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How we play: Developing Defending Play – Out of Possession

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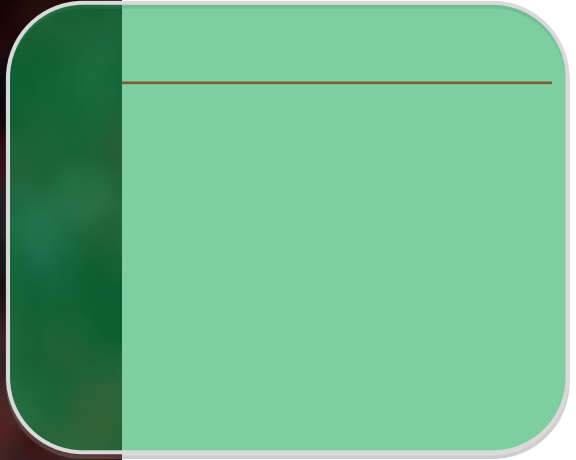
Purpose

This workshop will outline the key principles around the out of possession phase in a game and consider their application across different age groups

Outcomes

- To identify the key principles that underpin the out of possession phase of a game
- To observe and analyse a practical session on developing defending play to highlight these four principles in practice
- To evaluate and reflect on the key messages and consider how these apply in your context





OUT OF POSSESSION PHILOSOPHY STATEMENT

ENGLAND TEAMS AIM TO
INTELLIGENTLY REGAIN
POSSESSION AS **EARLY**
AND AS **EFFICIENTLY** AS
POSSIBLE. TAKING INTO
CONSIDERATION THE
STATE OF THE GAME,
THE ENVIRONMENT
AND **PRE-DETERMINED**
GAME PLAN



ENGLAND DNA

OUT OF POSSESSION MODEL

The fluid nature of the game means each aspect of out of possession is closely linked. Similarly, possession may be won at any stage prompting a transition to the attacking philosophy.

Importantly, the goalkeeper is included in all aspects of the playing philosophy both in and out of possession. England goalkeepers are viewed as part of the team, and not apart from the outfield players.



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- Footage - Video
 - Group Tasks
 - 4 Tables – 4 phases of defending
 - What do you see?
 - What does it look like?
 - Pictures?
 - Key Factors?



Practical.....



Observation Task

1. Evidence the 4 key principles of the Out of Possession phase

2. How does the coach work with

Individuals

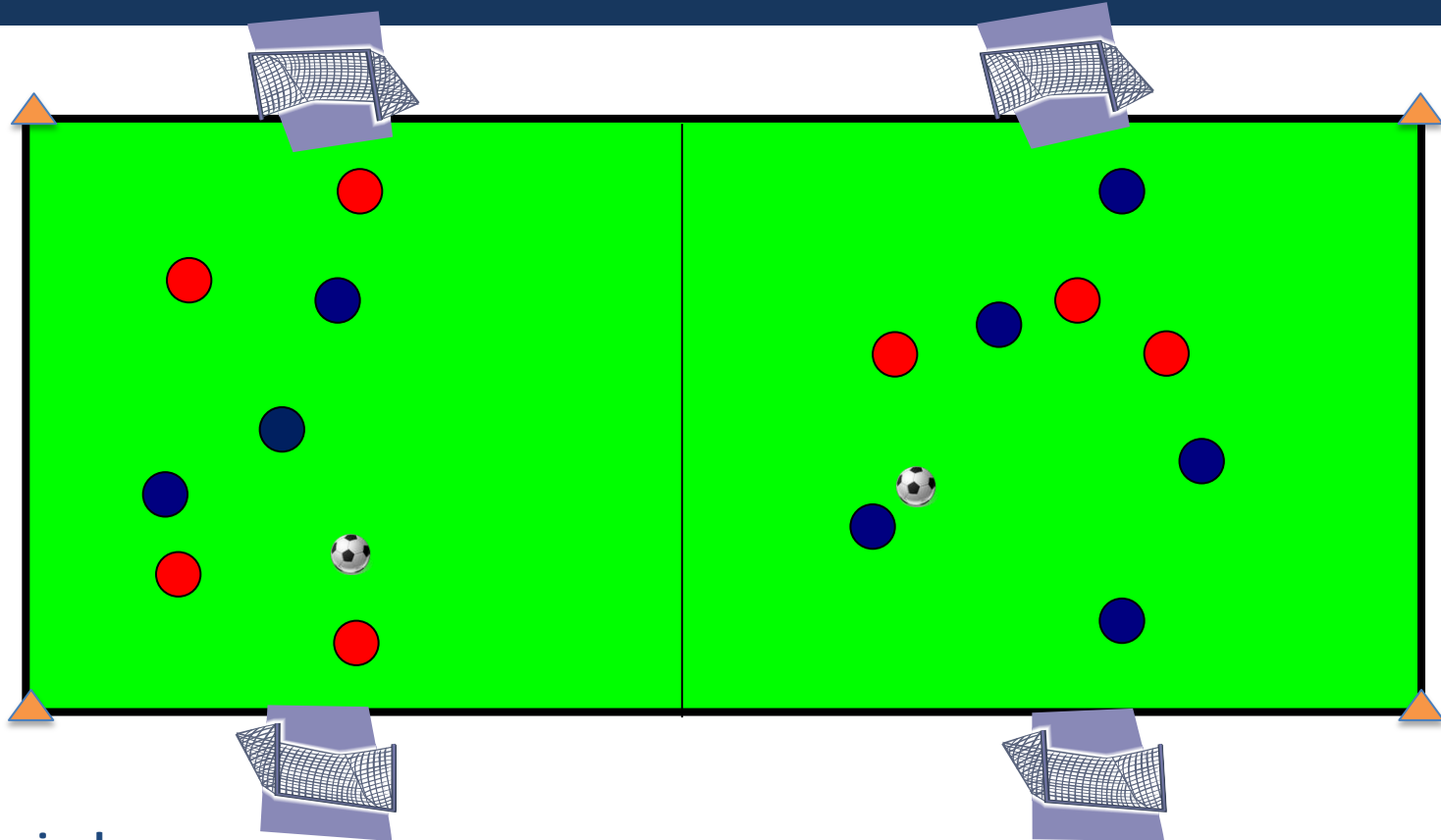
Units

Team

3. Percentage ball rolling

How does this look for you





Arrival

Aim – when you score go and collect a cone to highlight goal

- Two different size pitches set up for arrival
- Small sided games with Defending outnumber focus
- Observe your organisation/session structure
- Observe individual player performance-Who needs my help?
- Observe unit performance-How does the team adjust to overloads?
- Observe group performance-How do the team work from visual triggers/clues and hints?



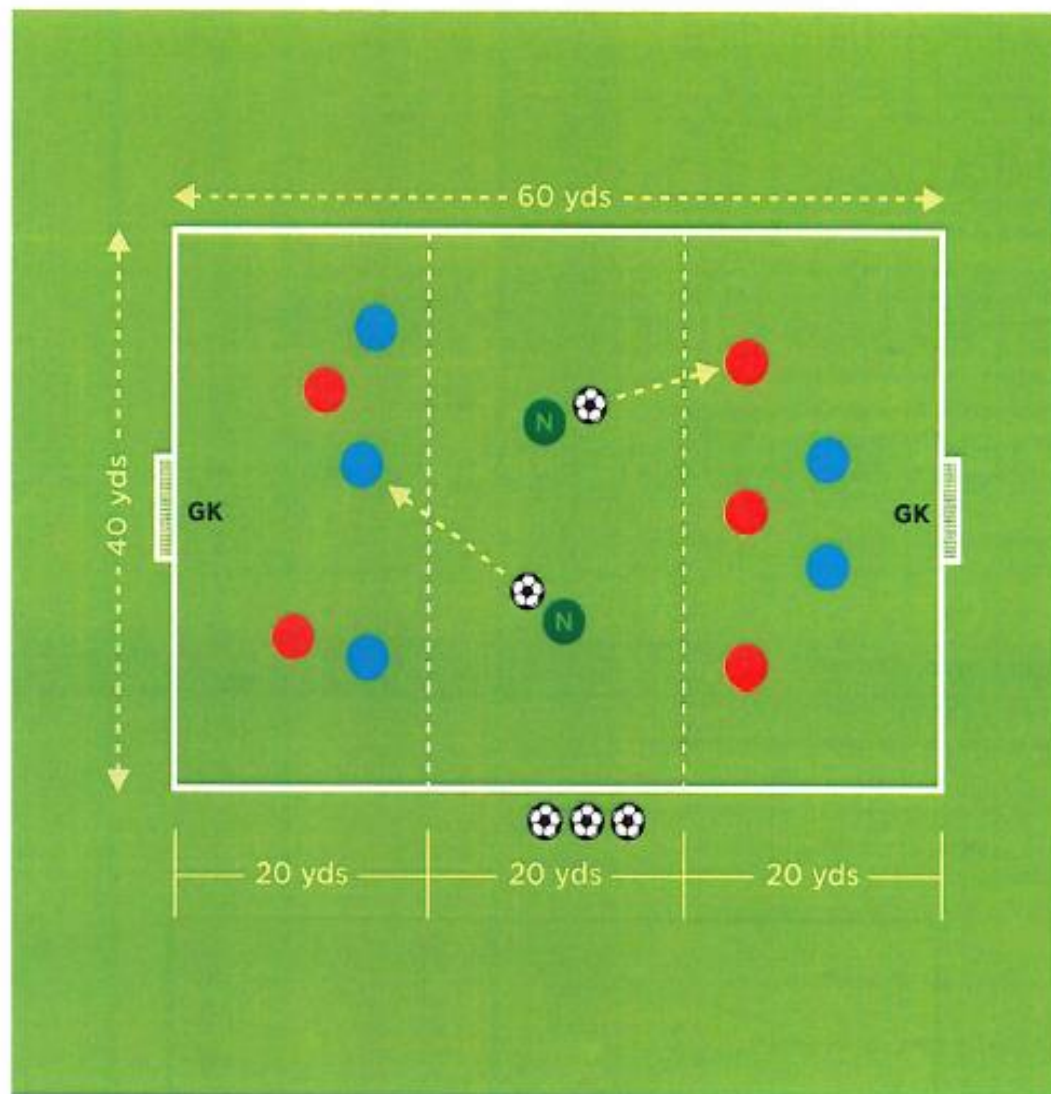
Defending when out-numbered

Practice organisation

- Area 60x40yds set-out in equal thirds with goals at each end, as illustrated.
- 14 players (incl. 2GKs), with Defenders out numbered 2v3 in each end third.
- Practice starts with: Neutral players in mid third, serve ball into Attackers & support play from behind, without entering end third.
- Objective of practice: D's play out-numbered to prevent A's from scoring, gain possession & pass in to N's, to score one point.
- Rotate roles of players.

Detail

- Distance between 2D's when being attacked by three opponents.
- Communication, changing roles & working with GK as sweeper.
- Deflecting attacks away from central goal-scoring areas.
- Balanced, controlled 1v1 defending skills.
- D's identifying opportunity to pass or run with ball on gaining possession.
- Simple progressions for this practice are:
 - N serves & moves into end zone to become an A i.e. 2D's v 4A's.
 - N serves & moves forward & other recovers to defend i.e. 3D's v 4A's.



Defensive play whilst
'out of balance'

Age group
12-16 years

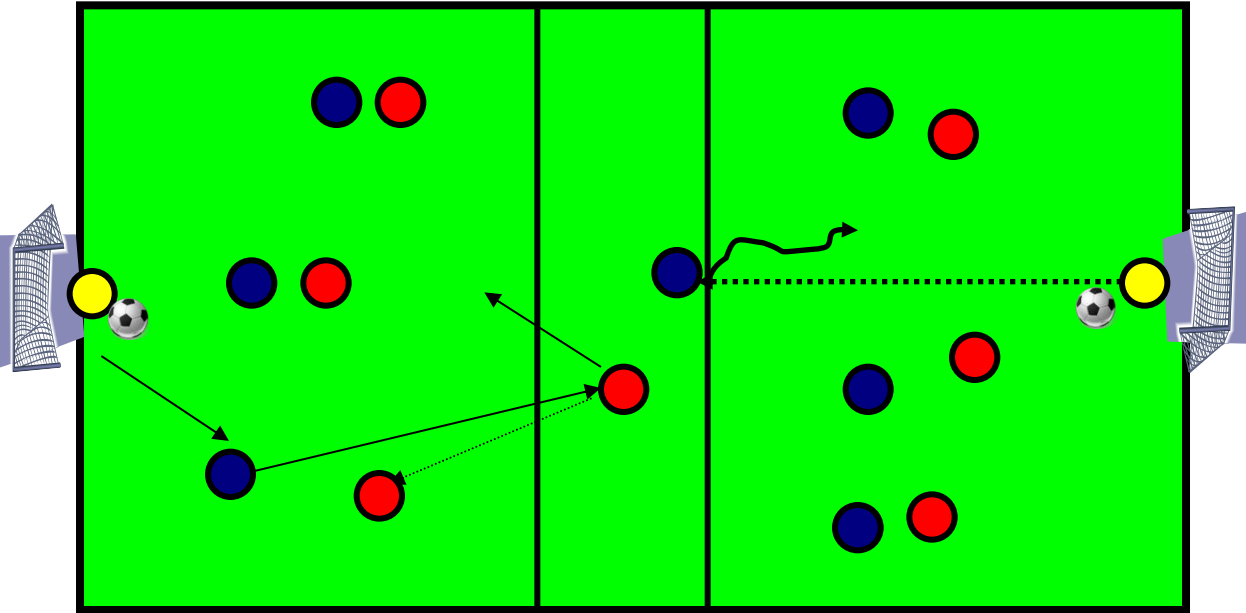
Key coaching points

- Blocking shots.
- Pressing man on ball & employing delaying tactics to avert attack.
- Marking & covering.
- Winning ball & quickly playing forward to N.

Defending Outnumbered – Part Practice

Coaching Elements

1. Deny – regain from poor touch/pass – don't track poor runs (offside)
2. Delay – drop & Narrow
3. Deflect – prioritise risk allow play into less dangerous areas (wide)
4. Defend – area of zero tolerance – commit to prevent shots/block shots

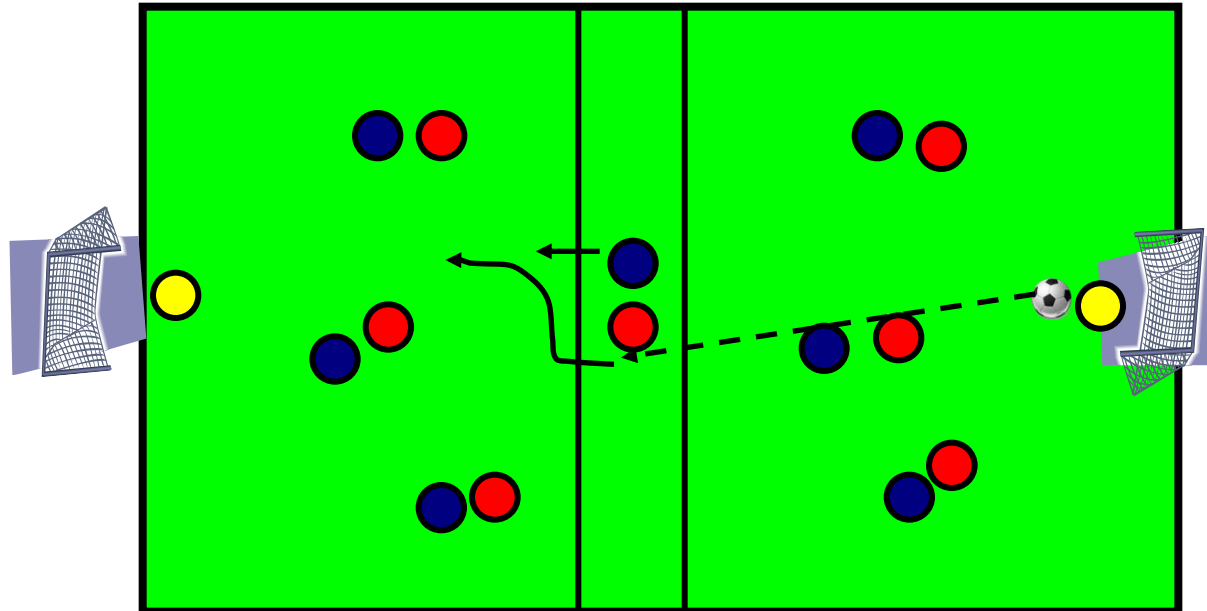


1st Illustration

- Two practices running concurrently. GK + 3 defenders vs. 4 attackers on each pitch. Teams defending the goal start with the ball and work ball out to target player in central zone.
- Target player can either pass onto pitch and join in or run onto pitch. Attacking team seek to score within 4 passes (realism)

2nd Illustration

3. Game – 8 vs. 8 – encourage free flow to allow realism in outnumbered situations
4. Work ball into central channel. Central channel player runs or passes ball into opposition half and joins in – opposing central channel player makes recovery run. Upon regain of possession – one player from each team recovers into middle area



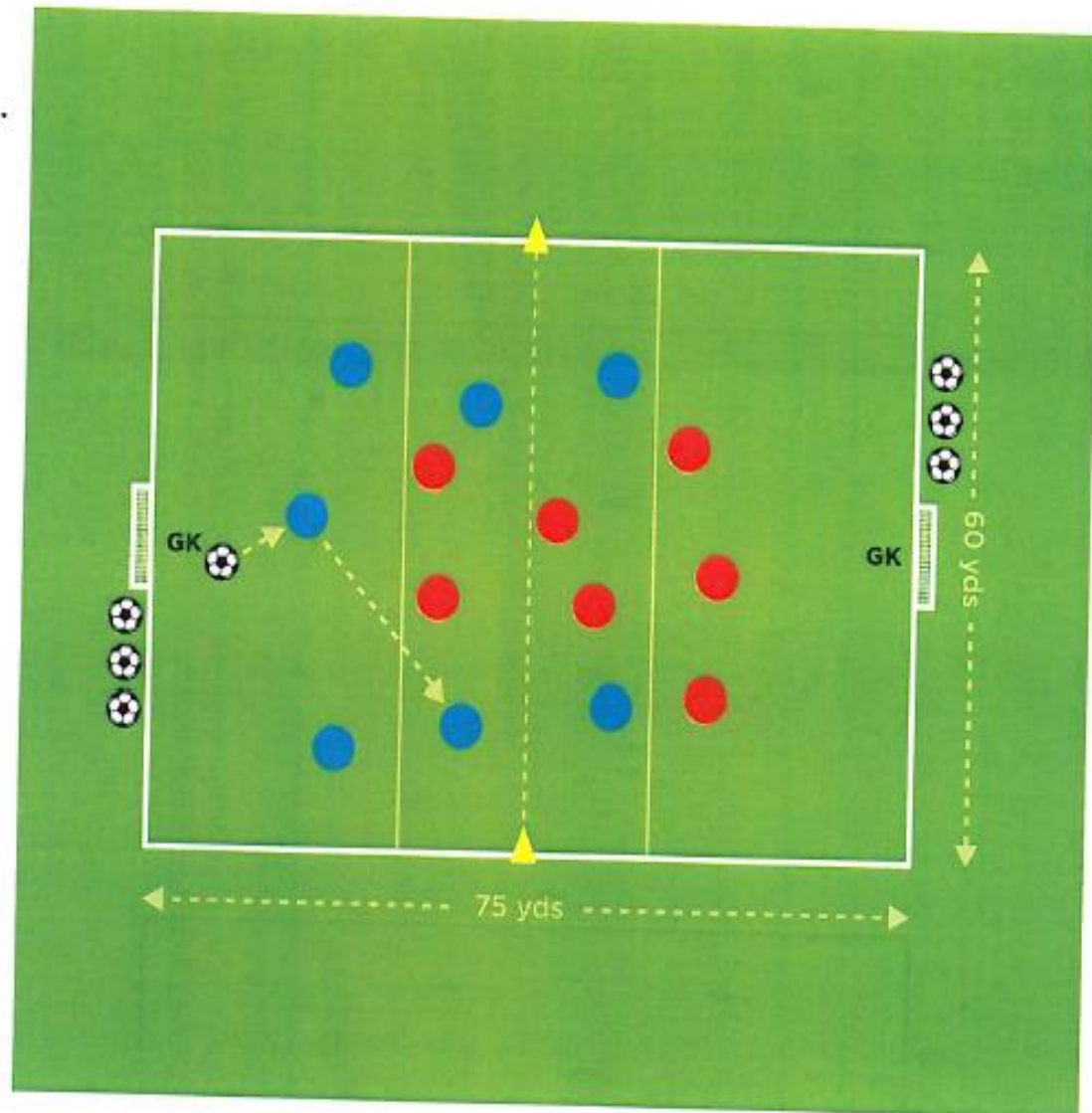
Defensive balance & compactness

Practice organisation

- Area 75x60yds divided into equal thirds, with half way line marked & appropriate size goals, as illustrated.
- 16 players (incl. 2GK's) arranged 8v8, 1 ball.
- Game is organised 4v4 in middle third & both teams have 3 supporting players in their defensive third.
- Practice starts with: GK rolls ball out to supporting player in defensive third, who in-turn, looks to pass into midfield.
- Players look to shoot from long range, or break into attacking third with numbers to play against 3 Defenders.
- D's gaining possession must play into midfield third.
- When ball goes 'dead': practice restarts with opposite team GK rolling ball to D's, who then look to pass into MF.

Detail

- Area can be modified, depending on numbers & age of players.
- This should form part of regular practice content to develop game understanding.
- On breakdown of play: MF's need to reorganise & retreat to middle third as quickly as possible
- Deciding quickly which player takes responsibility for opponents.
- Role of pressing player.
- Role of the two other MF players in terms of cover & support.
- Change of responsibilities as possession passes between opponents.
- Marking opponents & passing on to other D's.
- Simple progression for this practice is:
 - Employ man-for-man marking in MF.



Defensive play whilst
'in balance'

Age group
12-16 years

Key coaching points

- Marking positions.
- Challenging & pressurising opponent in possession.
- Showing opponents into agreed areas or positions in middle third.
- Preventing penetrating through passes.
- Covering the pressing player.
- Achieving (& maintaining) compactness both centrally & wide.

Review & Recap

Age Group Focus –12-16

- Review and discuss the practical session
- Reflect on the 4 key principles of out of possession that emerged in the practical

(Press/Delay, deny, dictate/Emergency defending & Transition)

- Spend time reflecting on how you might incorporate this with your players in your environment



Post workshop task

- As a result of this work shop, can you share with the group how you have implemented the LCC content within your own practice?
- How have you adapted the sessions observed, to suit your players/team?
- Share session plans and key messages.

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