

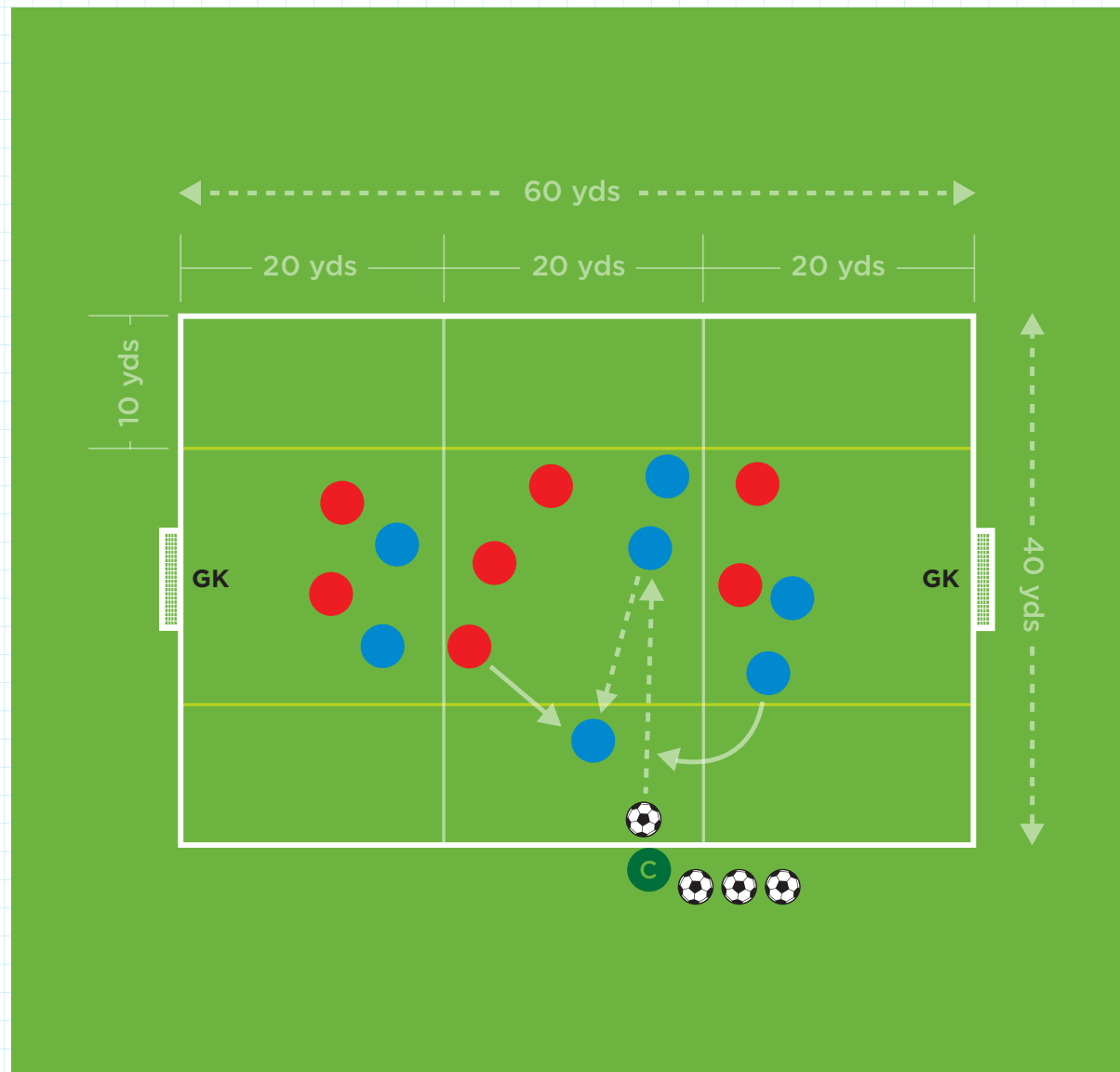
Defending overloads in flank areas

Practice organisation

- Area 60x40yds marked into equal thirds, with 10yd flank channels divided into three sections on each side running full length & appropriate size goals at each end, as illustrated.
- 16 players (incl. 2GK's) arranged 8v8, 1 ball.
- Game is organised 2v2 in each end third, with 3v3 in middle third.
- Off-side applies in each attacking third.
- Practice starts with: coach feeds ball into MF.
- Attacking team must visit & overload at least 2 of the flank areas before attacking goal.
- Defending team sends one or two D's in response to attacking team.
- Overloads can be 1A v 0D, 2A v 1D or 3A v 2D in the wide sections.
- Practice restarts with opposite team GK rolling ball to D's, who then look to pass into MF.

Detail

- Area can be modified, depending on numbers & age of players.
- Emphasis on players making decisions on their own team defensive arrangements.
- Prioritising marking of opponents in central areas when D's are drawn away towards flanks.
- Preventing crosses & marking opponents in goal scoring areas.
- Defending against changes of play across the pitch.
- Simple progression for this practice is:
 - Award 3 points to opponents if goal is scored from a cross & 1 point if goal is scored from central attack.



Defensive play whilst 'in balance'

Age group 12-16 years

Key coaching points

- Defending when out-numbered in flank areas.
- Speed & angle of approach to ball.
- Distance from ball when pressing.
- Pressure, cover & balance.
- When to pressurise & when to concede ground.
- Showing opponents outside or across pitch.
- Preventing penetrating through passes.