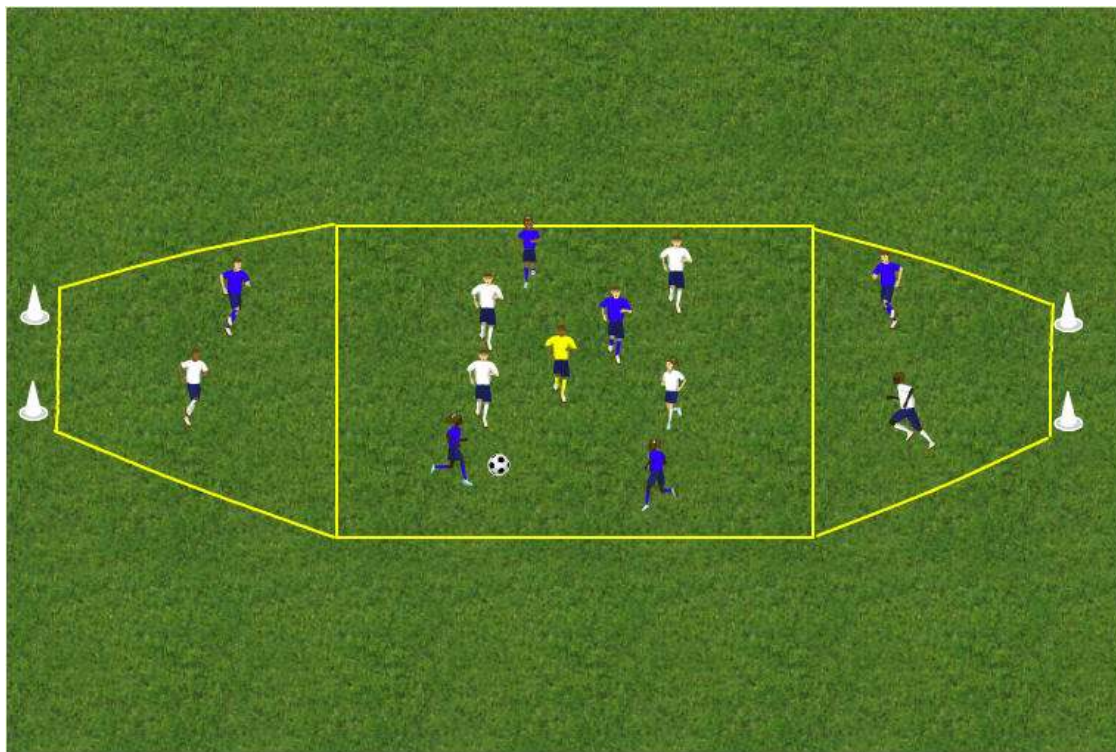


A PRACTICE TO IMPROVE THE SKILL OF DEFEND AND DELAY

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

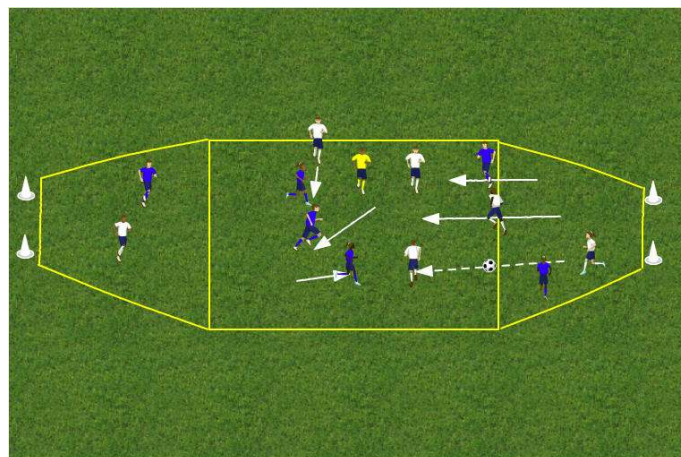
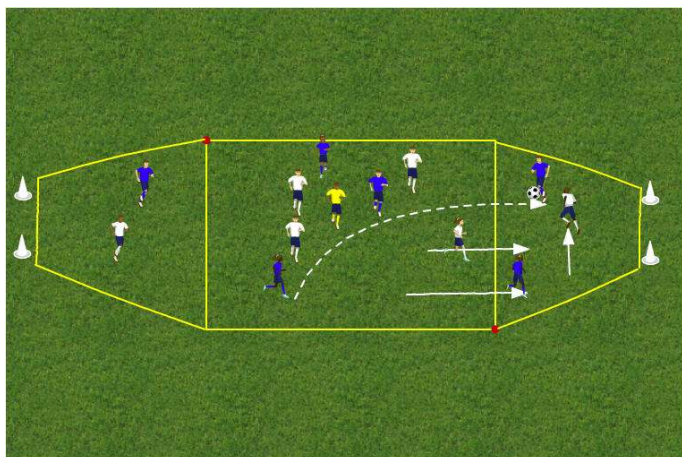
This practice involves a total of 13 players. Play 4 v 4 in a central 30 x 30 yards area, with one floating player (in yellow) who plays with the team in possession and play 1 v 1 in both tapered end zones, which can be 15 yards long tapering to 10 yards wide. There are two small goals to score into. All areas can be adjusted to suit the age and ability of the players. The practice is directional, with the teams attacking each others goals.

KEY TECHNICAL ASPECTS

Defender need to make a decision as to winning or intercepting the ball *If they can't win it then adopt delay tactics *Recovery runs *Good communication *Reactions of individuals to adopt a defensive mode *Reactions of the unit to get organised into defensive mode

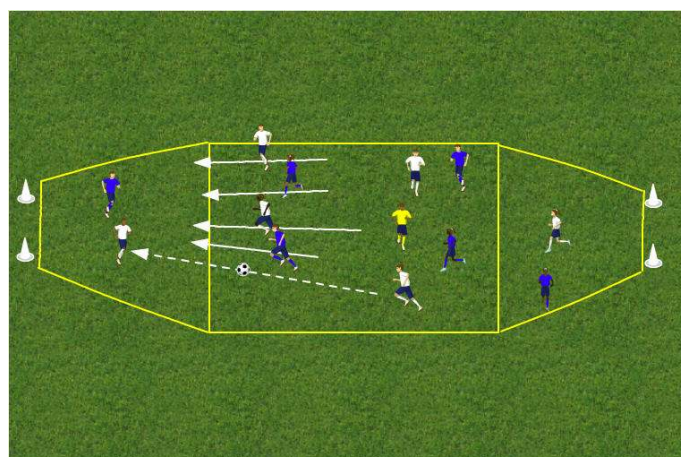
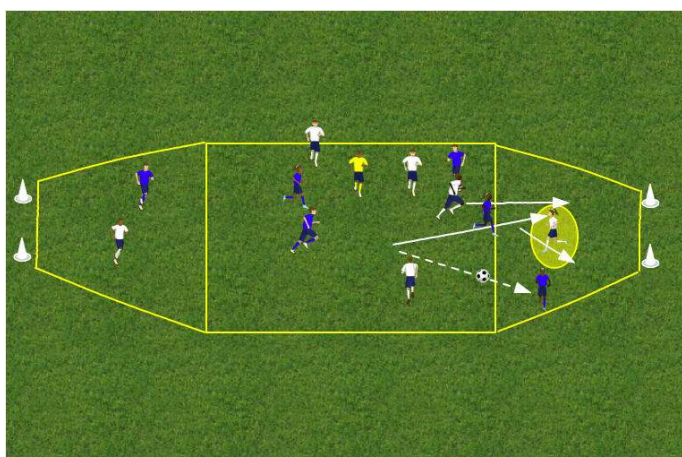
Progression # 1 – The team in possession look to pass to their attacker in the end zone with one of the four joining to make a 2 v 1 situation. The practice can be conditioned so that the attackers must make at least one pass before they can try and score. The defender should either try and win or intercept the ball or adopt a delaying position to enable one of their team mates to recover back to a 2 v 2 situation.

Progression # 2 – The recovery defender should be communicating with their team mate and should look to adopt a suitable defensive covering and support position. They now defend 2 v 2. If they win the ball they pass the ball back into the main area and one player from both teams recovers back into that area to make a 4 v 4 with floater again. The defending team must now readjust, get organised and buy time for the recovering defender to get back and support them defensively



Progression # 3 – The highlighted defender should be encouraged to support the attack, then, if possession is lost and the opposition counter attack they are forced to recover and react into a defensive mode. Again, the attacking players should be encouraged to break to make a 2 v 1 situation and a defender should look to recover.

Progression # 4 – Progress the session so that two of the players from the central area can break out to join the attacker. This will encourage lots of realistic delay, recovery and defend scenarios, as well as rotational play between the players





PROGRESSIONS

Progress the practice to a game

www.grassrootscoaching.com is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.