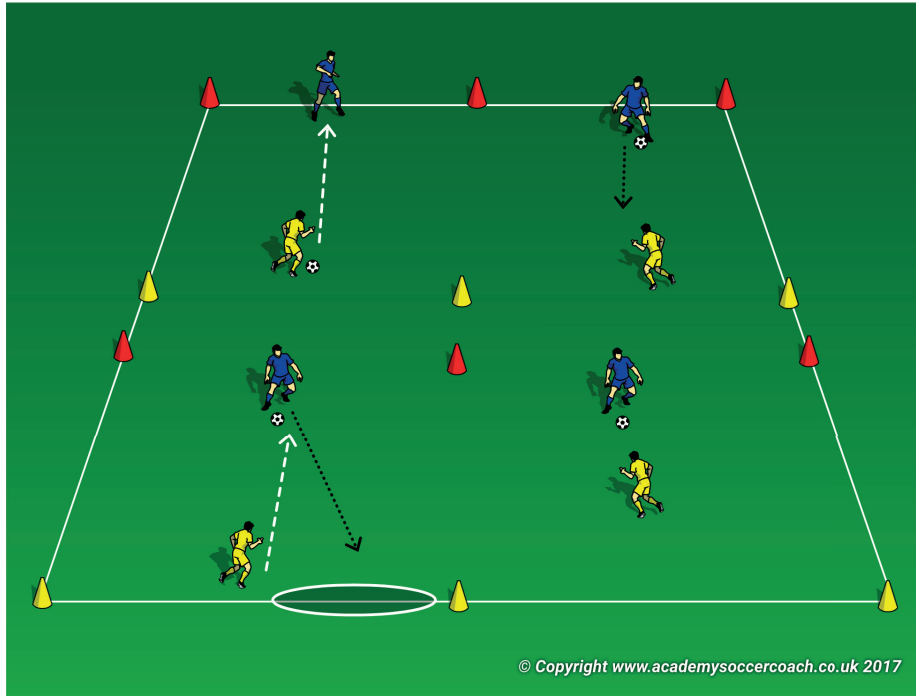


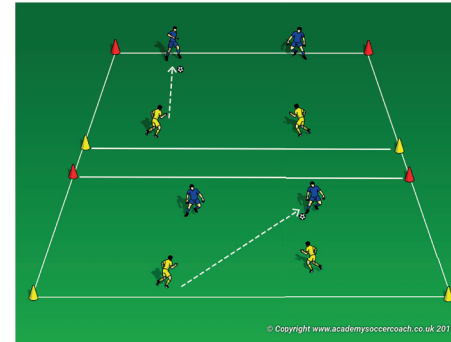
On Guard

Develop basics of defending, how to apply pressure and how to cover the pressuring defender.



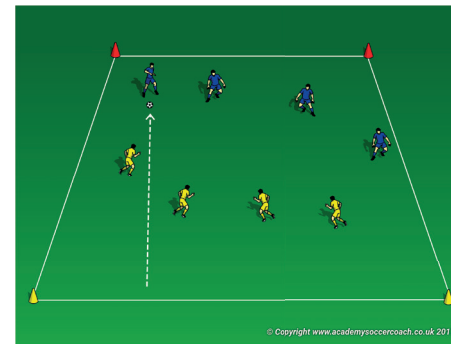
Setup: Four 10x10m areas set up as shown

Description: Players in two different colours, play 1v1 in their own 10x10m area. Yellows start with a ball and pass to the opposite blue who aims to beat the yellow and stop the ball on the yellow end line to score a point. Repeat 5 times and change roles.



Progression 1 (2v2):

Two yellows now work together in a 10x20m area, one defender must press the player on the ball while the other provides defensive cover.



Progression 2 (4v4):

All four yellows now play against the four blues, aim is to maintain their defensive shape while applying pressure and cover.

Coaching Points:

How to press:

Closest player pressures
Out quick, don't dive in
Body Shape

How to Cover:

Distance from pressing defender
Angles - No through ball
Communication