



FC Teaneck Lesson Plan Week 5 Defending Pressure Cover

Category: Technical: Defensive skills
Difficulty: Moderate

Redz Mor, edgewater, United States of America
Individual-Adult Member

Defending 1v1 Warm Up (15 mins)

Organization:

30 x 30 yard area set up as shown
10 players set up as shown
5 balls

Instructions:

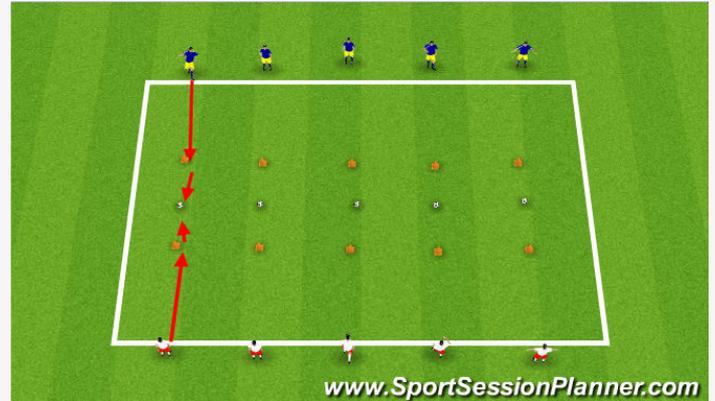
Defending players run out together as a pair and mirror each others movements
Players should run with big strides up to the cone and then small strides into the ball, this replicates going quickly then slowing down
Players return to their starting position and repeat

Coaching Points:

Speed of approach
Angle of approach
Body position

Progressions:

Have players touch the ball with their hand to ensure they are low to the ground and maintaining good body shape



1v1 to a Line (15 mins)

Organization:

20x10 Yard Area set up as shown
6 players (4 Attackers and 2 Defenders) set up as shown
Defender starts with the ball
Additional balls by the defender

Instructions:

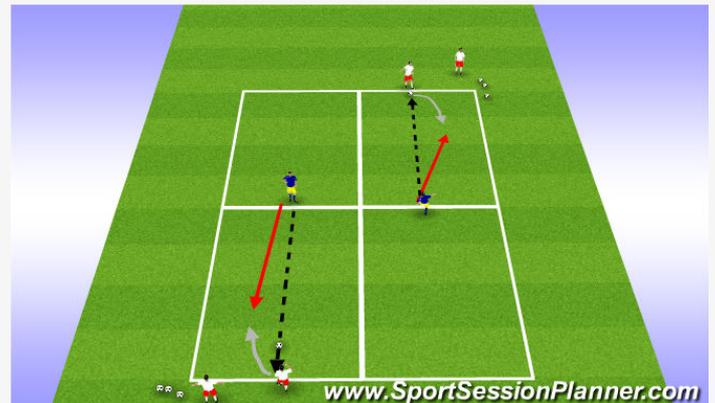
The defender passes the ball into one of the two attackers
The defender can close the attacking player down on their first touch
The attacking player must try to penetrate the end line
After each attempt the attacking players joins the next line and the defender re-starts the activity from the center
Points are awarded for a successful dribble or tackle
Rotate players after a set time limit

Coaching Points:

Angle and speed of approach.
Body Position should be side ways on and low to the ground.
Be patient
Correct option to block or poke

Progressions:

Allow 2nd attacker to support the ball from behind.
Reduce the closing distance for the defender



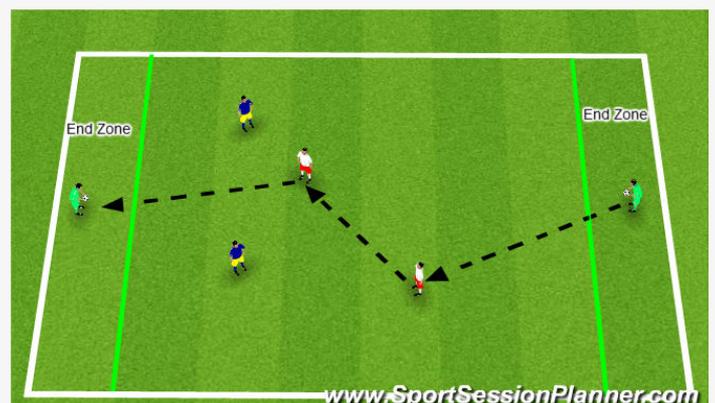
Skill practice (15 mins)

Skill Practice:

Set up a 30x40y box with 2 End zones one on each end place a target/ neutral player on each end in the end zones.
2 teams inside the box Red and Blue playing a 2v2 allow as many touches they want and any team in possession can play with the target player
Directional game the team which can play to both end zone players without losing the ball win a point

Progressions:

- Introduce a floater to increase the rate of success for each team and the floater will play for the team in possession so this will make a 3v2
- Introduce 2 more floaters on the outside of the pitch to create an overload to the team in possession
- Introduce another Red or Blue player so it creates an overload 3v2 + floater 4v2 or 3v3/4v3-4v4 or 5v3/5v4 if opposite team in possession



Key Points:

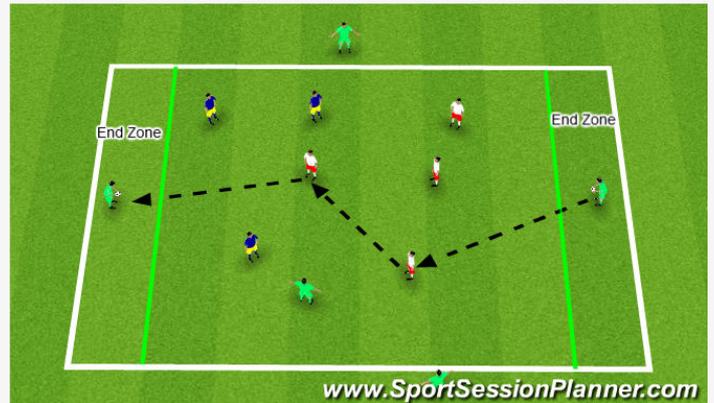
- Technique of defending= Slow down on approach, DENY, RESTRICT, PREDICT.....SPACE
- Body shape show the outside space
- Pressure first touch
- Reduce options
- Encourage mistakes
- Cover the angles
- Individual defending technique = close down quickly, slow down as the attacker receives, get low
- Timing
- Adjustments as the ball moves
- Head up
- Communication
- Team work

Do not forget to rotate all the players so everyone can have a go at it.

Skill practice Progression

PROGRESSION SCREEN FROM SKILL PRACTICE

Do not forget to rotate all the players so everyone can have a go at it.



Small Sided Game (30 mins)

Small Sided Game:

2 Teams Red attacking and Blue defending

-The ball starts with the Red team attacking and scoring goals on the opposite team.

Key Points:

- Communication; 1 player press, others cover and balance, angles of approach to manipulate attacking play; read clues (bad touch, bad pass, ball played behind, back turned to the game)
- when to high press
- Keep moving, read the game, pressure on the ball

Progression: None

The team in possession can use the support players on the outside to progress on the pitch.

