

Session Plan 8 – Topic: Support & Cover – Defensive Triangulation

WARM UP: Rondo 4v2

[VIDEO LINK CLICK HERE](#)



Time: 10mins & after a dynamic & running warm-up

Size: 10 x 10 yards

Organization / Equipment: Cones & Balls

Explanation: Four players try to keep the ball away from the defenders. If possession is lost, the defender roles change

Coaching Points:

- Use the 4Ds – Close Down, Slow Down, Get Down (side on / channel), Show Down (tackle)
- Channel the play away from space & their support to create a 1v1
- 2nd Defender read where the ball is going based on 1st Defender pressure & passer's body language
- Can we double team & create a 2v1

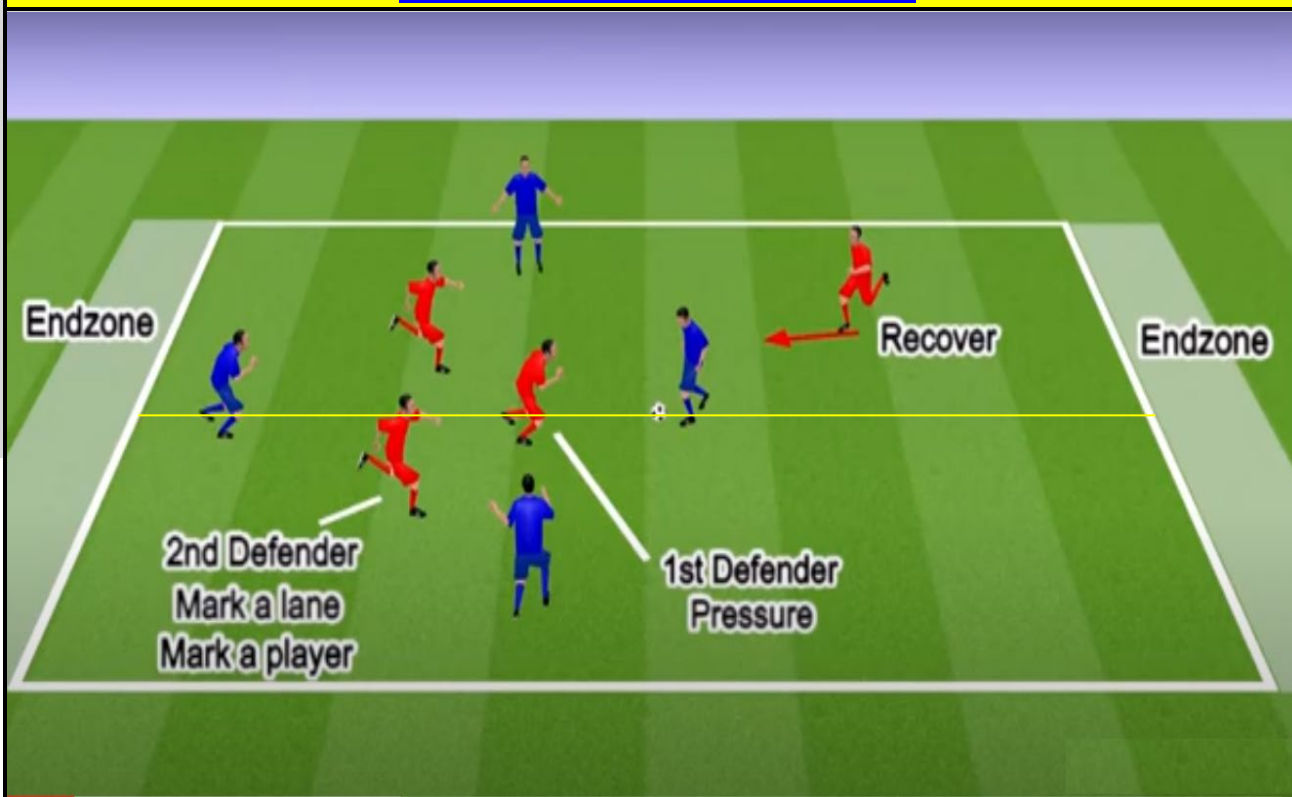
Intervention Key Questions:

- If you're the 1st defender, how should you approach the ball?
- Do we want to give them two directions to play the ball? Which way should we channel the play?
- If the 1st Defender is pressuring, where does the 2nd defender need to be?
- How should my body position be when I approach the ball?

Constraints to Modify or Challenge: Size of playing area or numerical balance (ie could be 1v1, 3v1, or 3v2)

STATION 1: 4v4 Hunt In A Pack & Win It Back

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 25x15 yards channels

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: A 4v4 towards an endzone. Players are encouraged to “get together – go together - & win the ball together”. Can they be compact and split the playing area with effective channeling. Optional...put a line down the middle of the field (picture's yellow line). Can you trap the other team in a half by channeling play?

Coaching Points:

- Use the 4Ds – Close Down, Slow Down, Get Down (side on / channel), Show Down (tackle)
- Channel the play away from the space & their support. Can you outnumber them?
- See Saw movement with two defenders; one up & one down covering
- All players fill the half where the ball is – Don't let them switch the play (channel)

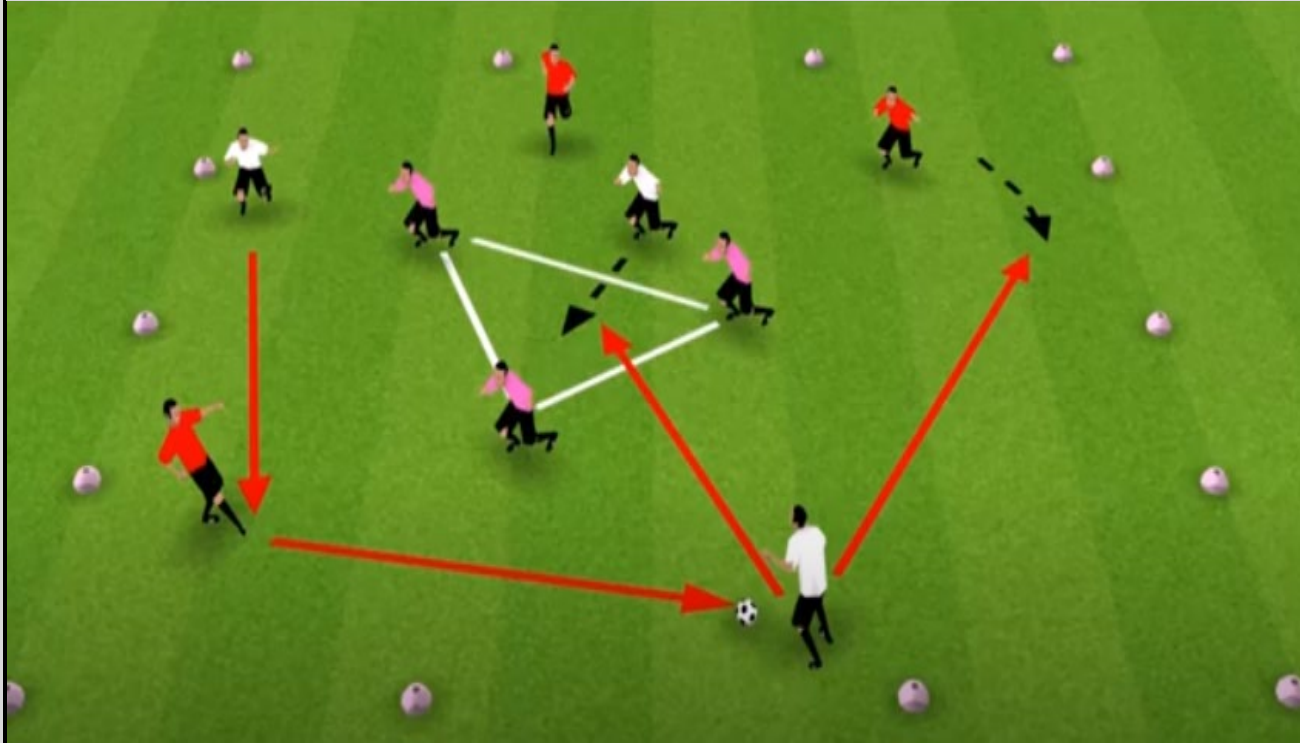
Intervention Key Questions:

- If you're the 1st defender, how should you approach the ball?
- Do we want to give them two directions to play the ball?
- Which way should we channel the play?
- If the passer's body and eyes are pointing a certain way, what should I do to ensure they can't get behind us?

Constraints to Modify or Challenge: Size of playing area. Dribble over line instead of gate.

STATION 2: Three Team Possession

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 25x25 yards

Organization / Equipment: Cones, Ball, & Pinnies

Explanation: Three team possession 6v3 + 1 floater. The three defenders must be compact and move together to recover the ball. If they intercept three times, they are no longer defenders and another group defends. Alternatively change them after a certain amount of time. Each group should have two turns as defenders. Work ethic / intensity should be high!

Coaching Points:

- i) Use the 4Ds – Close Down, Slow Down, Get Down (side on / channel), Show Down (tackle)
- ii) Channel the play away from the support
- iii) 2nd defenders should read/anticipate where the 1st defender is pushing play and try to contain, steal or spoil possession
- iv) Read the visual cues / cognitive triggers of the passer

Intervention Key Questions:

- i) If you're the 1st defender, how should you approach the ball?
- ii) Do we want to give them two directions to play the ball?
- iii) How do we know a player is passing in a particular direction?

Constraints to Modify or Challenge: Size of area

STATION 3: 2v2 (Winner Stays On)

NO VIDEO LINK



Time: 20mins

Size: 25x25 yards

Organization / Equipment: Cones, Ball, Pinnies & Goal

Explanation: A wave activity with 2-5 two player partnerships. Two players attack two defenders with the emphasis of the 4Ds of good defenders & supporting one another. If the two defenders advance possession past the line, they then are the attackers. If the team scores they remain on; kings or queens of the court!

Coaching Points:

- v) Use the 4Ds – Close Down, Slow Down, Get Down (side on / channel), Show Down (tackle)
- vi) Channel the play away from the space, the support, or goal?
- vii) Channel to the sideline to suffocate player's space & support
- viii) See Saw movement with two defenders; one up & one down covering

Intervention Key Questions:

- iv) If you're the 1st defender, how should you approach the ball?
- v) Do we want to give them two directions to play the ball?
- vi) Should both defenders be in-line?
- vii) Once the ball is played to the other player, where should I drop quickly to support my partner?

Constraints to Modify or Challenge: # of attackers. Perhaps 3v2 & raise the defensive demands.

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**SMALL SIDED END GAME 5v5
(Regular FIFA Rules)**

Time: 20mins

Size: May vary but ideally 35x20 yards

Organization / Equipment: Cones, Balls, Pinnies & two goals

Explanation: A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

Coaching Points: -Previous coaching points

Intervention Key Questions - Previous questions