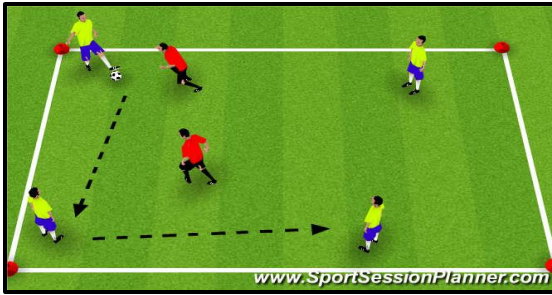




Module 3: Defending

Topic: Small Group Defending

Objective: To improve the team's ability to work together to regain defensively the ball

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>4v2 Press and Coverage</u> In a 12x12 yard grid, play 4v2 keep-away. The first pass is free. Any player who makes a mistake becomes a defender. Whichever defender has been in the middle the longest is the next one out.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Who applies pressure? • Who provides cover? Where? • Who is providing balance? Where? • When to drop? • When to step up? • What should be the angle of approach? • How fast to approach? • What is the distance of approach? • What is the angle of recovery? • How to get compact when the ball is wide? • How to get compact when the ball is central?
<p>Stage II Small Sided Activity</p>	<p><u>3v3+1 To 4 Goals:</u> In a 35Lx30W yard grid with 2 goals on each end line place two teams of four players each with a Neutral player to play with the attacking team. Both teams will try to prevent the opponent to score in any of defending team goals.</p>	 <p>www.SportSessionPlanner.com</p>	
<p>Stage III Expanded Small Sided Activity</p>	<p><u>5v5+ To 6 Goals:</u> In a 45Lx35W yard grid with 3 goals on each end line place two teams of four players each. Both teams will try to prevent the opponent to score in any of defending team goals.</p>	 <p>www.SportSessionPlanner.com</p>	
<p>Stage IV Conditioned Game</p>	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to organize defensively to regain the soccer ball 		