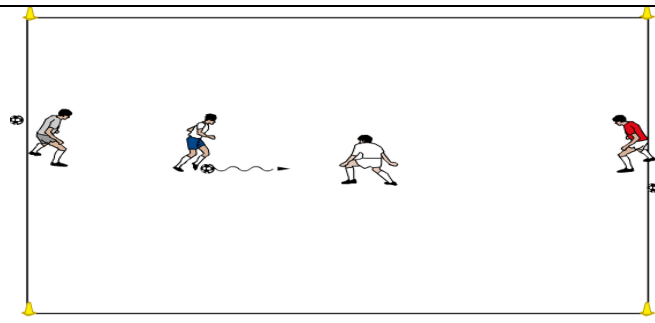

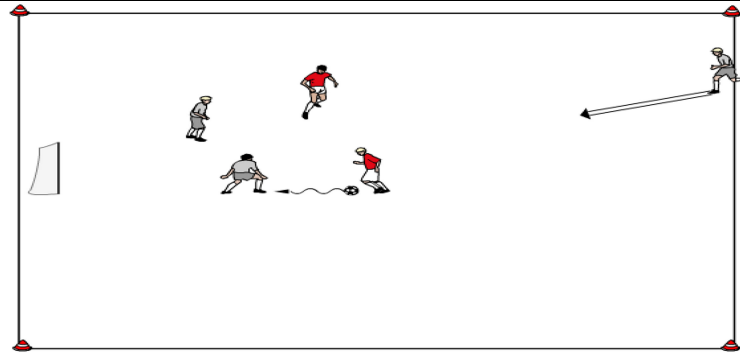


Activity Name	Description	Diagram	Coaching Points
1 Warm-ups			
Begin in a 15 x 10 grid and expand the size at the 2v2 stage if necessary.	1 vs. 1 – emphasis on pressure 1 vs. 2 – emphasis on cover 2 vs. 2 – pressure + cover		<ul style="list-style-type: none"> ▪ Vision ▪ Early movement ▪ Communication ▪ Restraint & control
2 1 vs. 2			
Play in a 15 x 10 grid	In groups of 3, play 1v2. The one who has the ball must dribble and keep it. Those who don't have a ball try to get one. The emphasis is on delay and recovery runs to a goal side and ball side defensive position.		<ul style="list-style-type: none"> ▪ Get goal side (between the ball & your goal-line) ▪ Get ball side (on the side of the player you are marking where the ball is)
3 2 vs. 3			
Play in a 20 x 15 yard grid.	2 vs. 2 with a recovery player. The emphasis is on the recovery run at the right angle and speed along with communication by the defending team.		<ul style="list-style-type: none"> ▪ The recovery player must take the shortest line back to help the defense. ▪ Do not recover too far beyond the ball. ▪ Players who are goal side should talk to the recovering player.

Author: Ray Reid



Coaches Connection

Lesson Plan



Topic: Transitional Defending

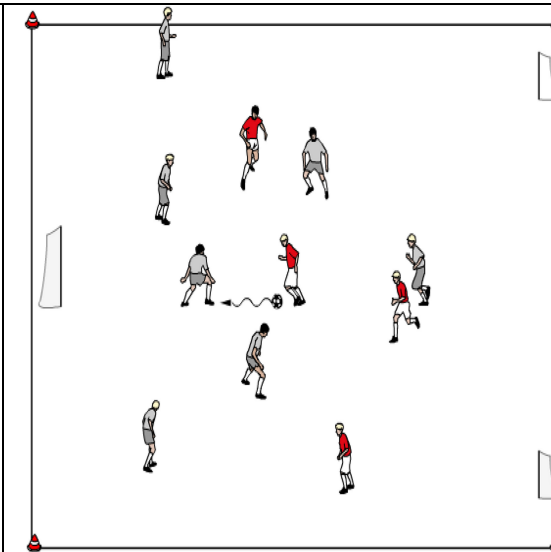
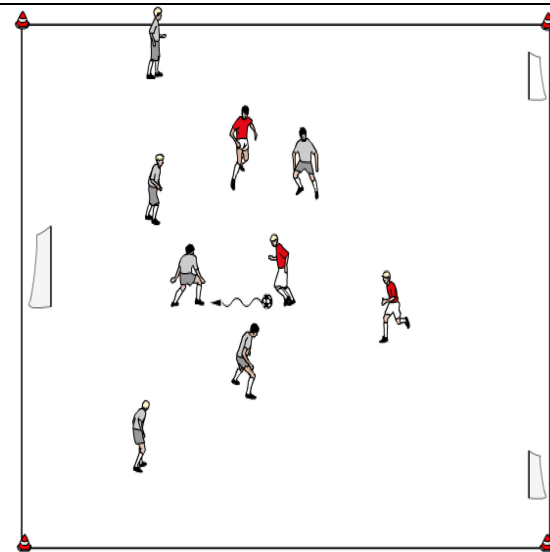
Age: U16

4 3 vs. 6

Play in a 30 x 20 yard grid. Use one regulation goal and two small counterattack goals.

Transitional defending, four backs + two midfielders versus three attackers. The attackers (red) go at the regulation goal and the defenders (grey) go at the counterattack goals.

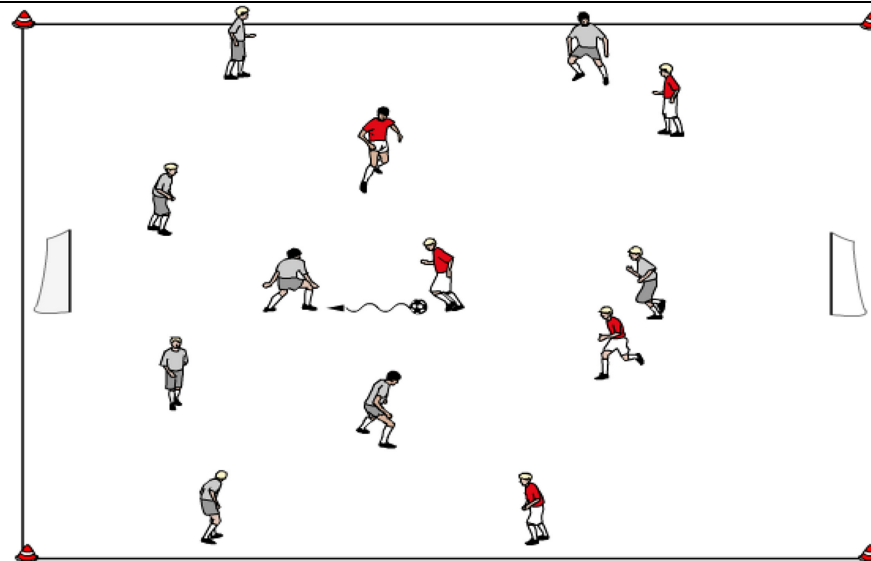
Progression:
4 vs. 7 (add another midfielder to each team)



5 5 vs. 8

Play in a 35 x 25 yard grid with two regulation goals.

Work as blocks of backs and midfielders.



- Defenders' positioning is decided by the ball, opponents and the goal.
- Defenders should deny attackers the space behind them.
- Defenders should keep the ball and opponents in view.