

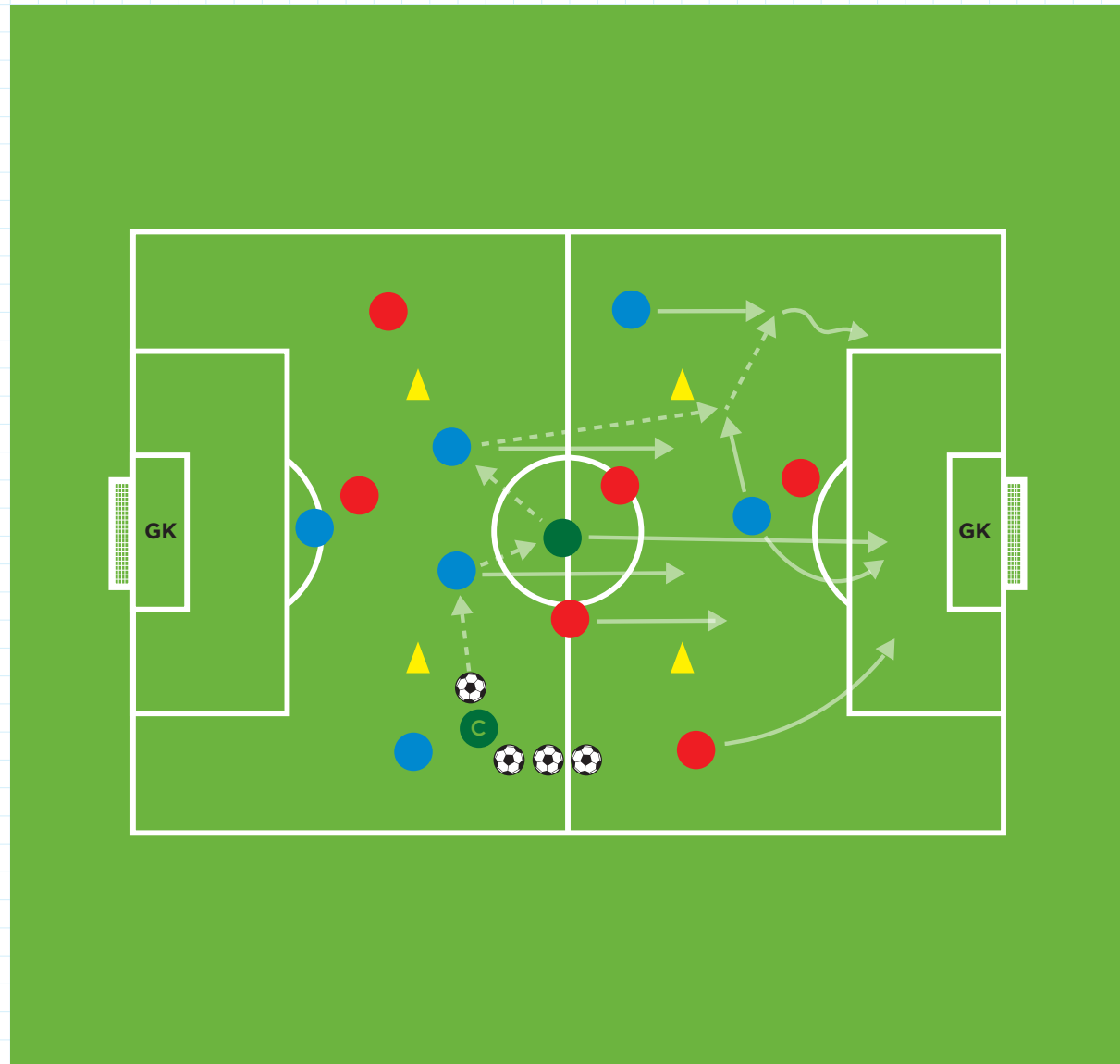
Defending & recovering position

Practice organisation

- Full pitch including goals, with 30x30yd area marked by cones in centre, as illustrated.
- 15 players (incl. 2GK's), arranged 2v2 plus a floater in central area, who plays for the team in possession at all times; 1v1 at each end outside of penalty area & 2 flank players for each team, as shown.
- Practice starts with: coach passes into central area, to Attacking team.
- A's look to keep possession for 5 consecutive passes before playing forward into CF.
- Floater breaks from central area to attack penalty area.
- CF spreads play to flank player & spins to attack goal.
- Opposite flank D recovers to far post.
- 2 central A's attack penalty area & one central D from the central area tracks/recovers to support defence.
- A's have 12 seconds to strike on goal.
- Once attack is concluded: roles reverse & D's become A's, with practice moving in opposite direction.

Detail

- D's to defend realistically at all times, tracking runs & challenging.
- Good individual defending showing correct body position: looking to tackle off front or back foot.
- D evaluating when to make challenge & spoil, when to channel forward away from goal & delay.
- Recovering flank player assessing movement & threat of forward runs from CF & A's MF's.
- Simple progressions for this practice are:
 - If recovering team regains possession: it can initiate its own counter-attack, through MF.
 - Expand central area & allow one flank player to move inside to support (creating 2v2, plus flanker in central area).



Key coaching points

- Work rate, pressing & spoiling in 2v2.
- Individual defending & maintaining position in 1v1.
- Preventing CF from turning in 1v1 & pressing away from goal threatening areas.

- Communication with GK, challenging D & recovering D's from flank & central MF.
- Blocking passes & shots, if A's get turned.