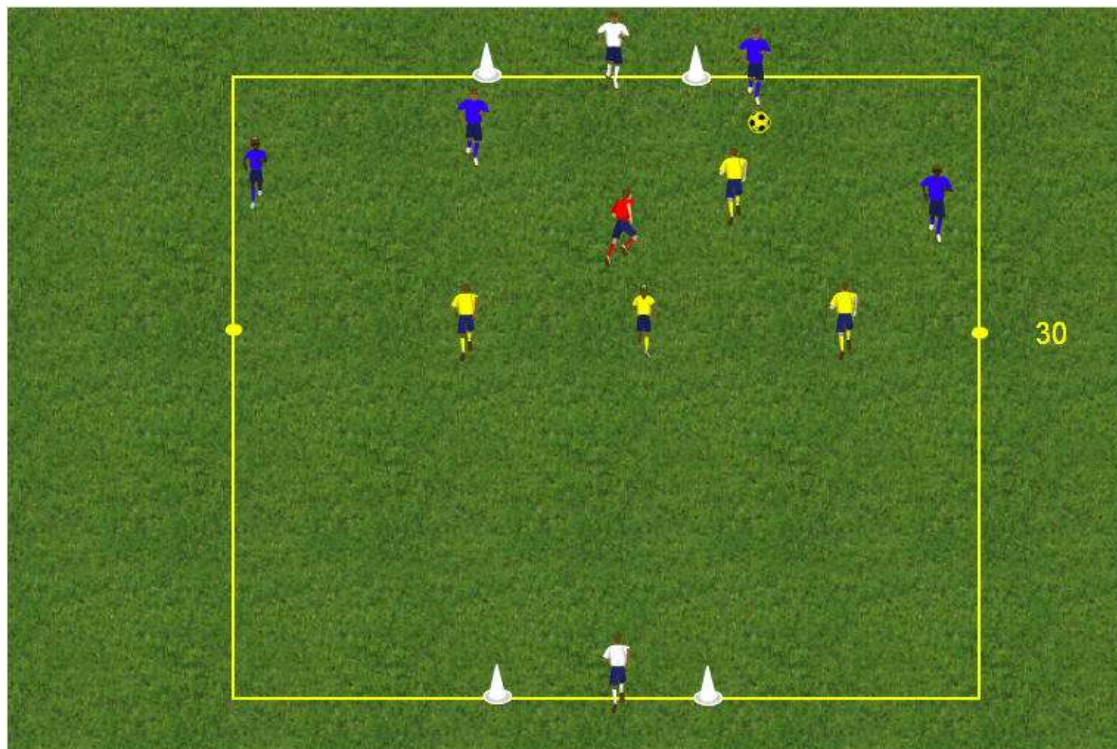


A GAME TO IMPROVE DEFEND AND DELAY

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



ORGANISATION

The area is 50 x 30 yards, but the area can be adjusted to suit the age and ability of the players. There are two goals with goalkeepers. There are four attacking players, blues and four defenders, yellows. There is also a floating player (red) who plays for whatever team is in possession. One of the defenders has been caught high up the pitch pressurising the ball, the other 3 defenders start 30 yards up the pitch. The objective of the game is for the attacking team to get a shot into the goalkeeper. If the yellow team win the ball they can counter attack and try and score.

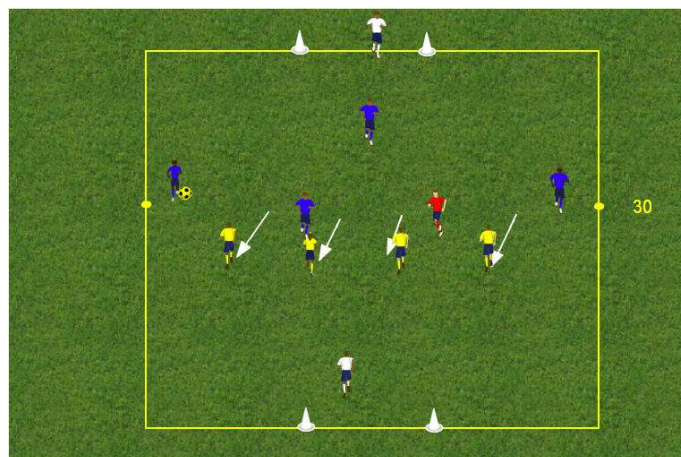
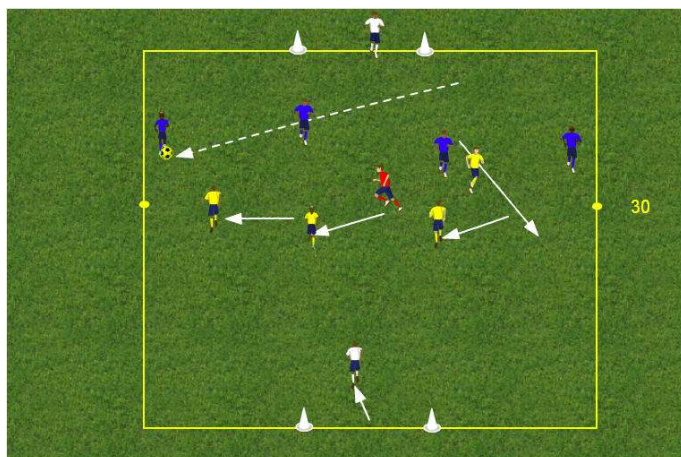
KEY TECHNICAL ASPECTS

*Goalkeeper to play an important role with good positioning and communication
 *DENY – i.e. win the ball if poor touch, tighten up if one forward makes a silly run into an offside position OR eliminate extra players IF you can isolate the man in possession
 *DELAY - drop and narrow, encourage recovery runners
 *DEFLECT - prioritise which forward passes to allow if a number are available and you cannot prevent them all
 *DEFEND - when to press despite being outnumbered, i.e. within shooting distance, who goes, when, how etc

Progression # 1 – The first priority for the defending team should be to try and DENY the attack, either by intercepting the ball, winning the ball on a poor touch or to isolate the man in possession by making play predictable.

The player who was pressuring the ball needs to begin to recover. The defenders need to communicate effectively with each other. The GK should also communicate and adopt a position in relation to where the ball is.

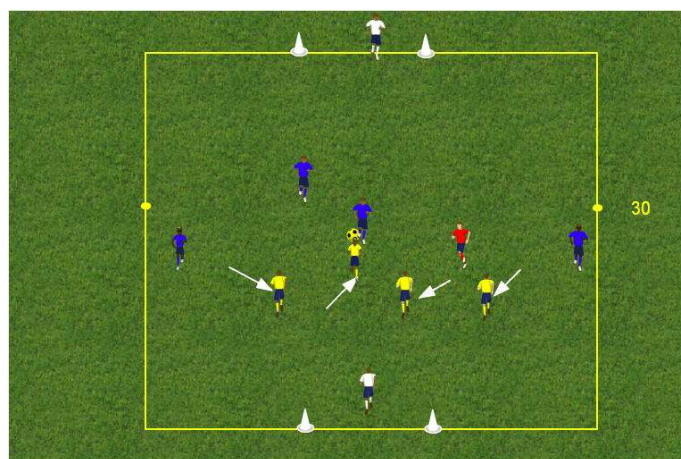
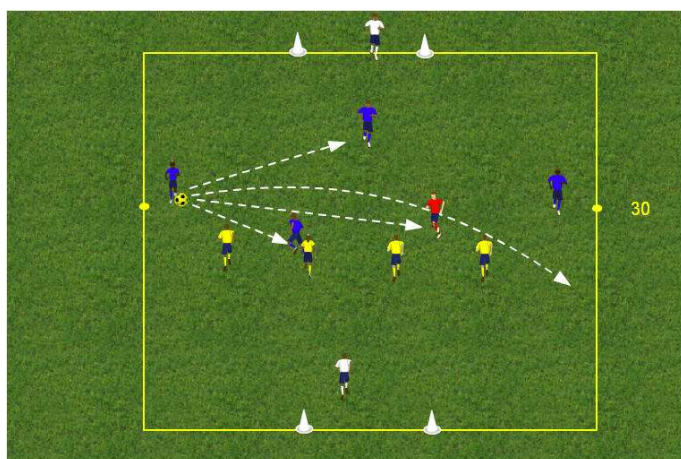
Progression # 2 – The defenders now need to delay the attack by dropping and narrowing. This will buy time for the recovering defender to recover back into a defensive position and make it difficult for the attacking team to play the ball in behind them. The defensive team should decide on how tight to pressure, this will depend on how far away the attacking team are from the goal. They should also try and keep play in front of them and make it predictable.



Progression # 3 – The defending team now need to look to DEFLECT the attack by prioritising as a unit, which forward passes the opposition can be allowed to make. For example, as the defence are out numbered, they cannot easily stop a switched pass to the opposite wide player, but they can adjust and deal with it. They can't easily stop a pass into a forwards feet, but they can then pressure and cover and force play backwards. But the defensive unit can DEFLECT the attacking team away from a pass in behind to the danger area, by making it a very difficult option

Progression # 4 – At some point in the attack, the defending team will need to prioritise and defend the goal. This will require a decision on when to press the ball when the opposition are in shooting range.

If the defending team win the ball they can combine with the floating player to try and score. This will encourage free play and result in real situations where the defending team lose the ball on the counter attack and have to recover and defend quickly when out numbered.



PROGRESSIONS

Progress the practice to involve a second floating player *Encourage the defending team to counter attack if they win the ball, this may result in the ball being lost and will force the defending team to have to readjust and employ defend, delay and recovery tactics

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