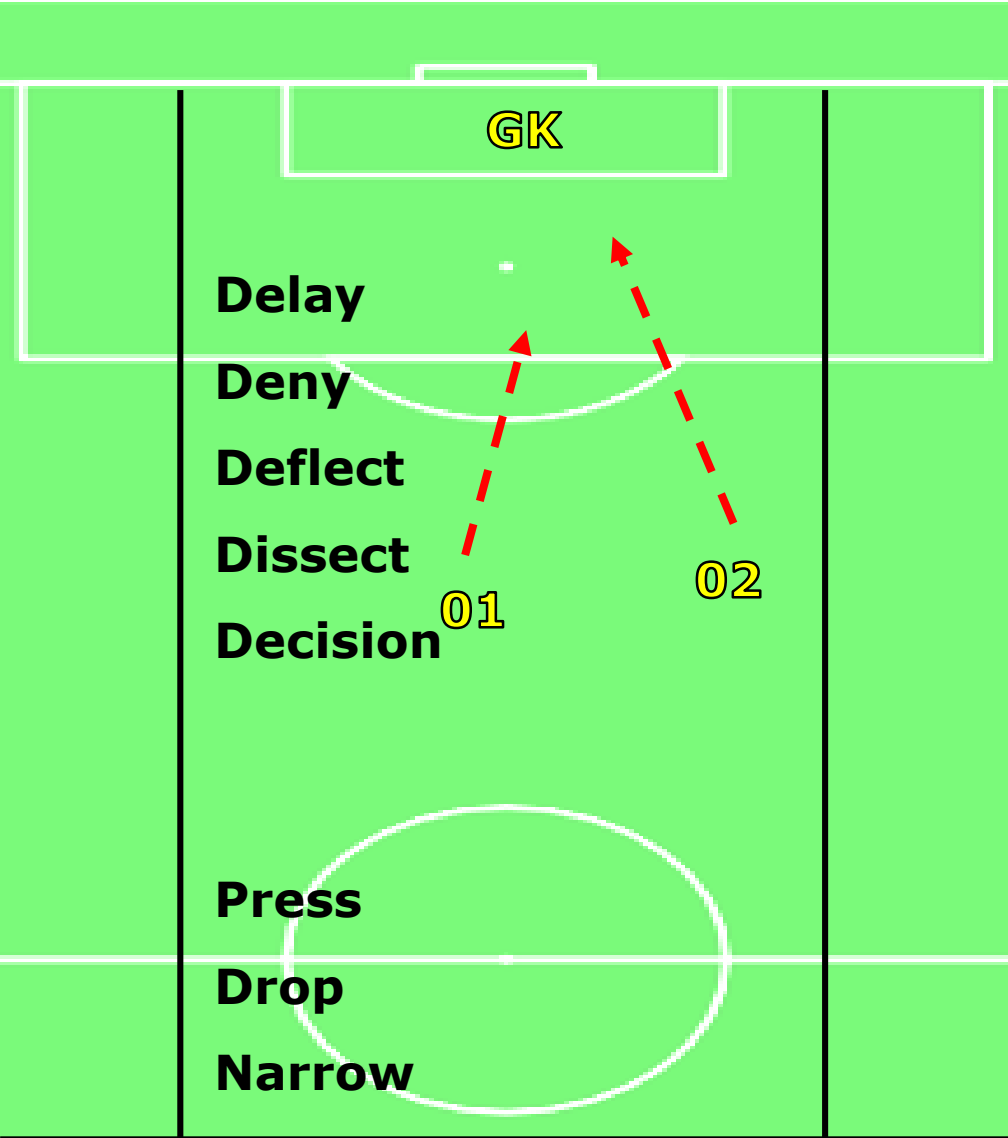


## FUNCTION

### CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS

- ✓ Designed to develop the understanding of a unit such as two defenders and maybe two central midfield players how to defend in central areas
- ✓ How to coach the team on primary, secondary and fringe players engaging all players in the unit
- ✓ Progressive practice with variations and problems for defenders to solve.



**Target Player**



Path of the player - - - - ->

Path of the ball —————>

# FUNCTION TWO CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS

## Set up

Defending Os GK- 2 - 2 - T

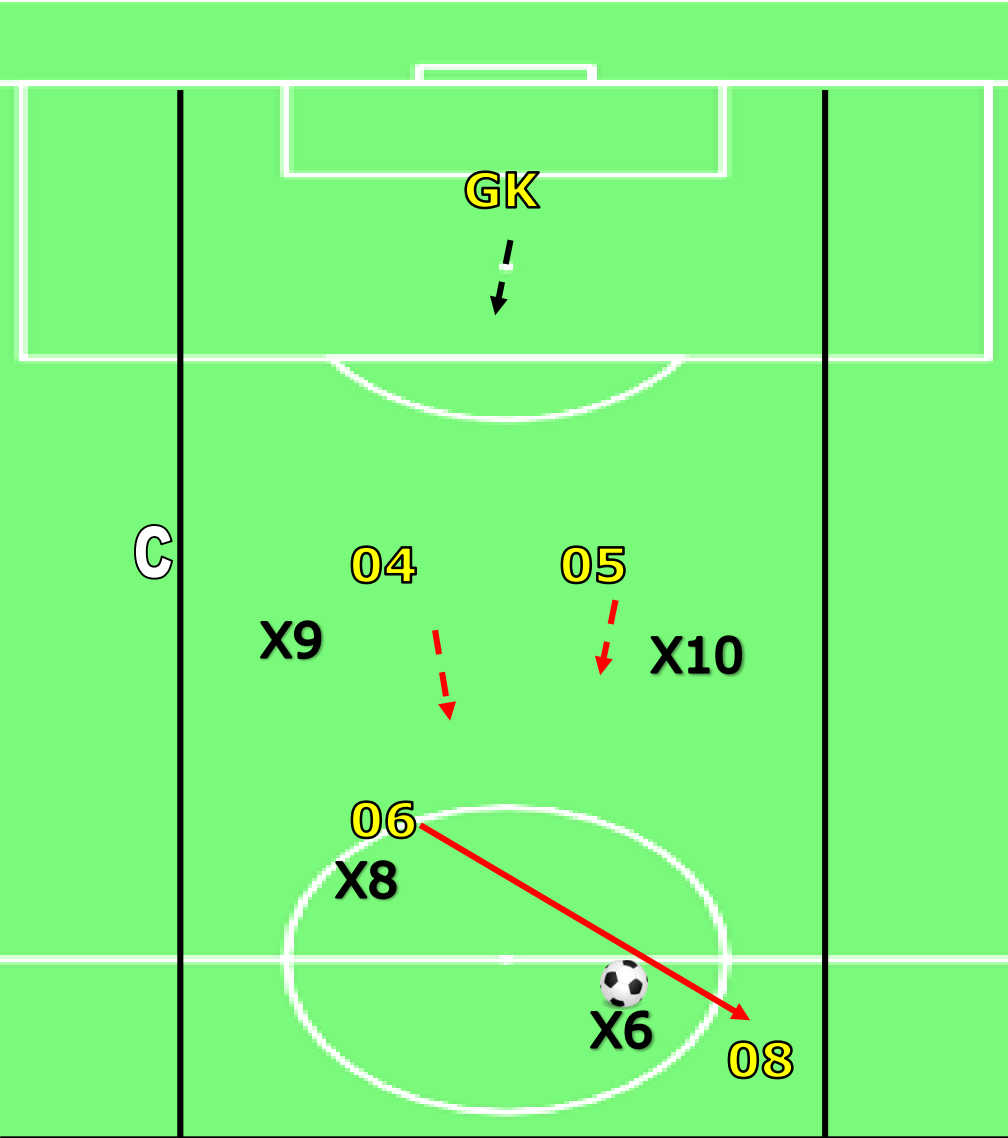
Attacking Xs T - 2 - 2

## Organisation

- ✓ The target player (T) can be used for both teams to recycle the ball and keep the game flowing, the defending team can score by passing to the target player.
- ✓ Area coned off to work on central areas.
- ✓ Set up in middle AND DEFENDING third but in central areas
- ✓ Coaching position where you can coach the defensive unit
- ✓ Use offside for realism

## The Start Point No1

- O6 try's to pass to O8 but X6 intercepts.
- X6 immediately try's to pass in behind advancing defenders
- Or a variation on this start



### Target Player



Path of the player - - - - ->

Path of the ball —————>

# FUNCTION

## TWO CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS

### Scenario No1

### Ball over the top to Exploit Space

- ✓ **X6** executes pass over the top of **04** as quickly as possible away from the GK into space.
- ✓ All **X's** push for attack

### Key Coaching Aspects

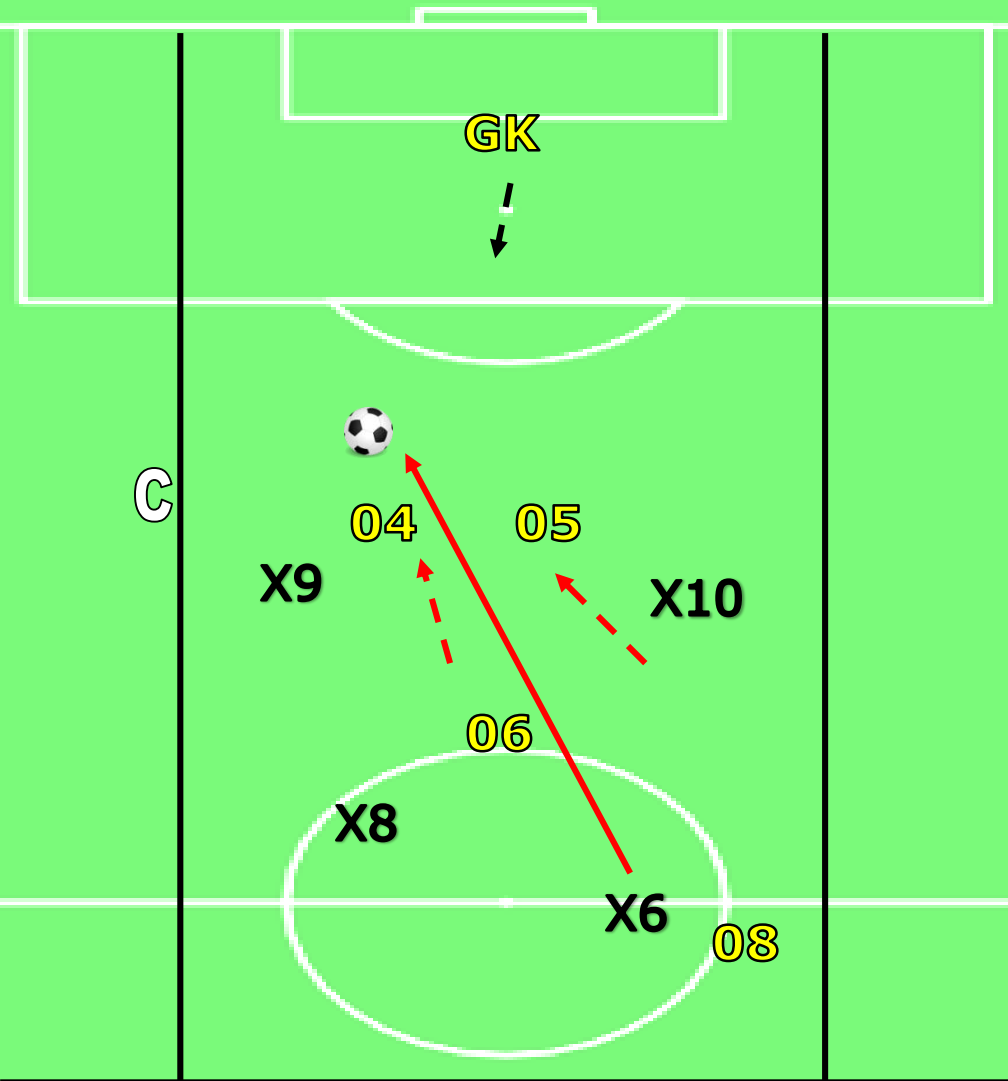
- **There is NO pressure on the ball so defenders will have to drop and narrow**

### Primary Players

- **04 & 05** push until game transition then on execution of the pass from **X6**
- **04 & 05 RE ASSESS** and drop and narrow towards goal **04** attempts to head clear, or tackle/pass out of defence or back to the GK
- Timing/teamwork for offside runs
- Good communication between **04 & 05** and the **GK**.

### Secondary Players

- Can the GK come for the ball?
- **06** recover to support
- **08** pressure the pass



Target Player



Path of the player - - - - ->

Path of the ball —————>

# FUNCTION

## TWO CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS

### Scenario No2

### Ball Into Strikers Feet in the Pocket

- **X6** executes pass to the feet of **X10**
- All **X's** push for attack

### Key Coaching Aspects

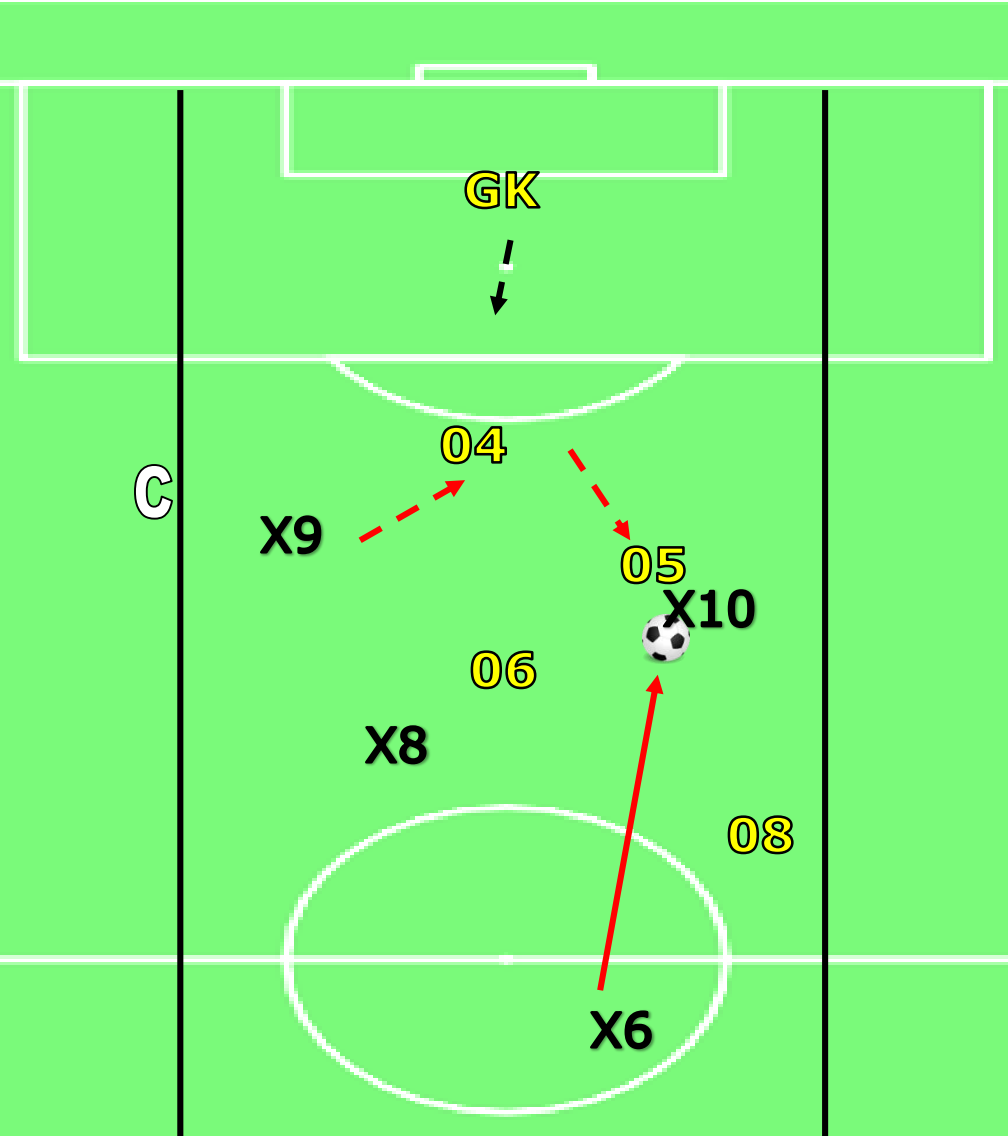
- There is **NO** pressure on the ball so defenders will have to drop and narrow

### Primary Players

- **04 & 05** drop and narrow towards goal
- **05** As the ball travels mark ready to intercept or tackle
- **05** marks on the right shoulder
- Timing/teamwork for offside runs
- Good communication between **04 & 05** and the **GK**.

### Secondary Players

- **06** recover to support
- **08** pressure the pass if possible



Target Player



Path of the player - - - - ->

Path of the ball —————>

## FUNCTION

### **TWO CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS**

#### Scenario No3

#### Ball Into Strikers Feet on the Run

- **X6** executes pass to the feet of X10 on the run

#### Key Coaching Aspects

- **Decision Making either track, tackle or let the player go offside**

#### **Primary Players**

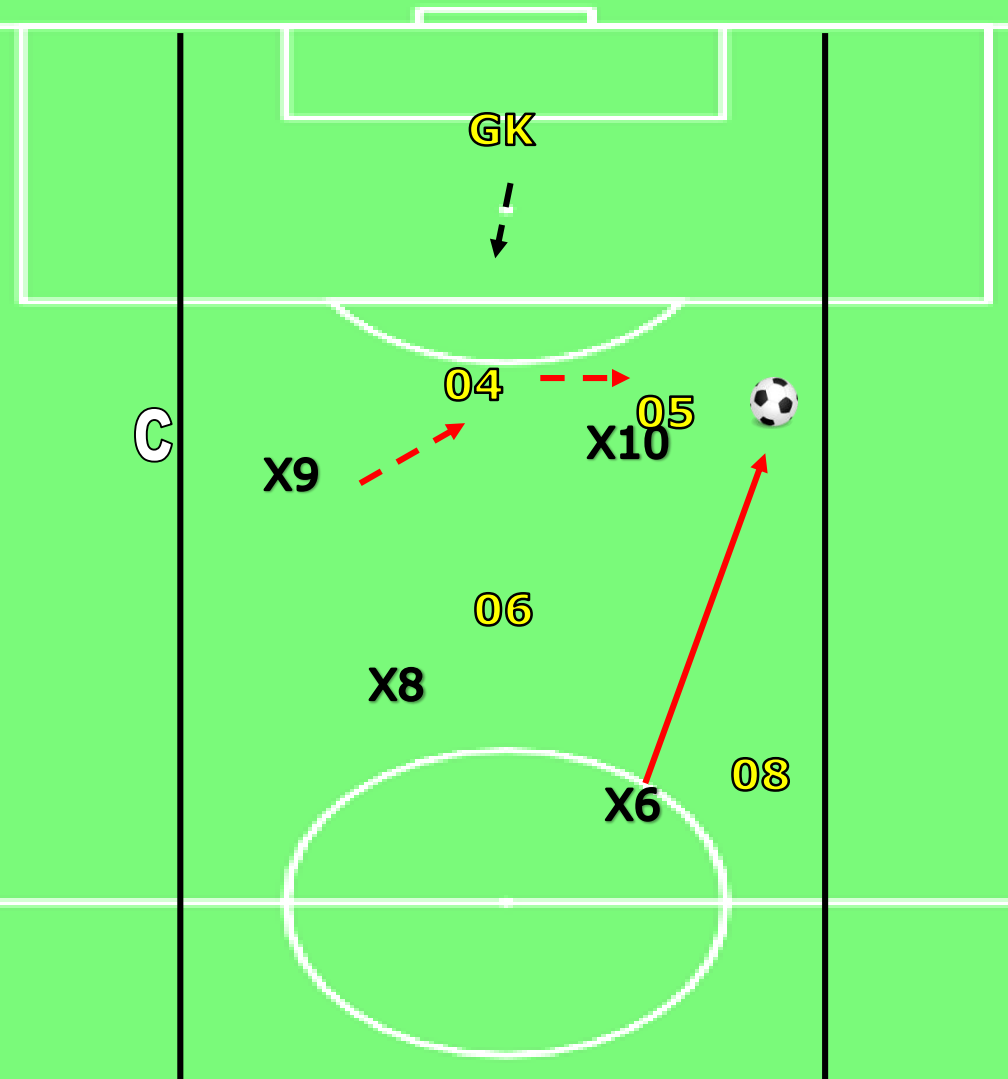
- **04 & 05** drop and narrow towards goal
- 05 As the ball travels mark ready to tackle or force wider
- 05 marks on the right shoulder
- Timing/teamwork for offside runs
- Good communication between **04 & 05** and the **GK**.

#### **Secondary Players**

- 06 recover to support
- 08 pressure the pass if possible

#### Fine Detail

- **Check shoulders**
- **Re Assess every time the ball moves**



**Target Player**



**Path of the player** - - - - - ➔

**Path of the ball** ————— ➔

## FUNCTION

### TWO CENTRAL DEFENDERS HOW TO DEFEND EFFECTIVELY IN CENTRAL AREAS

#### Confirmation or Learning

##### Do the players?

- ✓ Know how to press and drop?
- ✓ Understand where and where tackle and win the ball cleanly ?
- ✓ Understand the technical content required to attack high balls?
- ✓ Understand how midfield players track and make recovery runs?
- ✓ Understand how you must keep cover and Balance?

##### Have you

- ✓ Provided the right technical information to achieve success in the session?
- ✓ Coached primary, secondary and fringe players?
- ✓ Corrected faults???????
- ✓ Planned variation of scenarios?

### Moment of Reflection

Encourage the defenders to push out as the ball moves out of the defending third

Only push if in possession or there is pressure on the ball

They should be prepared to drop and narrow quickly if no pressure on then ball

The should be able to press and tackle to win the ball

Communication and timing is

vital

Target Player



Path of the player - - - - ->

Path of the ball —————>