

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

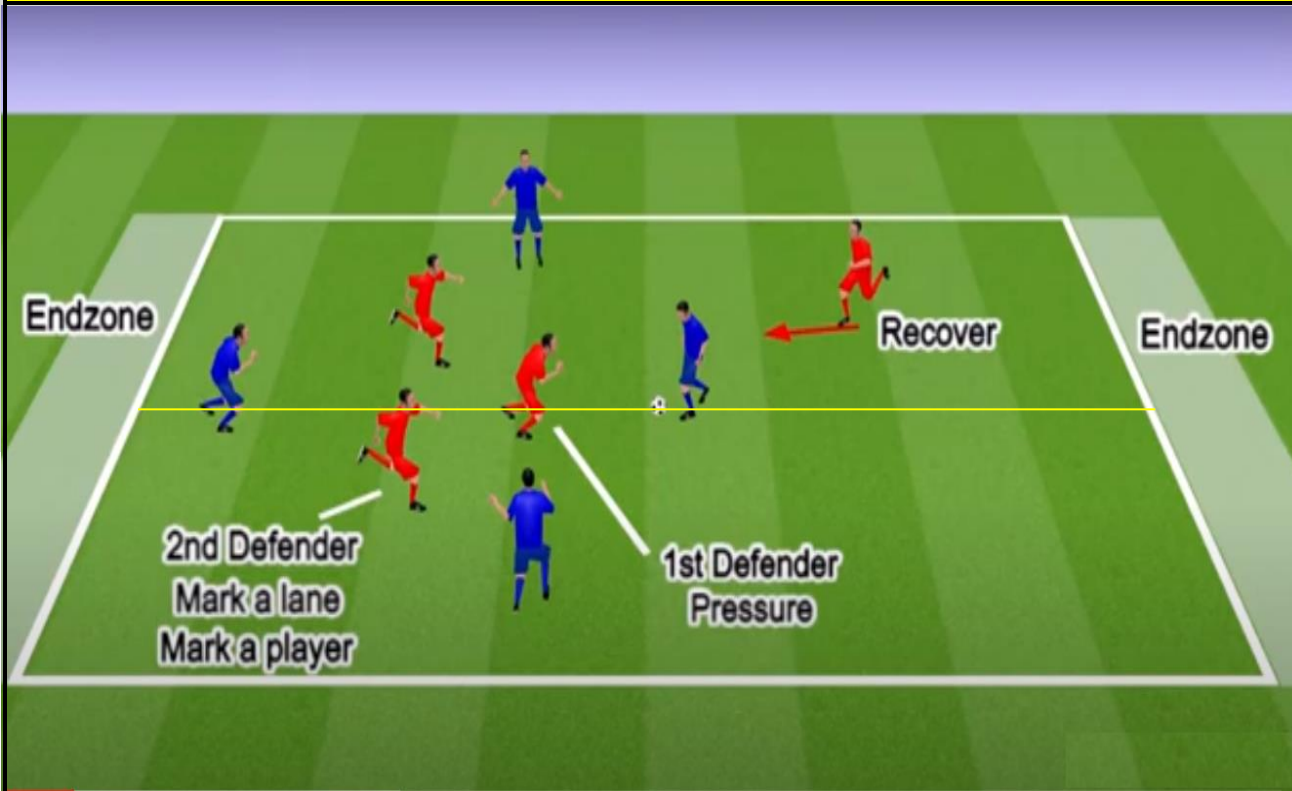
Intervention Key Questions:

- 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:

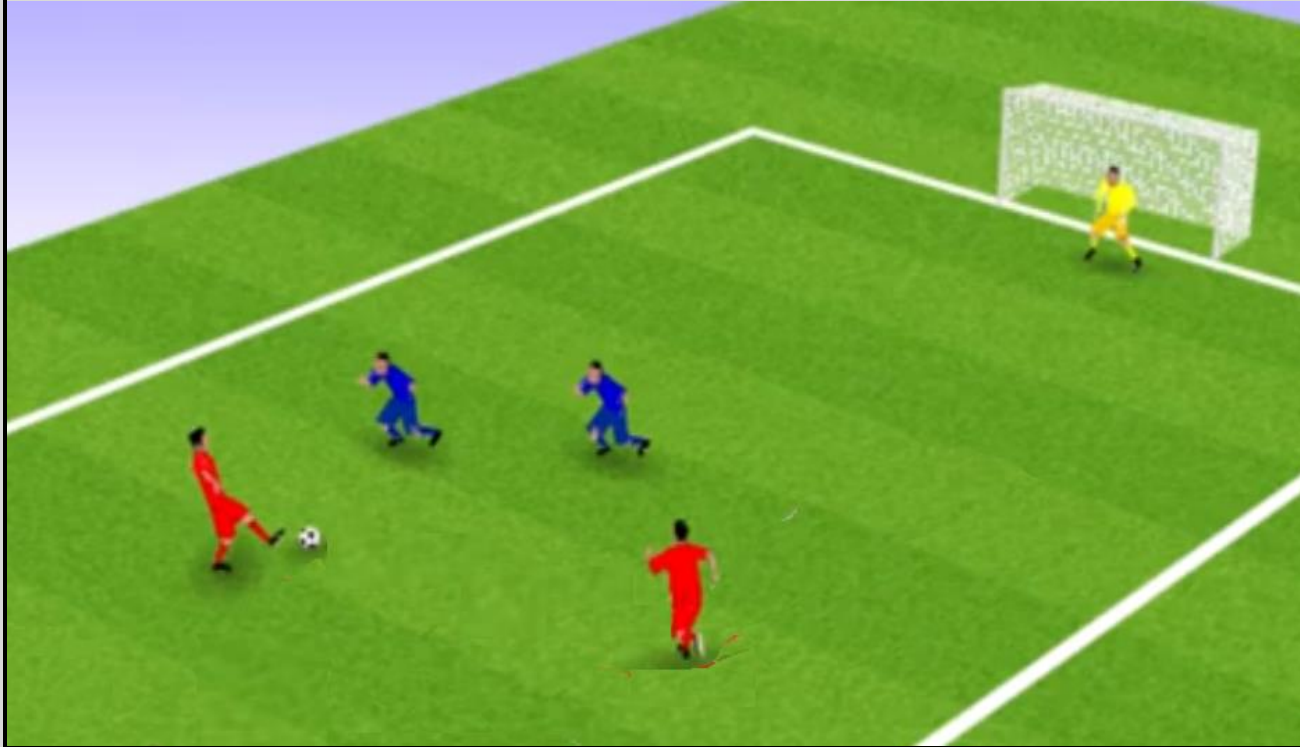
- Use the 4Ds – Close Down, Slow Down, Get Down (side on / channel), Show Down (tackle)
- Channel the play away from the space & their support. Can you outnumber them?
- See Saw movement with two defenders; one up & one down covering
- All players fill the half where the ball is – Don't let them switch 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: 2v2 Towards a Goal
NO VIDEO LINK



Time: 20mins

Size: 25x25 yards

Organization / Equipment: Cones, Ball, Pinnies & Goals

Explanation: A wave activity. 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. Change the GK periodically.

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 space, the support, or goal?
- iii) Channel to the sideline to suffocate player's space & support
- iv) See Saw movement with two defenders; one up & one down covering

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) Should both defenders be in-line?
- iv) 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.

SMALL SIDED END GAME 4v4
(Regular FIFA Rules)

Time: 20mins

Size: May vary but ideally 25x20 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