

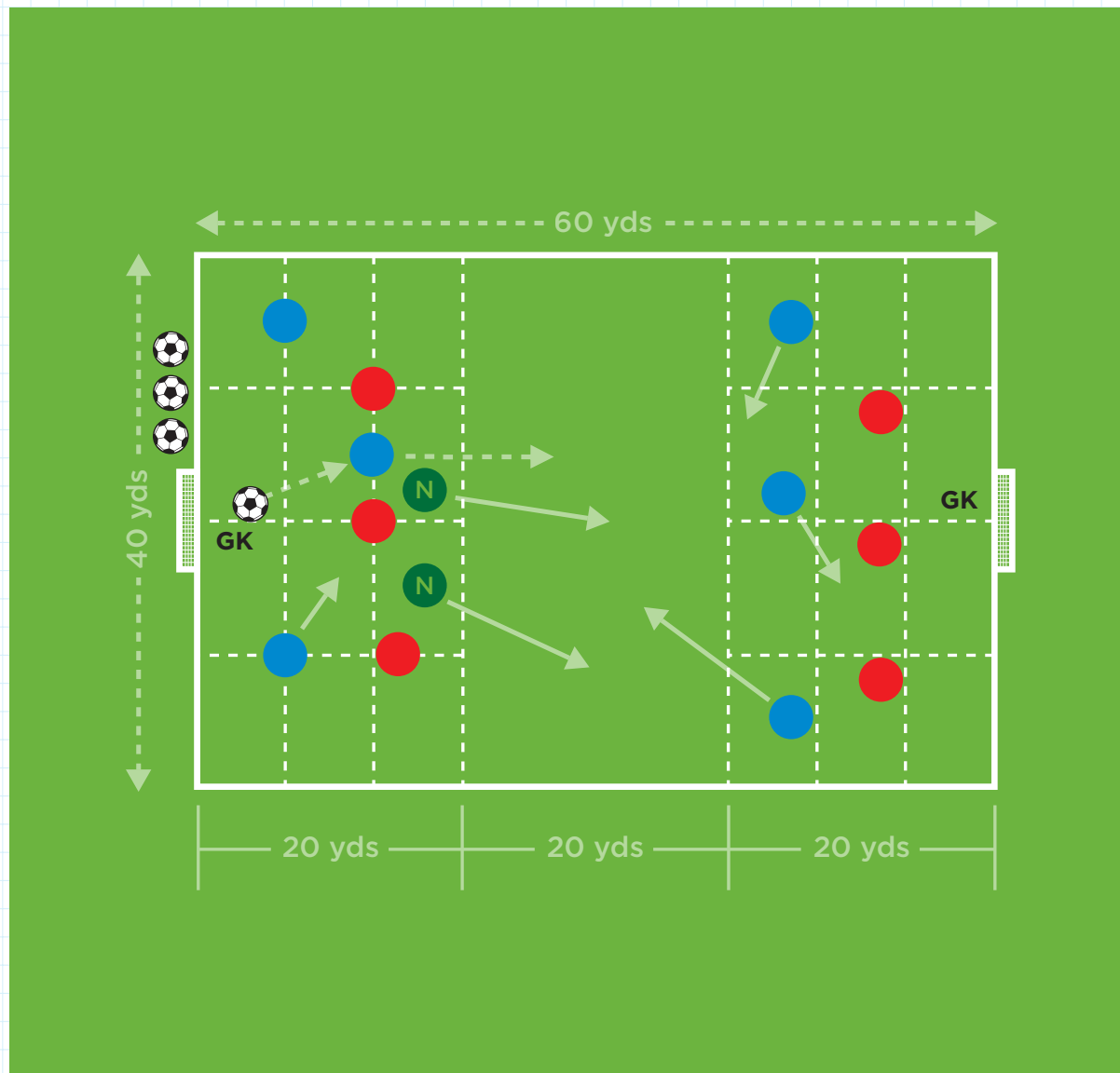
# Dealing with attacking movement

## Practice organisation

- Area 60x40yds set-out in equal thirds, with each end zone divided into 12 equal size grids & goals at each end, as illustrated.
- 16 players (incl. 2GKs), plus 2 Neutral players who support team in possession.
- Practice starts with: GK rolls ball into Attackers in end zone, who are supported by 2 Neutral players.
- A's play out to MF area for N's making forward runs into mid third.
- Once N's arrive in MF zone an A forward can combine with them.
- Defenders are not allowed to recover into MF zone.
- A's forwards receive service from MF, on move.
- Aim of A's: receive, pass & move to a new grid in end zone, whilst looking to score.
- Roles of players changes when play is reversed.

## Detail

- D's organise to initially protect central attacking routes to goal.
- Deflect attacking play away from goal if possible by intelligent pressing & support.
- Marking opponents & passing-on opponents who inter-change positions & move to different grids.
- Blocking passes, crosses & shots at goal.
- Intelligent 1v1 defending skills.
- Simple progressions for this practice are:
  - D may recover into middle & defending zones, if required.
  - D recovers to defending zone if necessary, plus one other into the middle zone as an outlet for a pass on D's regaining possession.



## Key coaching points

- D's organise strategy to combat movement & numbers of A's.
- D's organise to combat play in front, behind & to the side, in defensive third.
- On regaining possession: D's should attempt to counter-attack quickly.

Defensive play whilst 'out of balance'

Age group  
12-16 years