

UEFA B Defending In Wide Areas

Category: Defending

Length: 00:35 Rec. Players: 16

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Practice Theme/Topic

Defending in wide areas

General Notes

UEFA B Defending in wide areas

Aims & Objectives

Understanding defending responsibilities when defending attacks in wide areas

Organisation & Setup

Pitch marked out as diagram, focused on area of play for practice.

Area allows players to adopt appropriate positions and to have relative movements to practice theme

Start positions can be varied, but initially start with furthest midfield player away from side where coaching will take place.

Blues attack goal, reds to attack other end to hit TG players when possession is won.

TG players recycle ball back into the attacking team

Coaching Factors & Outcomes

See Coaching Points

Adaptation & Progression

N/A

Technical

N/A

Physical

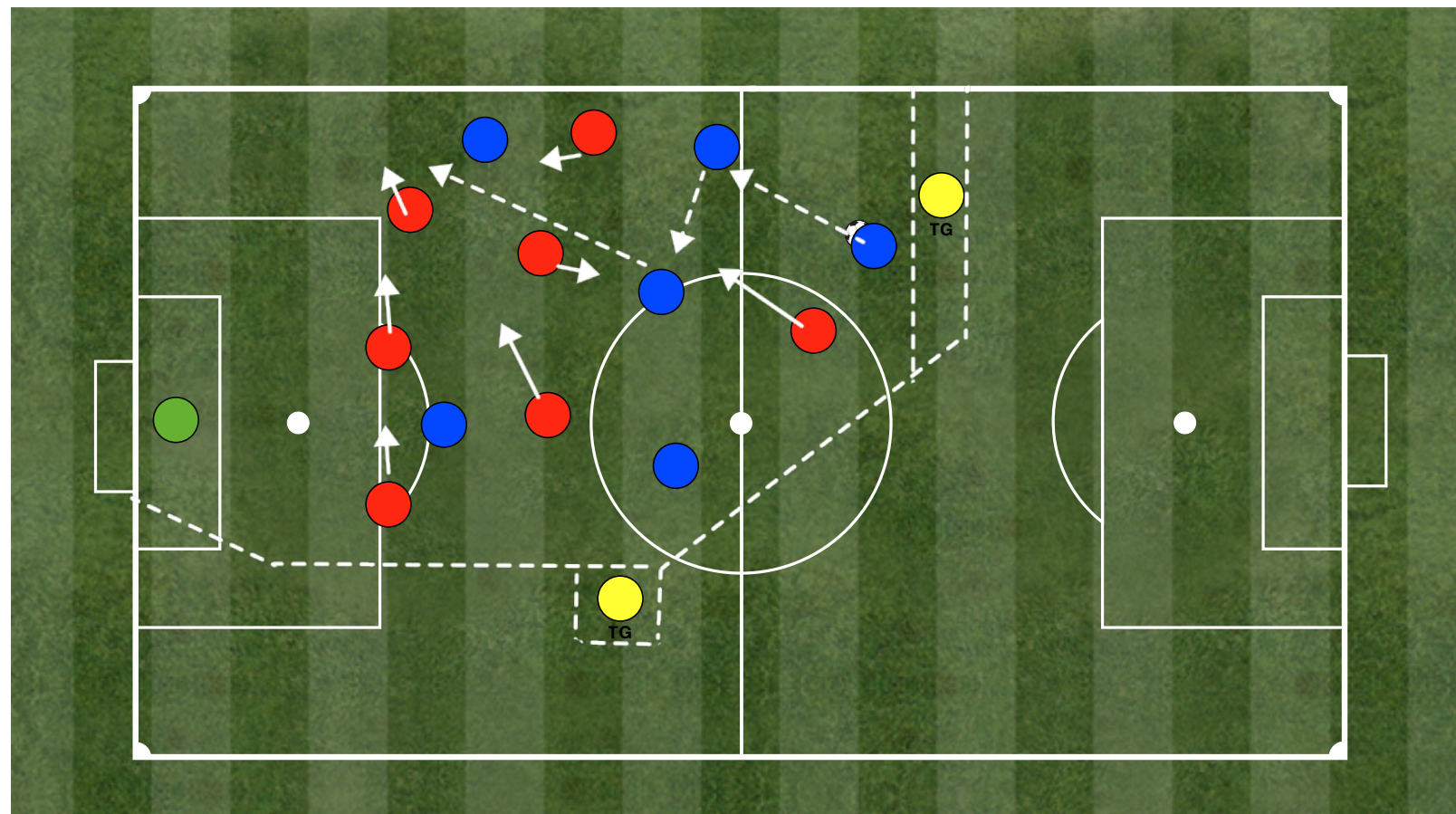
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Pressing the ball:
When, why, how?

Coaching Point #3

Tracking and marking opponents

Coaching Point #2

Supporting the press:
Marking spaces
Marking opponents
Who, how?

Coaching Point #4

Defensive responsibilities in and around the penalty box