

Defending When 'in balance' 5v4

Category: Defending

Length: 00:25 Rec. Players: 9

Published: March 25, 2014 @ 23:00

Practice Theme/Topic

Defending as a unite when in balance

General Notes

Defending as a unite

Aims & Objectives

Understanding of team defensive shape and organisation on losing the ball

Organisation & Setup

Full width of pitch

5v4 (full DF unit v 1 FW and full MF unit v 1 MF)

Play starts when Red DF misplaces pass to yellow MF

Coaching Factors & Outcomes

See Coaching Points

Adaptation & Progression

N/A

Technical

N/A

Physical

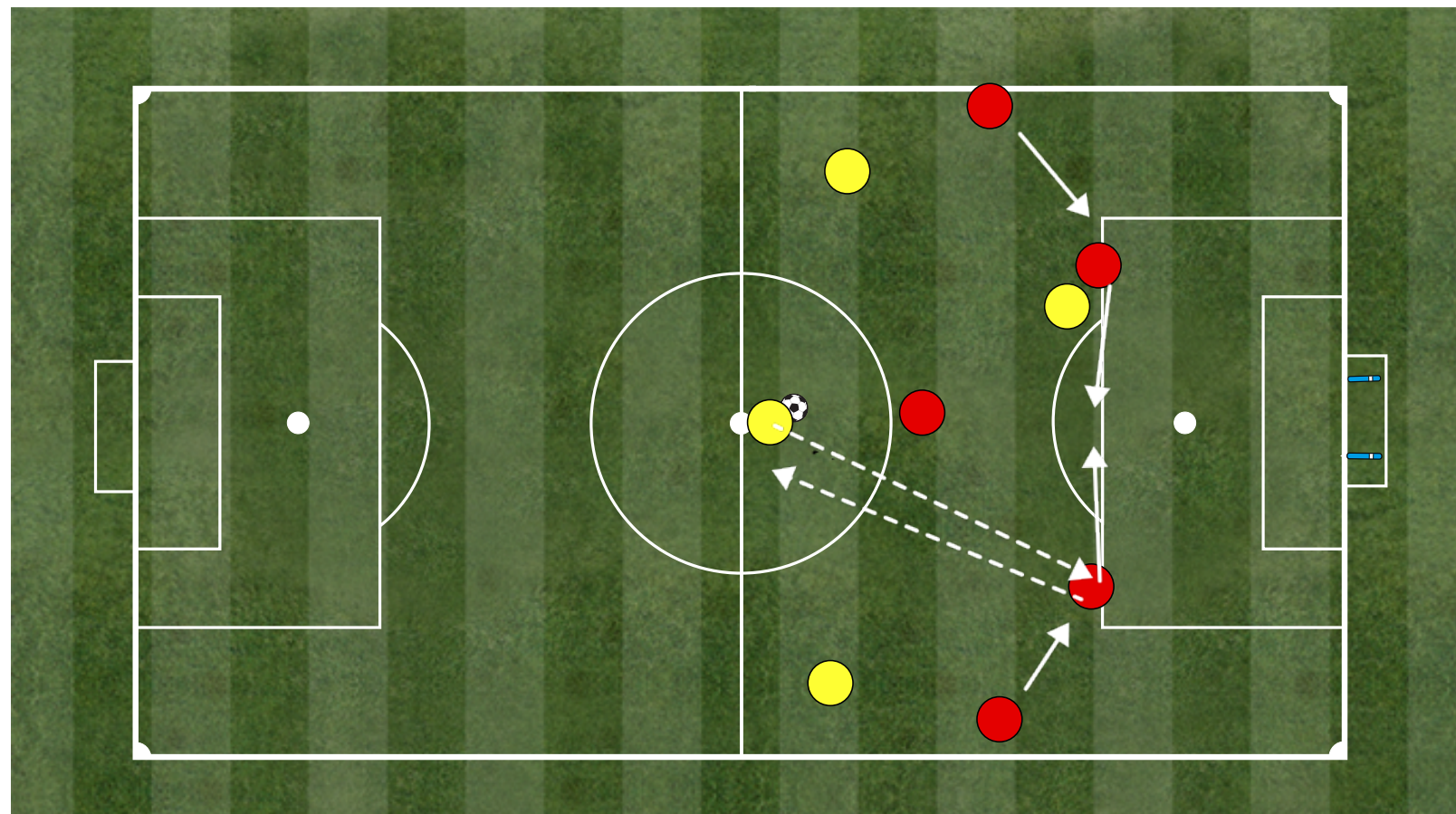
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Defenders press, drop or recover

Defence becomes compact

Coaching Point #3

Responsibilities of other defenders around the area

Coaching Point #2

Support; angles and distance to prevent penetrative passes

Cover away from the ball

Coaching Point #4

Patience in regaining possession

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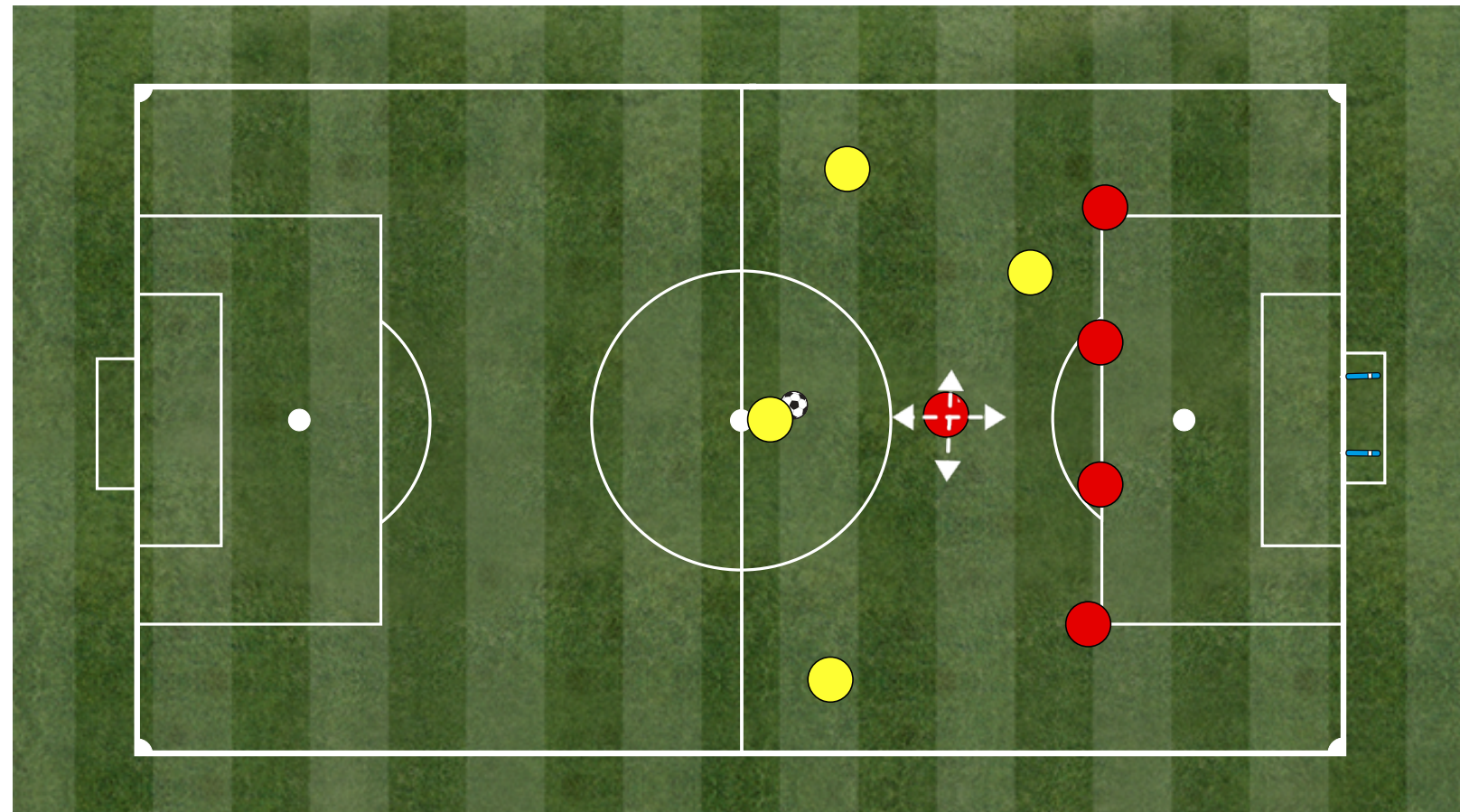
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