







INSTRUCTOR: Jay Hoffman		COURSE: D/C/B/A License	DATE: 03/14
TOPIC: Principles of Defending – Individual, Group, Functional Groups, Team 			
STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES / COACHING POINTS	
EXPANDED SMALL-SIDED ACTIVITY		<ul style="list-style-type: none"> <li>65/70 by 75 yds. Defending team plays to 3 goals.</li> <li>9v9 Functional organization</li> <li>Defending team 1-4-2 (#6/#8)-2(#7/#11) v. 3 (#2/#3/#5)-4-2</li> </ul> <p><b>Coaching Points:</b> Communication (verbal/visual), team shape in final third, reducing the numbers of attacking players to repossess the ball, predictability, roles and functions of players in a frame work of 1-4-2-2, roles of players in the principles of defending given situations on the field, starting positions, recovery runs, tracking down, safety/risk, transition, off side tactics, role of the goalkeeper, line of confrontation.</p>	
GAME		<p><b>1-4-2-3-1 vs 1-4-4-2</b></p> <p><b>Coaching Points:</b> Defending in the 3rds of the field, role of the #9 making the game predictable, (angle of approach, dividing the field in half length wise) splitting the center backs and # 10 when to step high to other center back, dividing the field in half length wise, pressing, line of confrontation.</p>	
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STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES / COACHING POINTS	
TECHNICAL WARM-UP		<p><b>Half Field- All players - GK's warm up with Coaching Staff (focus shot stopping, crosses (technical/tactical))</b></p> <ol style="list-style-type: none"> <li>1. Pass and close down the receiving player. Defending player passively defends not allowing player on the ball to beat them. (Time of Flight, controlled approach (final steps), body and foot position, focus)</li> <li>2. Dispossession of the opponent. Separation of attacker &amp; ball, when to step across, timing, use of body, transition to defend by loss of ball from the attacking player (do not allow attacker to turn).</li> <li>3. 2v1 Defending combination play. Stepping across the runner. Bumping the runner. Dropping deeper if time allows to stay between player and goal.</li> </ol>	
SMALL-SIDED ACTIVITY		<p><b>Three teams of 4/5/6. One team starts in the center of the field, other two at opposite ends, server with the balls on side line.</b></p> <ul style="list-style-type: none"> <li>• Server plays to one end team who then goes to goal at the opposite end.</li> <li>• When ball is won by the defending team, opponent defends.</li> <li>• Ball out of bounds, goals or on coaches call ball - served to opposite end and now the team in the middle reorganizes and defends against them.</li> <li>• Off side line 18 yd. box</li> <li>• 4-7 minute bouts for the team in the center.</li> <li>• <b>Coaching points:</b> Pressure (Immediate/Delay), cover, balance, roles of players in the principles of defending given situations on the field, starting positions, recovery runs, tracking down, safety/risk, transition, off side tactics, role of the goalkeeper, team shape, communication (verbal/visual).</li> </ul>	
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