

THEME 6:

DEFENSIVE COMPACTNESS

PRACTICE 13: ADVANCED LEAD PRACTICE

AGE GROUPS: 13+

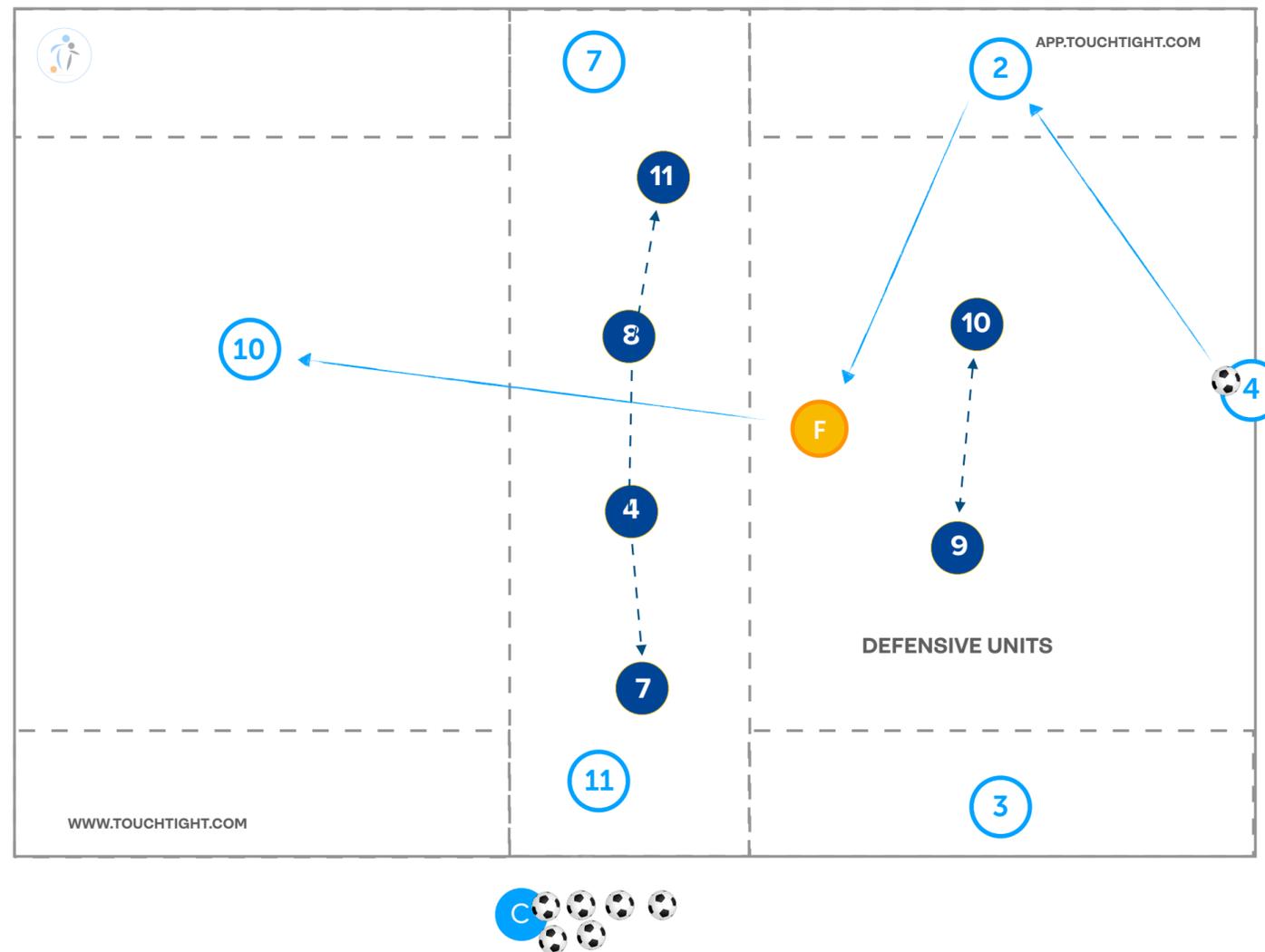
Date:

Practice Area:

Number of Players:

Duration:

Practice:



Organisation:

This end to end session is based on Defensive Compactness and is specifically focused on the positioning of our midfield 4 and 2 strikers. We have 6 zones as shown, with one player starting on the outside, 2 inside full backs, a floating central player, 2 wide players in the middle channel and an attacking player looking for space for a through ball.

Inside full backs have the freedom to play centrally forcing our strikers to limit the spaces between them. The floater has the freedom to move between the lines, with wide players able to advance on the through ball to join the attacker when the defensive line is split.

Key Coaching Points:

1. Limit horizontal spaces between midfielders through effective communication.
2. Recognise pressing triggers providing cover and support

Date:

Practice Area:

Number of Players:

Duration:

Progressions:**Extra Challenge with Extra Defender to Press**

Allow a defender to join as a 3 player press, forcing the covering line to cover lateral areas effectively.

Allow Free Defending

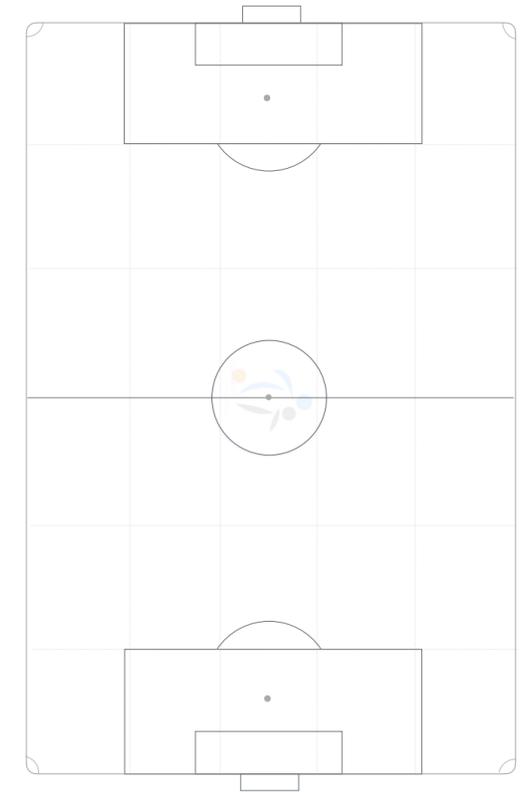
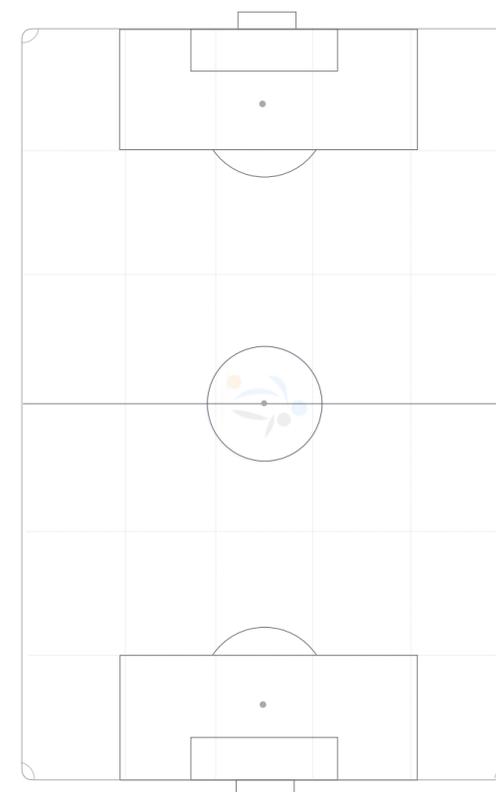
If after 10 passes attackers have not penetrated the second line, defenders can defend anywhere in the playing area. This will increase challenge for attackers to move the ball quicker

Time Challenge

If attackers penetrate then a defender must drop into the rear inactive zone, leaving 3 midfielders and 2 attackers to defend. Continue this each time until all players are removed from defending zones.

Player Questions

1. **Coach Defenders:** Where are the gaps and how can we limit the opposition from exploiting this space?
2. **Manage Opposition:** Where can you recognise weaker areas of defence and use your strength in this area to break lines?
3. **Cognitive Relationships:** How can you enhance your relationships with primary teammates to work better in your attacking or defending phase?

Additional Information:**Coach Plans**

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

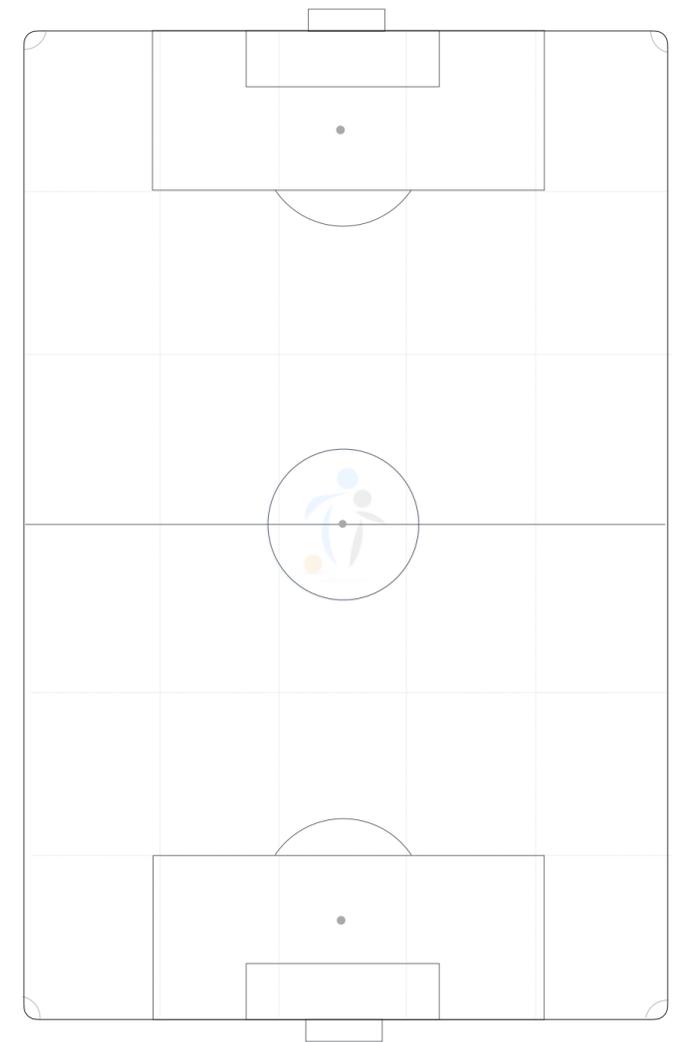
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?

