

Session Stage: Warm up		Back 4 training		Age group: U13 –U18	
TECHNICAL	TACTICAL	PHYSICAL	PHYSICOLOGICAL		
<ul style="list-style-type: none"> <li>Angle and speed of approach</li> <li>Defensive stance</li> <li>Marking</li> </ul>		<ul style="list-style-type: none"> <li>Speed, Agility, Coordination</li> <li>Flexibility training</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to Session theme</li> </ul>		
<b>Duration:</b> 10 min		<b>Area Size:</b> 40x30		<b>Players :</b> 12–18	
<p><b>Objective:</b> Physical warm up stage with technical preparation to the session theme</p>			<p>Created using SoccerTutor.com Tactics Manager</p>		
<p><b>Organization</b></p> <ul style="list-style-type: none"> <li>Set up 4 mirror agility obstacle courses, each with a manikin at the end. (large cones are fine too)</li> <li>Divide players in 4 groups.</li> <li>Each player goes through the course, all the way to the manikin to take up a defending stance.</li> </ul>					
<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>Sideways on position with the back foot aligned with the ball.</li> <li>About 2 yard distance, balanced and comfortable stance .</li> </ul>			<p><b>Note</b></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"> <li>Angle and speed of approach</li> <li>Defensive stance</li> </ul>	<ul style="list-style-type: none"> <li>Individual defending</li> <li>When and how to approach in defending</li> </ul>	<ul style="list-style-type: none"> <li>Speed, Agility, Running coordination</li> </ul>	<ul style="list-style-type: none"> <li>Dealing with time pressure</li> </ul>		
<b>Duration</b> 10 –15 min		<b>Area Size</b> 10x10		<b>Players</b> 12 –18	
<p><b>Objective:</b> 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><b>Organization</b></p> <ul style="list-style-type: none"> <li>Set up 4 groups of players around a 10x10 grid as per graphic.</li> <li>Player A passes the ball to B.</li> <li>As the ball travels, D comes out to challenge the ball and take a defensive position.</li> <li>After the pass A goes behind D and D behind B.</li> <li>Plays continues with B passing the ball to C, and A coming out to challenge.</li> </ul> <p><b>Note:</b> Receiving players must take two touches.</p>					
<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>Speed and angle of approach by the challenging defender.</li> <li>Balanced stance.</li> </ul>			<p><b>Note</b></p> <ul style="list-style-type: none"> <li>Defender must start its challenging approach as the passer is about to kick the ball.</li> <li>Defender to start to slow down its approach as he/she gets close to the receiving player, and reach a balance position.</li> </ul>		

Session Stage: Technical		4v2 Defending (Pressure/cover)	
TECHNICAL	TACTICAL	PHYSICAL	PHYSIOLOGICAL
<ul style="list-style-type: none"> <li>Angle and speed of approach</li> <li>Defensive stance</li> <li>Marking</li> </ul>	<ul style="list-style-type: none"> <li>Zonal defending movements</li> <li>Pressure, cover combination</li> </ul>	<ul style="list-style-type: none"> <li>Speed, Agility, Running coordination</li> </ul>	<ul style="list-style-type: none"> <li>Cooperation of 2 players</li> </ul>
<b>Duration</b> 10–15 min		<b>Area Size</b> 15x15	
<b>Players</b> 12–18			
<p><b>Objective:</b> 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><b>Organization</b></p> <ul style="list-style-type: none"> <li>In a 15x15 grid, 4 attackers stand outside the grid, one player at each corner, while 2 players are inside as defenders.</li> <li>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)</li> <li>The two defenders will try to prevent that by having the first defender challenging the ball and the second defender providing cover.</li> <li>Attackers must take 2 touches</li> </ul>			
<p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>Speed and angle of approach by the first defender</li> <li>Stance and distance</li> <li>Distance and angle of cover by second defender</li> </ul>		<p><b>Note</b></p> <ul style="list-style-type: none"> <li>It is important that defenders are balanced in their position and take a stance to make play predictable</li> <li>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</li> </ul>	

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

**Session Stage: Functional Play**

**4v6 Defending**

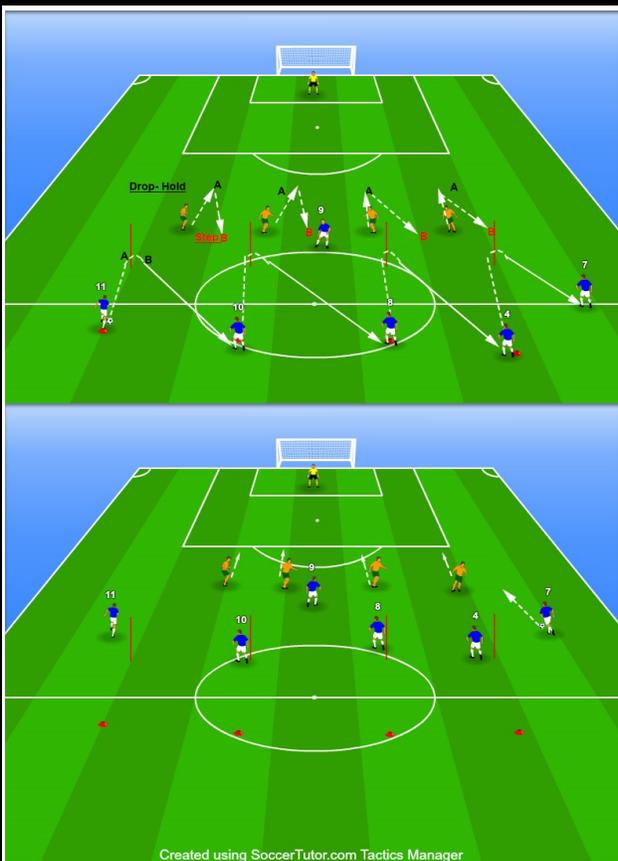
back 4 movements when the ball is pressured or not pressured

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

**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



- 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.