throw-ins are taken by either team as appropriate.

## Detail

- Continuous un-interrupted defending for 5 minute period includes defending when organised & when dis-organised.
- If possession is conceded as team plays towards T's & is intercepted: quick reorganisation is necessary.
- Concentration & communication between team mates in defensive situation.
- Simple progressions for this practice are:
  - On receiving possession: T may quickly carry ball forward as an extra attacker & contribute to attacking build-up.
  - A's may use T's as support from behind as outlet passes, to relieve opponent's defensive pressure.



## Key coaching points

- Movement & positioning of D's in relation to location & movement of ball.
- Distances between players, units & GK.
- Pressing & forcing opponents to play in a chosen direction.
- Tracking & marking opponents.
- Continuous positioning & changing defending roles & responsibilities, whilst regaining & maintaining defensive compactness.