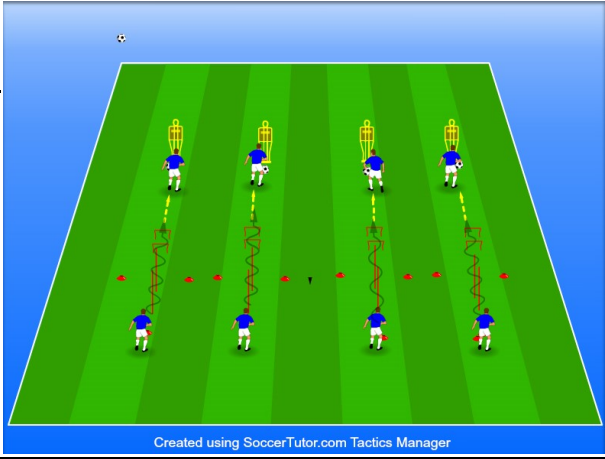
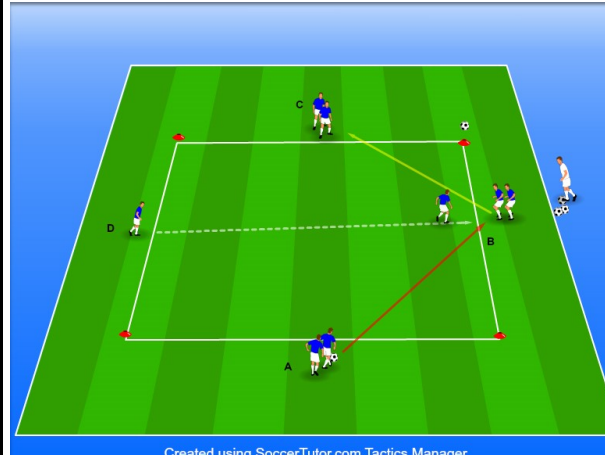


Session Stage: Warm up		Back 4 training		Age group: U13 –U18	
TECHNICAL	TACTICAL	PHYSICAL	PHYSICOLOGICAL		
<ul style="list-style-type: none"> Angle and speed of approach Defensive stance Marking 		<ul style="list-style-type: none"> Speed, Agility, Coordination Flexibility training 	<ul style="list-style-type: none"> Introduction to Session theme 		
Duration: 10 min		Area Size: 40x30		Players : 12–18	
<p>Objective: Physical warm up stage with technical preparation to the session theme</p>			 <p>Created using SoccerTutor.com Tactics Manager</p>		
<p>Organization</p> <ul style="list-style-type: none"> Set up 4 mirror agility obstacle courses, each with a manikin at the end. (large cones are fine too) Divide players in 4 groups. Each player goes through the course, all the way to the manikin to take up a defending stance. 					
<p>Coaching Points</p> <ul style="list-style-type: none"> Sideways on position with the back foot aligned with the ball. About 2 yard distance, balanced and comfortable stance . 			<p>Note</p> <p>This activity primary objective is the physical activation of the players, and introduction to the defending session topic.</p>		

Session Stage: Technical training		Pass and defend			
TECHNICAL	TACTICAL	PHYSICAL	PHYSICOLOGICAL		
<ul style="list-style-type: none"> Angle and speed of approach Defensive stance 	<ul style="list-style-type: none"> Individual defending When and how to approach in defending 	<ul style="list-style-type: none"> Speed, Agility, Running coordination 	<ul style="list-style-type: none"> Dealing with time pressure 		
Duration 10 –15 min		Area Size 10x10		Players 12 –18	
<p>Objective: This exercise is designed to teach defenders how to approach and take a defensive position on opponent receiving the ball.</p>			 <p>Created using SoccerTutor.com Tactics Manager</p>		
<p>Organization</p> <ul style="list-style-type: none"> Set up 4 groups of players around a 10x10 grid as per graphic. Player A passes the ball to B. As the ball travels, D comes out to challenge the ball and take a defensive position. After the pass A goes behind D and D behind B. Plays continues with B passing the ball to C, and A coming out to challenge. <p>Note: Receiving players must take two touches.</p>					
<p>Coaching Points</p> <ul style="list-style-type: none"> Speed and angle of approach by the challenging defender. Balanced stance. 			<p>Note</p> <ul style="list-style-type: none"> Defender must start its challenging approach as the passer is about to kick the ball. Defender to start to slow down its approach as he/she gets close to the receiving player, and reach a balance position. 		

Session Stage: Technical		4v2 Defending (Pressure/cover)	
TECHNICAL	TACTICAL	PHYSICAL	PHYSICOLOGICAL
<ul style="list-style-type: none"> Angle and speed of approach Defensive stance Marking 	<ul style="list-style-type: none"> Zonal defending movements Pressure, cover combination 	<ul style="list-style-type: none"> Speed, Agility, Running coordination 	<ul style="list-style-type: none"> Cooperation of 2 players
Duration 10–15 min		Area Size 15x15	
Players 12–18			
<p>Objective: This exercise is designed to teach 2 players the basic concept of pressure and cover in relation to the movement of the ball.</p>		<p>Created using SoccerTutor.com Tactics Manager</p>	
<p>Organization</p> <ul style="list-style-type: none"> In a 15x15 grid, 4 attackers stand outside the grid, one player at each corner, while 2 players are inside as defenders. Attackers will pass the ball around with the objective to score a goal by passing a diagonal ball to a teammate (Ex: A to C) The two defenders will try to prevent that by having the first defender challenging the ball and the second defender providing cover. Attackers must take 2 touches 			
<p>Coaching Points</p> <ul style="list-style-type: none"> Speed and angle of approach by the first defender Stance and distance Distance and angle of cover by second defender 		<p>Note</p> <ul style="list-style-type: none"> It is important that defenders are balanced in their position and take a stance to make play predictable Second defender distance from the first has to be such that is able to provide cover and at the same time challenge a possible pass to the nearest opponent 	

Session Stage: Game Situation		3v3 Defending (Pressure/cover, balance)	
TECHNICAL	TACTICAL	PHYSICAL	PHYSICOLOGICAL
<ul style="list-style-type: none"> Angle and speed of approach Defensive stance 	<ul style="list-style-type: none"> Zonal defending movements, pressure, cover, balance. Taking away passing lanes 	<ul style="list-style-type: none"> Speed, Agility, Running coordination 	<ul style="list-style-type: none"> Cooperation of 3 players
Duration 10-15 min		Area Size 30x20	
Players 9-12			
<p>Objective: Practicing concept and movements of pressure and cover, and taking away passing lanes</p>		<p>Created using SoccerTutor.com Tactics Manager</p>	
<p>Organization</p> <ul style="list-style-type: none"> Divide field in 3 zones (A-B-C) Players in A and C work together. (Attackers) The game objective is for the attacking team to move the ball between the two zones in order to score a point. Defenders will score a point if they intercept the ball. The group that loses the ball goes in the middle to 			
<p>Coaching Points</p> <ul style="list-style-type: none"> Diagonal and triangle set up in relation to the ball First defender to block later pass, by showing inside. 2nd and 3rd defender to position themselves accordingly, to take away passing lanes, and prevent forward passing. 			

Session Stage: Functional Play

4v6 Defending

back 4 movements when the ball is pressured or not pressured

TECHNICAL	TACTICAL	PHYSICAL	PHYSIOLOGICAL
<ul style="list-style-type: none"> • Angle and speed of approach • Defensive stance 	<ul style="list-style-type: none"> • Back 4 movement • Pressured and non pressured ball movements 	<ul style="list-style-type: none"> • Speed, agility, running coordination 	<ul style="list-style-type: none"> • Cooperation • Mental strength • communication

Duration 20 min

Area Size 3/4 field

Players 12 –18

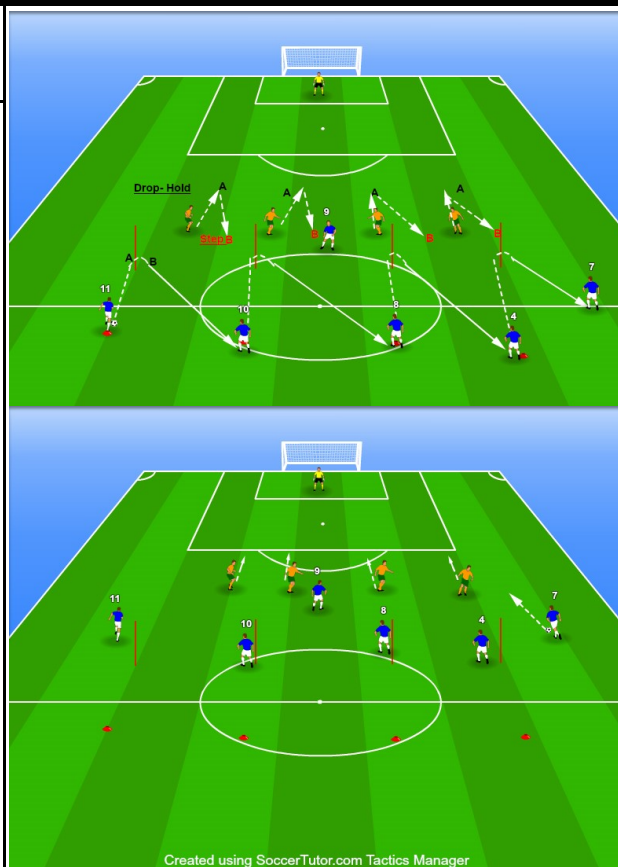
Objective: this exercise is designed to teach the back 4 in recognize how to move in relation to a ball that is pressured or not pressured.

Organization

- Set up field as per graphic
- Defending team has the back 4 plus a keeper
- Attacking team has 6 players
- Back 4 starting position is a 5 yards from the edge of the center circle.
- Attackers start at the edge of their own center circle
- Play starts with 11 on the left dribbling towards the pole or cone.
- As 11 starts the approach to A, the back 4 drops. (Unpressured ball)
- When 11 turns around the pole in B and makes a pass to 10, the back 4 pushes up. (Pressured ball)
- The exercise continues until the last player 7 receives the ball.
- After receiving the ball, 7 will start dribbling towards the goal and all 6 attackers move forward to score a goal, while the back 4 will drop to the edge of the box to defend

PROGRESSION

Exercise to be progressed to a small sided game always keeping in mind the main objective of the session



Created using SoccerTutor.com Tactics Manager

Coaching Points

- Body position of each defender to be sideways on.
- Recovery lines towards the center of the goal.
- 1 center back to guide the back 4
- Diagonal and triangle set up defensive set up
- Zone defending principles

Note

- Back 4 always to move together.
- In a situation of numbers down, the back 4 will drop to 5 yards in front of the penalty box to form a compact defensive line to defend zonally.