

Training Sessions

Somersall Rangers – Defending Out of Possession



Out of Possession - Defending as a Team

Defending Programme for 10 Weeks

Individual Defending Points to be Constantly Reinforced

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards



Warm Up Games

- ✓ Hand ball
- ✓ Skills Corridor
- ✓ Symmetry (Orange and Yellow Cones)
- ✓ Bomber
- ✓ Tag
- ✓ Fitness (orange and Yellow Cones)
- ✓ Fitness (Warm Up)



Programme

Preparation 1 (Dougie Woodhouse-Roe)

Pressing from the front / High press

Preparation 2 (Dougie Woodhouse-Roe)

Delaying Play When Outnumbered / Tracking runs

Week 1

Defending the Penalty Area

Week 2

Decision Making (Same, More or Less)

Week 3

Defending as a Unit

Week 4

Cover and Support

Week 5

Defending When Outnumbered

Week 6

Forcing the Play

Week 7

Midfielders and Attackers Forcing the Play

Week 8

Counter the Counter Attack

Week 9

Press, Cover and Balance

Safe Enjoyable Learning

Out of Possession - Preparation 1 & 2

Session
Organisation
Skills Practice

DEFENDING FROM THE FRONT / HALF ARENA

1/2/3/4/5
(NORMAL ACTIVITY)

ATTACKING AND CLOSING DOWN MARKING

Small Sided Game

ONE TEAM TO KEEP POSSESSION. ANOTHER TEAM TO CHALLENGE IN ONE HALF OF THE HALF.

1/2/3/4/5/6/7/8/9/10/11/12/13/14/15/16/17/18/19/20/21/22/23/24/25/26/27/28/29/30/31/32/33/34/35/36/37/38/39/40/41/42/43/44/45/46/47/48/49/50/51/52/53/54/55/56/57/58/59/60/61/62/63/64/65/66/67/68/69/70/71/72/73/74/75/76/77/78/79/80/81/82/83/84/85/86/87/88/89/90/91/92/93/94/95/96/97/98/99/100/101/102/103/104/105/106/107/108/109/110/111/112/113/114/115/116/117/118/119/120/121/122/123/124/125/126/127/128/129/130/131/132/133/134/135/136/137/138/139/140/141/142/143/144/145/146/147/148/149/150/151/152/153/154/155/156/157/158/159/160/161/162/163/164/165/166/167/168/169/170/171/172/173/174/175/176/177/178/179/180/181/182/183/184/185/186/187/188/189/190/191/192/193/194/195/196/197/198/199/200/201/202/203/204/205/206/207/208/209/210/211/212/213/214/215/216/217/218/219/220/221/222/223/224/225/226/227/228/229/230/231/232/233/234/235/236/237/238/239/240/241/242/243/244/245/246/247/248/249/250/251/252/253/254/255/256/257/258/259/260/261/262/263/264/265/266/267/268/269/270/271/272/273/274/275/276/277/278/279/280/281/282/283/284/285/286/287/288/289/290/291/292/293/294/295/296/297/298/299/300/301/302/303/304/305/306/307/308/309/310/311/312/313/314/315/316/317/318/319/320/321/322/323/324/325/326/327/328/329/330/331/332/333/334/335/336/337/338/339/340/341/342/343/344/345/346/347/348/349/350/351/352/353/354/355/356/357/358/359/360/361/362/363/364/365/366/367/368/369/370/371/372/373/374/375/376/377/378/379/380/381/382/383/384/385/386/387/388/389/390/391/392/393/394/395/396/397/398/399/400/401/402/403/404/405/406/407/408/409/410/411/412/413/414/415/416/417/418/419/420/421/422/423/424/425/426/427/428/429/430/431/432/433/434/435/436/437/438/439/440/441/442/443/444/445/446/447/448/449/450/451/452/453/454/455/456/457/458/459/460/461/462/463/464/465/466/467/468/469/470/471/472/473/474/475/476/477/478/479/480/481/482/483/484/485/486/487/488/489/490/491/492/493/494/495/496/497/498/499/500/501/502/503/504/505/506/507/508/509/510/511/512/513/514/515/516/517/518/519/520/521/522/523/524/525/526/527/528/529/530/531/532/533/534/535/536/537/538/539/540/541/542/543/544/545/546/547/548/549/550/551/552/553/554/555/556/557/558/559/560/561/562/563/564/565/566/567/568/569/570/571/572/573/574/575/576/577/578/579/580/581/582/583/584/585/586/587/588/589/590/591/592/593/594/595/596/597/598/599/600/601/602/603/604/605/606/607/608/609/610/611/612/613/614/615/616/617/618/619/620/621/622/623/624/625/626/627/628/629/630/631/632/633/634/635/636/637/638/639/640/641/642/643/644/645/646/647/648/649/650/651/652/653/654/655/656/657/658/659/660/661/662/663/664/665/666/667/668/669/670/671/672/673/674/675/676/677/678/679/680/681/682/683/684/685/686/687/688/689/690/691/692/693/694/695/696/697/698/699/700/701/702/703/704/705/706/707/708/709/710/711/712/713/714/715/716/717/718/719/720/721/722/723/724/725/726/727/728/729/730/731/732/733/734/735/736/737/738/739/740/741/742/743/744/745/746/747/748/749/750/751/752/753/754/755/756/757/758/759/760/761/762/763/764/765/766/767/768/769/770/771/772/773/774/775/776/777/778/779/780/781/782/783/784/785/786/787/788/789/790/791/792/793/794/795/796/797/798/799/800/801/802/803/804/805/806/807/808/809/810/811/812/813/814/815/816/817/818/819/820/821/822/823/824/825/826/827/828/829/830/831/832/833/834/835/836/837/838/839/840/841/842/843/844/845/846/847/848/849/850/851/852/853/854/855/856/857/858/859/860/861/862/863/864/865/866/867/868/869/870/871/872/873/874/875/876/877/878/879/880/881/882/883/884/885/886/887/888/889/890/891/892/893/894/895/896/897/898/899/900/901/902/903/904/905/906/907/908/909/910/911/912/913/914/915/916/917/918/919/920/921/922/923/924/925/926/927/928/929/930/931/932/933/934/935/936/937/938/939/940/941/942/943/944/945/946/947/948/949/950/951/952/953/954/955/956/957/958/959/960/961/962/

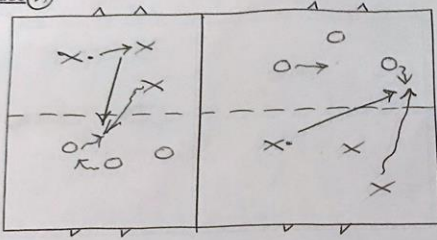
Session

Organisation

Skills Practice ①

Delaying Play When Outnumbered / Possessing Ball

WARM-UP — DRILL / FREE KICK / DEFENSIBLE GOALKEEPING

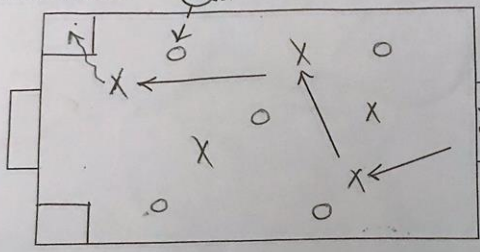


— (3v3) or (2v2) GAMES / EACH HALF

— ONE TEAM VARIOUS WITH THE BALL AND TWO UNLIMITED MINUTES TO TRY TO BREAK THE OPPONENTS HALF AND SCORE GOAL OR MOVE TO OPPOSITE HALF OF PITCH.

— OTHER TEAM CANNOT CHALLENGE UNTIL OPPONENT ENTER THEIR HALF.

Small Sided Game ②



— (5v5) + (GK) AND FEEDER

— X'S LOOK TO SCORE BY RUNNING THE BALL INTO ANY OF THE END ZONES.

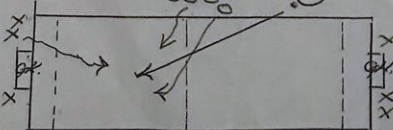
— IF THEY DO THIS, THEIR BALL IS PLAYED IN QUICKLY TO GIVE THE FEEDER.

— O'S ARE NOT ALLOWED TO GO INTO ANY OF THE END ZONES AND MUST TRY TO HELP THEIR TEAM.

COACHING POINTS:

- WHEN OUTNUMBERED ON THE DELAY/DEFY/DEFLECT AND DEFEND UNTIL THE DEFENSE RECOVERS ITS SHAPE.
- RECOVERY RUNS OF NUMBER WHEN CORNERED IN LOFT.
- COMMUNICATION BETWEEN DEFENDERS/WHOLE TEAM/WHEN THEIR DEFENSIVE ROLE.

Penalty Setpieces



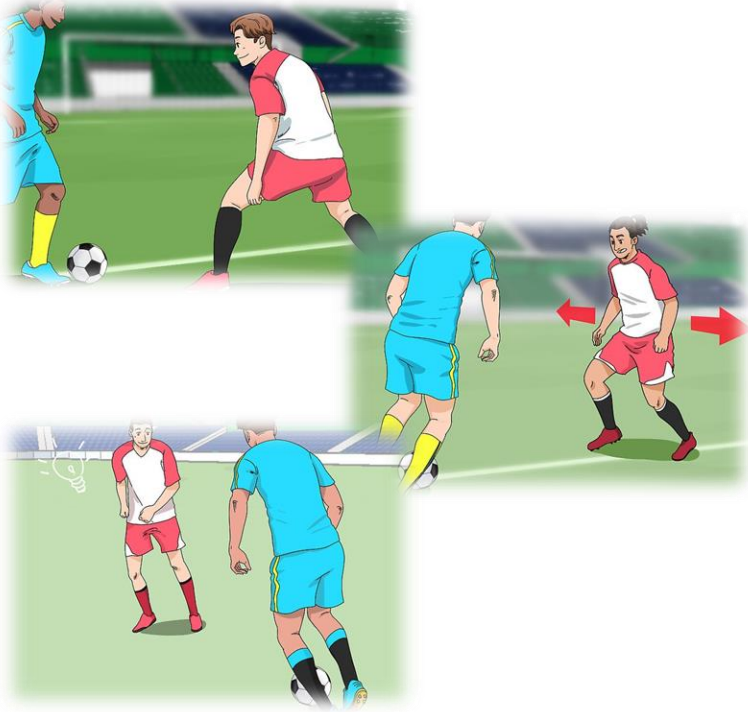
- 2 TEAMS / ONE ATTACKING / ONE DEFENDING AND 2 GOALKEEPERS
- 5 BALLS EACH ROUND PER TEAM
- (1v1) (2v2) (3v3) / 30 SECS
- (2v1) (3v2) (4v3) / 20 SECS
- (3v1) (4v2) (5v3) / 10 SECS
- ROTATE TEAMS / GOALKEEPERS

Out of Possession - Defending as a Team

Defending the Penalty Area

Individual Points

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards



Game Related Practice (Random)

- 3 defenders stay within the area to defend the goal (Yellows)
- 4 v 2 in the defensive third
- 2 v 2 in the midfield third
- 1 v 2 in the attacking third

Defensive Team Key Points

- ✓ Awareness.
- ✓ Be in a position to stop the passes (without rushing in).
- ✓ Decision making when to tackle or force them back.
- ✓ Win the ball cleanly.

Progression

- Thirds removed
- Defensive zone removed

Skill Practice (Variable)

- 5 attackers v 3 defenders and goalkeeper
- Defenders goal is to keep the attack out of Zone 1
- Zone 3 and Zone 4 have 1 attacker in each zone
- Zone 2 have 3 attackers

Defensive Team Key Points

- ✓ Team shape
- ✓ Get compact
- ✓ Keep the right distances between one another
- ✓ Communication

Progression

- Additional defensive midfielders are added.



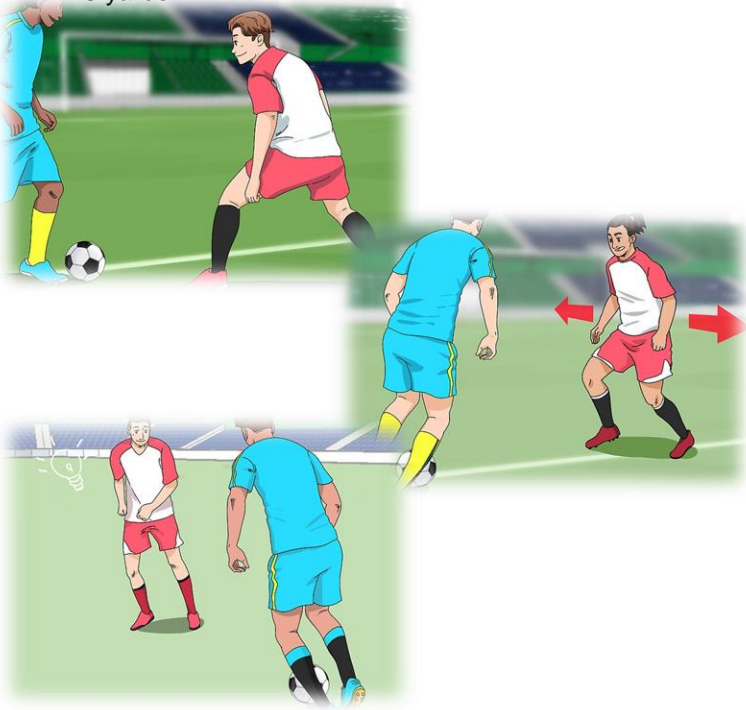
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Out of Possession - Defending as a Team

Decision Making (Same, More or Less)

Individual Points

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards



Game Related Practice (Random)

- 1 nr. blue to press the player with the ball
- Return to the defensive position once pressed in your own half

Defensive Team Key Points

- ✓ Awareness.
- ✓ Be in a position to stop the passes (without rushing in).
- ✓ Decision making when to tackle or force them back.
- ✓ Win the ball cleanly.

Progression

- Thirds removed
- Defensive zone removed

Skill Practice (Variable)

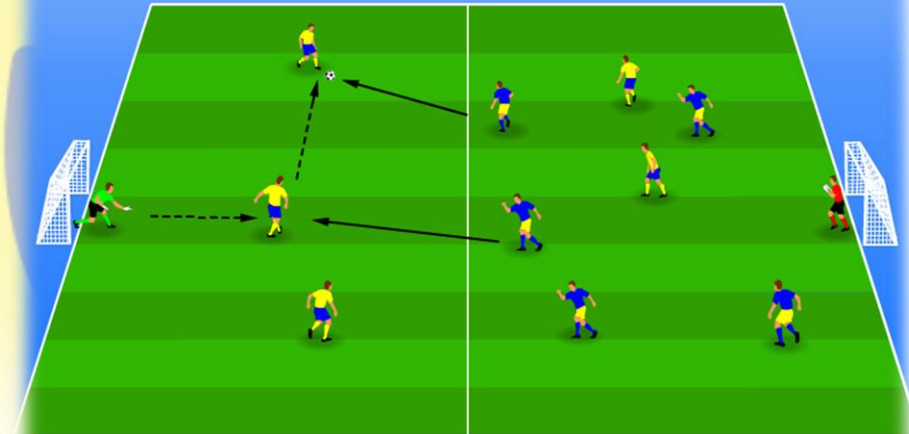
- Attackers set up in the zones as a 1, a 2 and a 3.
- Defensive team has 1 minute to discuss how they are going to defend against the attackers
- Defenders set up the same, more or less
- Score by stopping the ball on the line between the cones

Defensive Team Key Points

- ✓ How will you defend?
- ✓ Team shape
- ✓ Keep the right distances between one another
- ✓ Win the ball
- ✓ Communication

Progression

- Zone sizes can be altered
- Attacking team can move into any zones
- Defensive team can move into any zones
- Zones are removed and 1/2/3 balls can be used



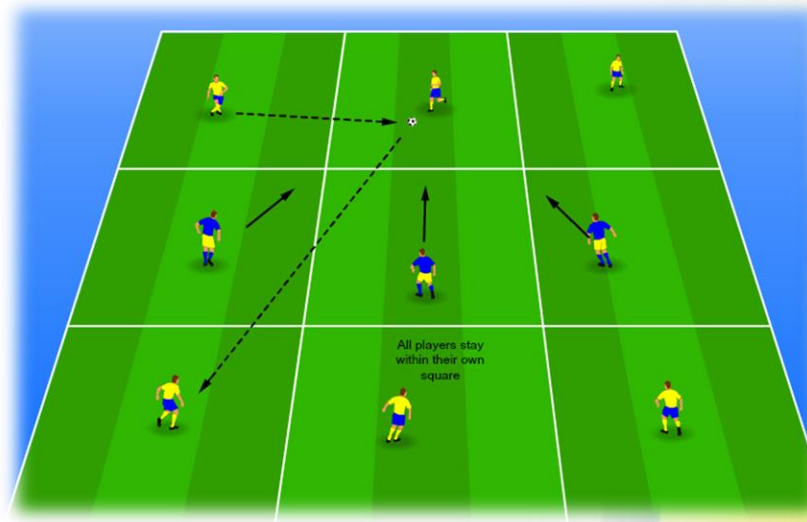
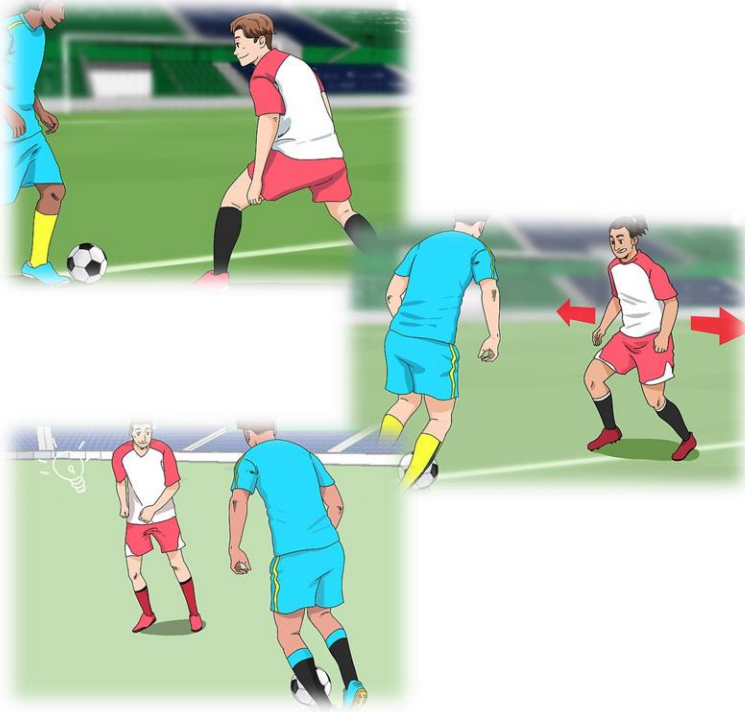
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Out of Possession - Defending as a Team

Defending as a Unit

Individual Points

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards



Skill Practice (Variable)

- If ball is played through, team receives a point and becomes defending team.
- If defending team wins possession of the ball they receive a point (possibly put small goals up for them to shoot)

Defensive Team Key Points

- ✓ Roles - pressure, cover & Balance.
- ✓ Technique - speed and angle of approach.
- ✓ Compactness - don't get stretched or split.
- ✓ Communication - urgent, loud, and specific.

Progression

- Additional zone added
- Teams can move into other zones (left to right only)

Game Related Practice (Random)

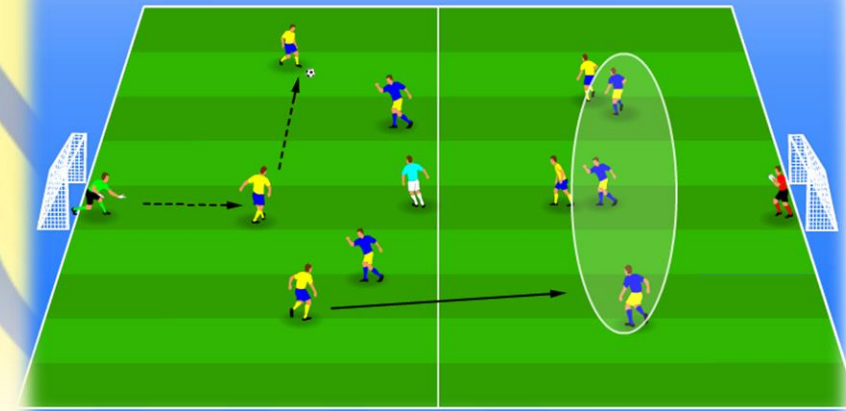
- 3 nr. Defenders remain in position as a unit
- Return to the defensive position once pressed in your own half

Defensive Team Key Points

- ✓ Awareness.
- ✓ Be in a position to stop the passes (without rushing in).
- ✓ Decision making when to tackle or force them back.
- ✓ Win the ball cleanly.

Progression

- Defenders progress into the opposition half.
- Defensive zone removed



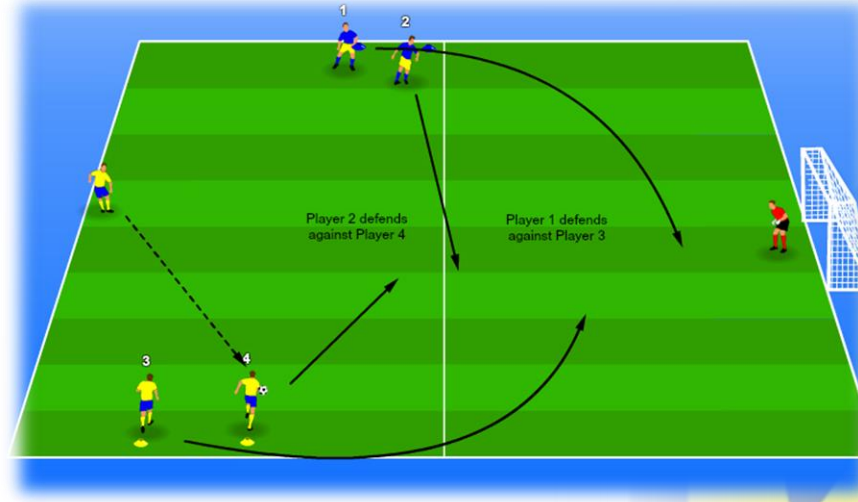
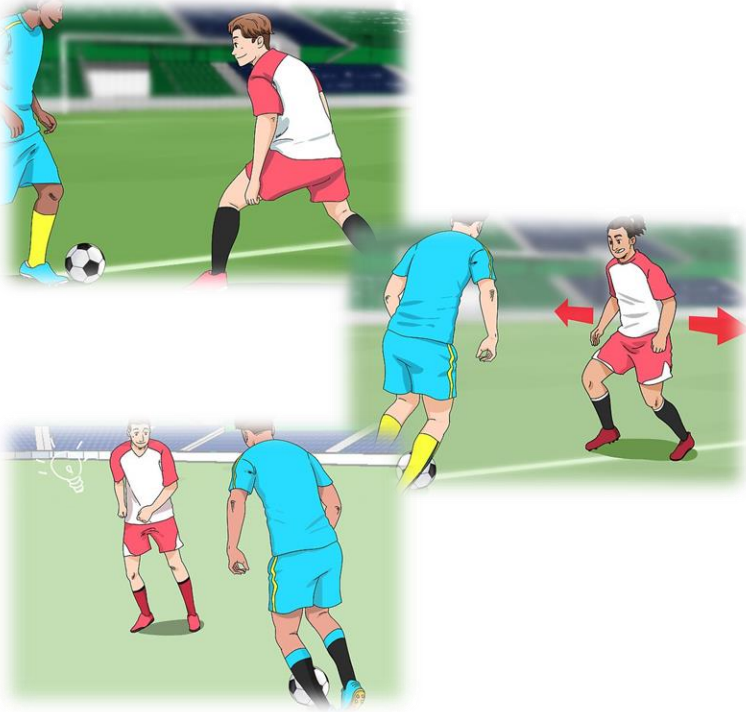
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Out of Possession - Defending as a Team

Defending – Cover and Support

Individual Points

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards



Skill Practice (Variable)

- Pass to Attacker 4 who then attacks the goal
- Attacker 3 to provide support
- Defender 2 go to the ball
- Defender 1 deeper run to cover the player and goal.
- 2v2 is played out

Defensive Team Key Points

- ✓ Support
- ✓ Force the attacker away from goal
- ✓ Keep the right distances between one another
- ✓ Communication

Progression

- Additional players are added

Game Related Practice (Random)

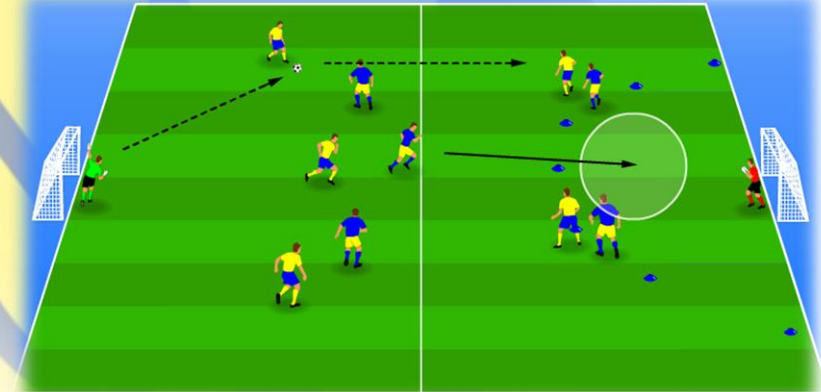
- Whenever the blues lose the ball going forward a blue player has to get back and cover and support the defence (dome area)
- No tackling until the cover is in place
- Defenders to hold the play up while the cover gets back

Defensive Team Key Points

- ✓ Awareness.
- ✓ Goalkeeper to be vocal about team getting back
- ✓ Be in a position to stop the yellows moving forward (without rushing in).
- ✓ Decision making when to tackle or force them back.
- ✓ Wait for the support to be there before even tackling

Progression

- Normal game conditions, domes removed



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Out of Possession - Defending as a Team

Defending When Outnumbered

Skill Practice (Variable)

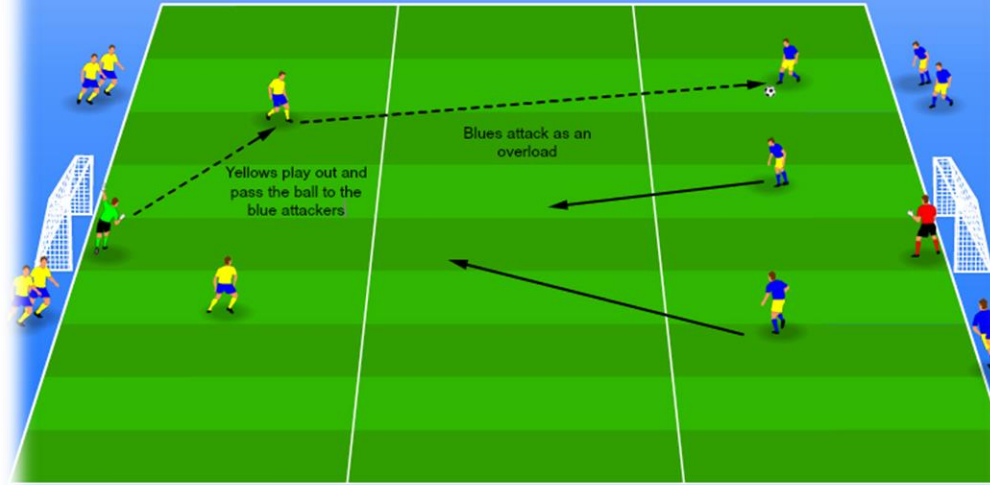
- Target player plays the ball into the 3 attacking players who attack the gates to score
- Defenders work as a unit to defend while outnumbered, work as a unit to defend.
- 3 minute game and then change

Defensive Team Key Points

- ✓ Roles - pressure, cover & balance.
- ✓ Technique - speed and angle of approach.
- ✓ Compactness - don't get stretched or split.
- ✓ Communication - urgent, loud, and specific.

Progression

- Different numbers used 2v2, 2v1, 3v1 etc.



Game Related Practice (Random)

- All attacking players apart from 1 need to be in the final third to score.
- 1 Defending player needs to be in the defending third at all times.

Defensive Team Key Points

- ✓ Awareness.
- ✓ Be in a position to stop the passes (without rushing in).
- ✓ Decision making when to tackle or force them back.
- ✓ Wait for the support to be there before even tackling
- ✓ Win the ball cleanly.

Progression

- All players to be in the opposition half to score

Skill Practice (Variable)

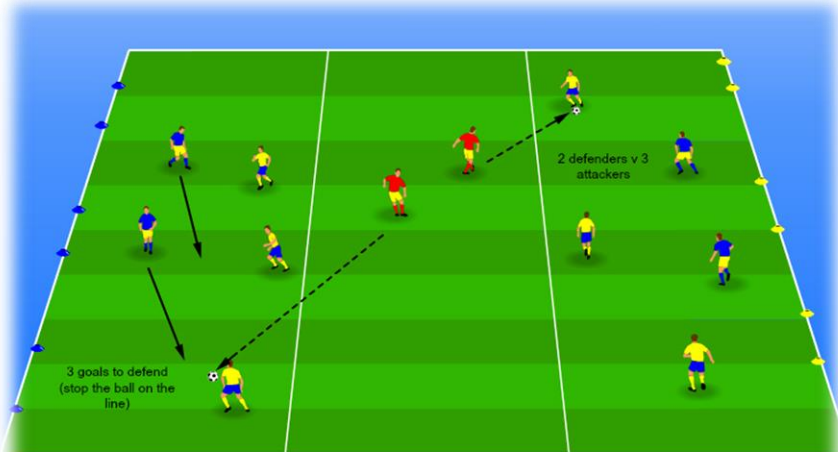
- Yellows pass to Blues who attack as an overload.
- On regain the yellows can attack the blues goal.
- Or following an attempt on goal / Coaches command two yellows can counter attack.
- Blues look to defend a 3 v 4

Defensive Team Key Points

- ✓ Roles - pressure, cover & balance.
- ✓ Technique - speed and angle of approach.
- ✓ Compactness - don't get stretched or split.
- ✓ Communication - urgent, loud, and specific
- ✓ Intercept – spoil and tackle

Progression

- Different numbers used 2v2, 2v1, 3v1 etc.



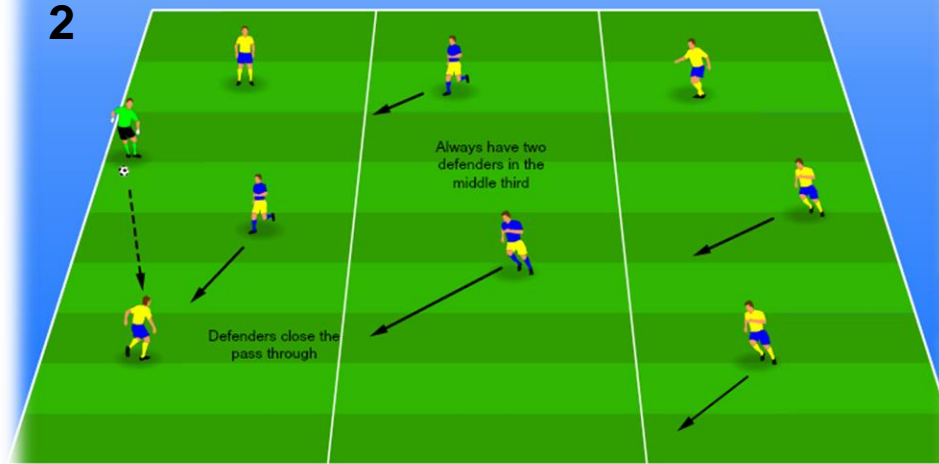
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Out of Possession - Defending as a Team

Defending - Forcing the Play

Individual Points

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards



Game Related Practice (Random)

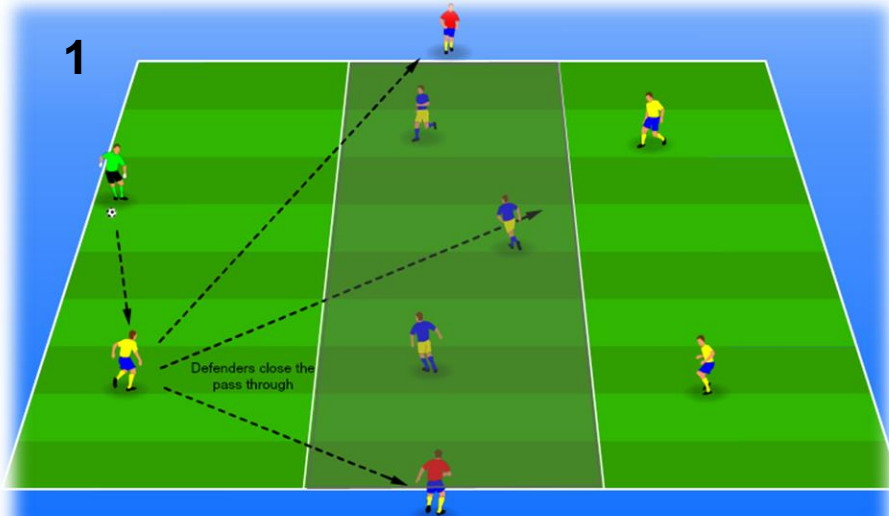
- Blue domes show the offside line
- Defence to move as a unit to force the attackers to turn back on themselves

Defensive Team Key Points

- ✓ Awareness.
- ✓ Be in a position to stop the passes (without rushing in).
- ✓ Decision making when to tackle or force them back.
- ✓ Force the play

Progression

- Blues can't go past the halfway line when they don't have the ball (enables the blues to move as a unit to dictate the play)
- Domes removed



(1) Skill Practice (Variable)

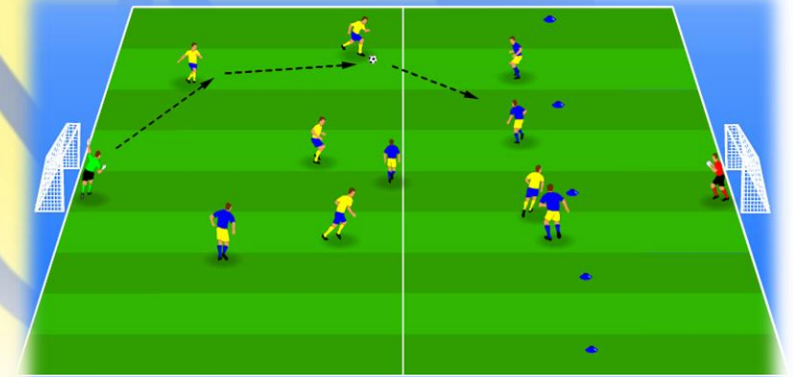
- 3 defenders with 2 attackers in the other two thirds.
- 2 support players on the outside of the the middle third
- Defensive team block the through pass by working together

Defensive Team Key Points

- ✓ Force the play
- ✓ Team shape
- ✓ Keep the right distances between one another
- ✓ Stop the pass
- ✓ Communication

(2) Progression

- 2 defenders within the middle third and 1 defender now presses in the remaining thirds.
- Force the attackers to not make the pass through the middle thirds

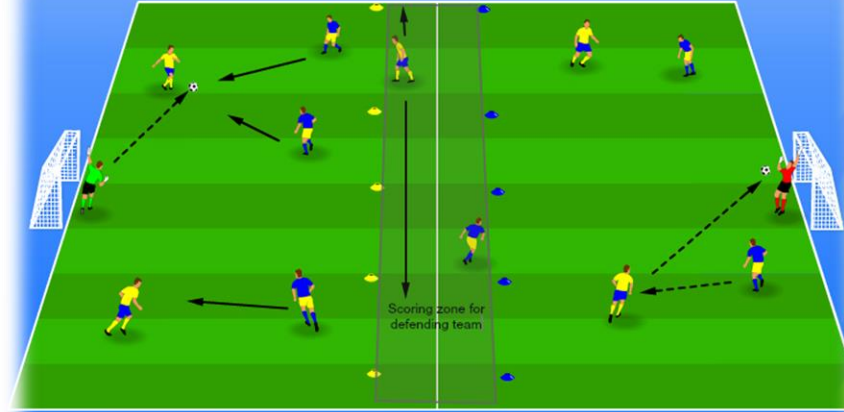
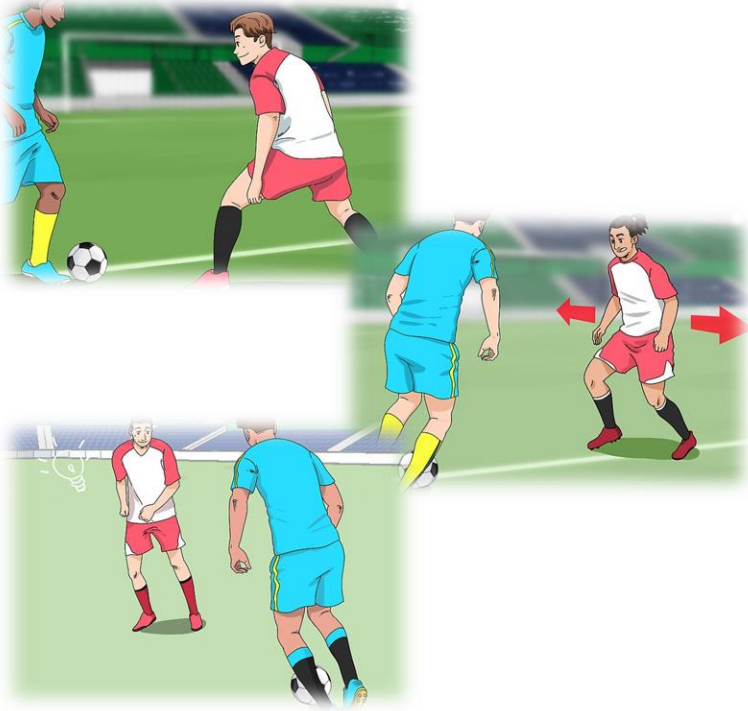


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Out of Possession – Defending as a Team

Defending – Midfielders and Attackers Forcing the Play

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards



Game Related Practice (Random)

- Blue attacker to press and force the play in the first zone
- Blue midfielders to press and force the play in the second zone

Defensive Team Key Points

- ✓ Awareness.
- ✓ Communicate in attack and midfield who will be forcing the play
- ✓ Be in a position to stop the yellows moving forward (without rushing in).
- ✓ Decision making when to tackle or force them back.

Progression

- Blue midfielders can go into the first zone (attacking press to force the play)
- Attacker can go into the second zone to provide a midfield unit (midfield press to force the play)

Skill Practice (Variable)

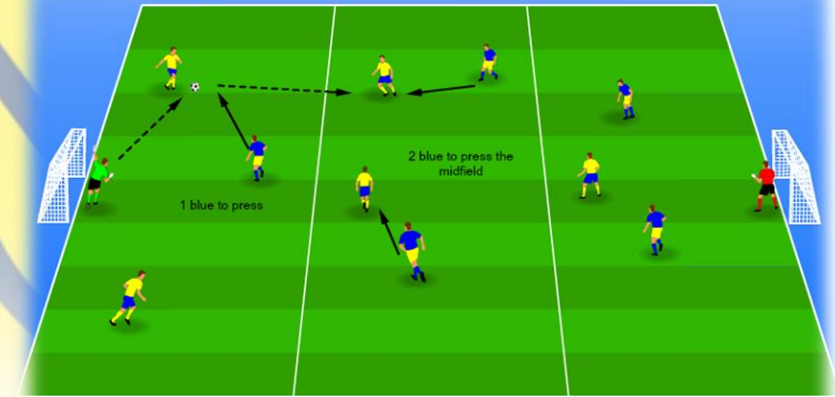
- (LH) Blues midfield and attackers press on the yellow defence to win the ball
- Yellows aim to get to the scoring zone with the yellow midfielder
- Blues to work as a unit to force the play
- 2v3 is played out
- (RH) 2 v 2 is played out

Defensive Team Key Points

- ✓ Support
- ✓ Force the defenders back to goal
- ✓ Keep the right distances between one another
- ✓ Communication

Progression

- Additional players are added

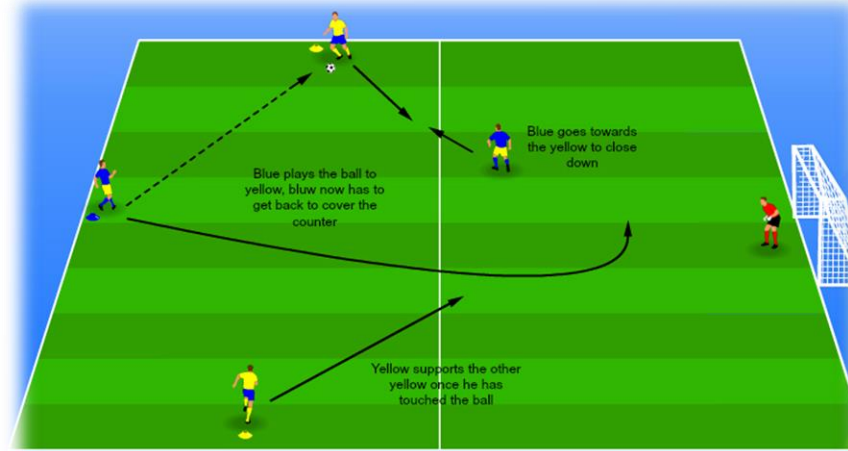
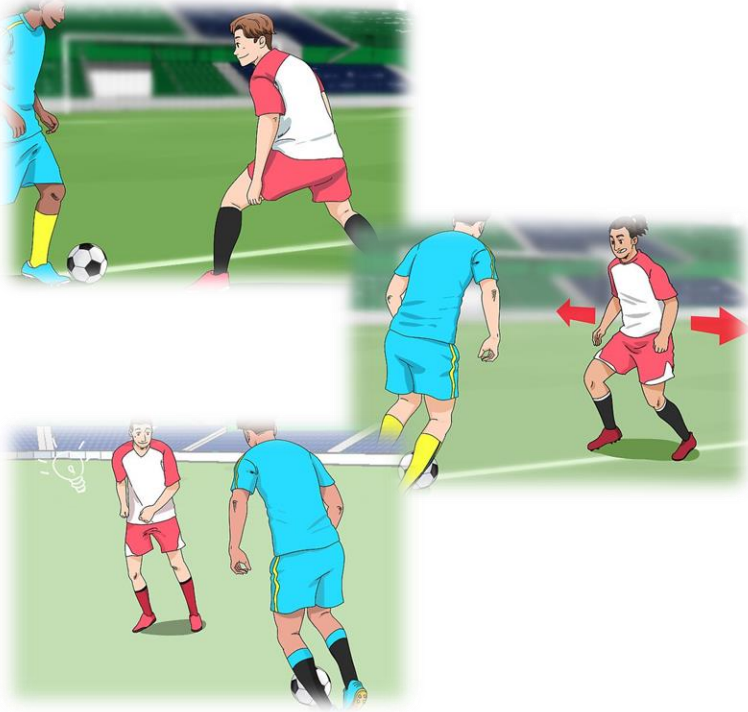


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Out of Possession - Defending as a Team

Defending – Counter the Counter Attack

- ✓ Staggered stance with toes at a 45 degree angle.
- ✓ Bent knees with weight on the balls of the feet.
- ✓ Chest leaning over the toes.
- ✓ Low center of gravity for greater explosion/quick change of direction (upright takes longer to start).
- ✓ Ability to shuffle quickly.
- ✓ Pay attention to the distance of pressure (depends on speed of attacker vs. the speed of the defender) usually 1-3 yards



Skill Practice (Variable)

- Blue Midfielder passes to the Yellow Attacker
- Attacker attacks the goal
- Defender goes to the ball while the midfielder returns to offer support
- Attacker (additional) offers support.
- 2v2 is played out

Defensive Team Key Points

- ✓ Support
- ✓ Force the attacker away from goal
- ✓ Keep the right distances between one another
- ✓ Communication

Progression

- Additional players are added

Game Related Practice (Random)

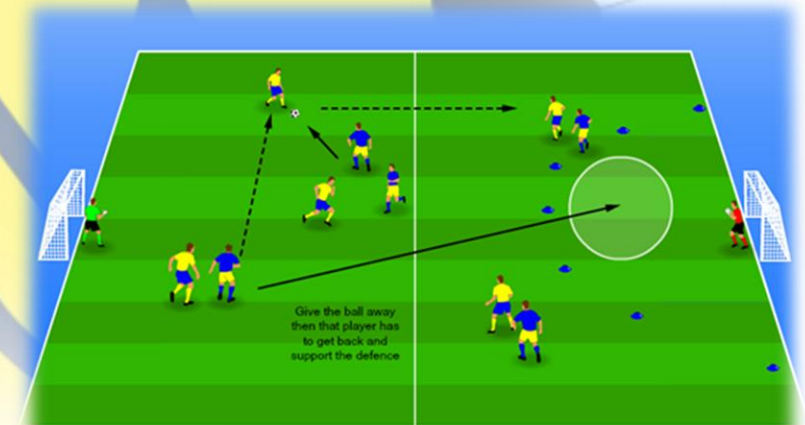
- Whenever the blues lose the ball going forward whoever loses the ball has to get back and cover and support the defence (dome area)
- No tackling until the cover is in place
- Defenders to hold the play up while the cover gets back

Defensive Team Key Points

- ✓ Awareness.
- ✓ Goalkeeper to be vocal about team getting back
- ✓ Be in a position to stop the yellows moving forward (without rushing in).
- ✓ Decision making when to tackle or force them back.
- ✓ Wait for the support to be there before even tackling

Progression

- Normal game conditions, domes removed



Safe Enjoyable Learning

Out of Possession - Defending as a Team

Defending, Press, Cover and Balance

Skill Practice (Variable)

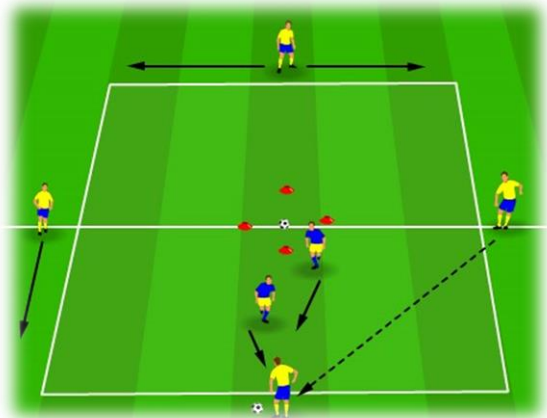
- Attackers set up around outside of the area - 1 Attacker per side
- Two Defenders working inside the middle of area
- Attackers aim to keep possession (2 touch) & can move up & down their line to support each other
- Defenders must try to work as a team to pressure & offer Cover/Support - force a mistake
- After set time rotate players

Defensive Team Key Points

- ✓ Angle of approach
- ✓ Communication - coach each other
- ✓ Interchanging of positions - Pressure (1st Defender) & Cover/Support 2nd Defender
- ✓ Body Shape - try to dictate the play one way

Progression

- If Attackers make 6 passes they score a point. Defenders score points if they force mistake
- Add target ball in middle of area (see pic) Defender must block shots/passes but are not allowed inside the diamond...Attackers still score point for every 6 passes)
- Defender that forces the mistake or wins ball switches out with Attacker



Skill Practice (Variable)

- Teams play 3v3 across two fields
- Attacking team start with ball & enter area - aim to score in Mini Goals at opposite end
- Attacking players can move anywhere across both field
- Defending teams are numbered 1-3. 1 & 3 have to stay on their field while central Defender can move between fields to assist wide Defenders.
- If Defending team win the ball they aim to score at opposite end
- Play until a goal is scored or ball goes out. After set time rotate Attackers & Defenders

Defensive Team Key Points

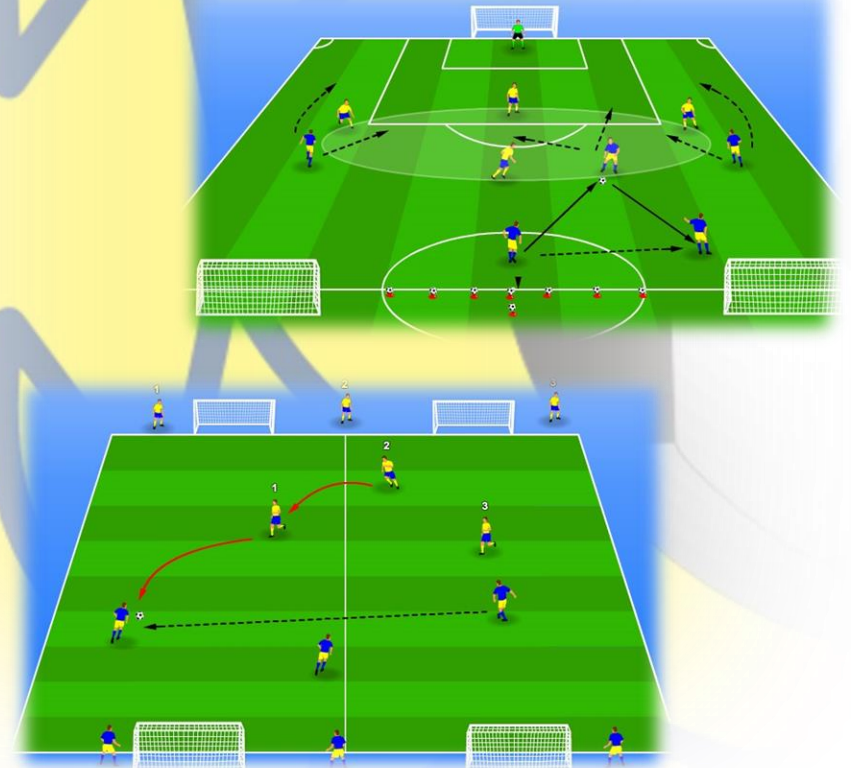
- ✓ Pressure - close down the space & deny penetration
- ✓ Angle of approach & Body Shape - try to dictate the play one way
- ✓ Communication - coach each other
- ✓ Responsibilities of positions - Pressure (1st Defender), Cover (2nd Defender) & Balance (3rd Defender)
- ✓ Move as a Unit - travel as the ball travels
- ✓ Focus & Patience - wait for the right time to win the ball

Progression

- Defenders pass the ball out to Attackers to begin the play
- Time limit for Defenders to win the ball
- Time limit for Attackers to score. Defenders get point if they contain attack for 30secs

Skill Practice (Variable)

- Pressure on the ball should force play in a predictable direction
- Covering players should be in a position to intercept or deny penetration
- Defensive and midfield lines should stay compact and move across to help create numbers up situations to win the ball
- Defensive line should understand when to step and when to drop and deny space behind
- Effective communication



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