

Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
Check pitch for hazards and make sure the goals are properly anchored. Do players have shin pads on and laces tied. All jewellery removed, no chewing gum Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?					
Topic	Defending	Specific Objective	To improve players knowledge of when to tackle and when to retreat and buy time.		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction	No. 62 “Delay”	Use lots of vocal encouragement to help players focus on buying time by retreating and keeping the ball in front. <i>“time favours defence”</i>  Use the developments as appropriate, recovering defender should be talking all the time to 1st defender. Look at how the recovering defender assists as he gets back into position.			10 mins
Skills Practice	No. 27 “Five v Three”	Attackers should find it easy to make penetrating passes in this game. Defenders need to be pressuring the ball and buying time for the other two to get back and help.  You may want to add a rule that attackers have only a given number of seconds to score a point and all passes must be on the ground. The defenders win if they can delay the attack long enough.  Swap roles regularly.			15 mins
Small-Sided Game	Observe whether players make good decisions on when to tackle and when to retreat and delay.  Keep praising patience, and other player’s willingness to get back and support defender urgently.				20 mins
Cool Down		Have players practice jockeying in pairs 1 ball between two, swap roles regularly. Static stretches. Review today’s coaching points with Q&A explain how you will develop the topic next time			5 mins
Review	On a scale of 1-5 was the session..		What would you want to change next time?		
	Safe?				
	Effective?				
	Fun?				

## No. 27 “Five v Three”

- ☐ Possession
- ☐ Defending pressure
- ☐ Control
- ☐ Chip Shot (development)

U8 x  
U10 ?  
U12 ✓  
U14 ✓  
U16 ✓

path of player



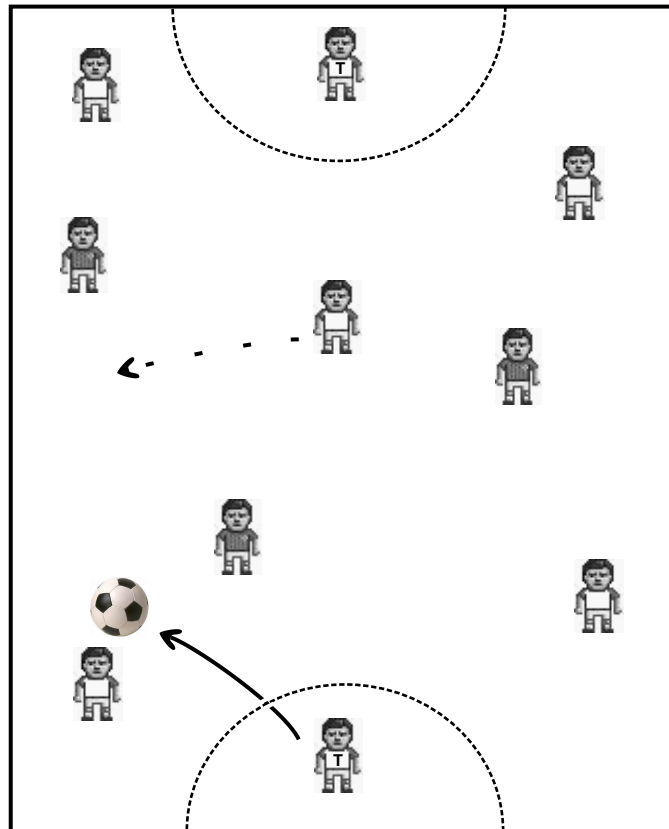
path of ball



path of player  
with ball



**Grid Size**  
**30x50yds**



This drill begins to introduce the element of pass selection. With many possession drills a pass in any direction is as good as in any other. In the real game of course we want players to make forward passes whenever possible. By making it five versus three the attackers have a significant advantage, and if they use the space effectively they should succeed every time. Frequently the defenders will win giving you plenty to coach.

## Organisation

Target players are restricted to D - shaped areas  
Five attackers attempt to receive ball from one target player and pass to the other  
Ball must be controlled inside target area to count  
Three defenders attempt to win the ball and pass it out of the grid  
Original target player may be used for support pass  
Ball must be controlled by target player inside area for point  
Make it competitive - set time limit for each round and keep the score

## Coaching Points

- ♦ Create space quickly as a team
- ♦ Get wide and long, stay half turned to ball
- ♦ Receive ball in open body position
- ♦ Pass selection - always forward if it is on
- ♦ Movement to support ball
- ♦ Angle and distance of support
- ♦ Pass - accuracy, pace, timing and disguise
- ♦ Good decisions - pass to feet or space?
- ♦ Control of final pass by target player
- ♦ Work rate and organisation of defenders

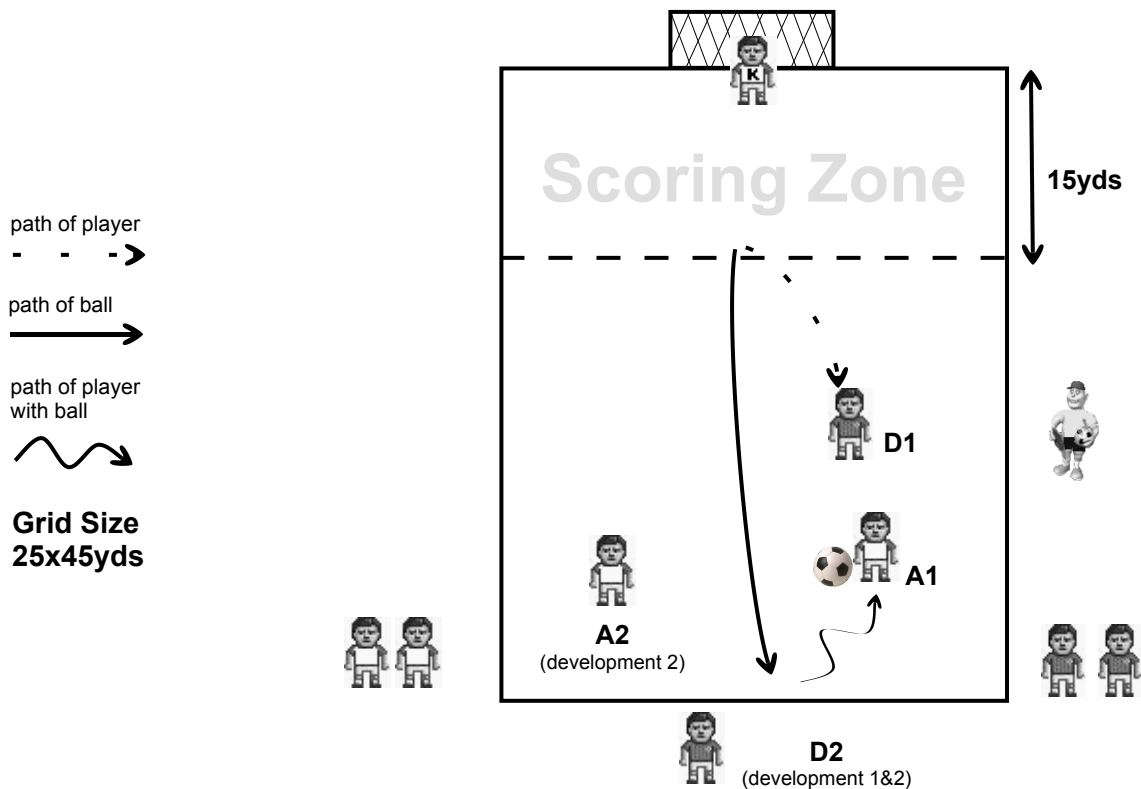
## Development

- i Restrict attackers to two touch
- ii Don't allow supporting pass back to target player who served ball
- iii Ball must be chipped into target and controlled on the volley

## No. 62 “Delay”

- ☐ Defending
- ☐ Attacking Combinations (development)

U8 ✗  
U10 ?  
U12 ✓  
U14 ✓  
U16 ✓



It is a major challenge to convince young players that their first priority as a defender is not necessarily making the tackle at all costs. This drill will help to teach players the importance of holding up an attacker, being patient and buying time for his teammates to get back and help. Don't praise them for making a premature tackle, next time the attacker might be more skilful and go straight past them.

## Organisation

Set up the grid as shown with a line marked to indicate the scoring zone  
The defender D1 starts on the edge of the scoring zone and passes to the attacker  
D1 closes down and must slow down the attacker for as long as possible  
He may not make a tackle but can steal the ball if the attacker mis-controls it  
The attacker cannot shoot until he gets into the scoring zone  
Coach measures how long the defender can keep attacker out danger zone  
After each attacker has had a turn the teams swap roles  
Make it competitive - keep the score and play for a set number of rotations

## Coaching Points

- ♦ Close down fast, meet attacker as far out as poss.
- ♦ Don't dive in, get balanced and jockey
- ♦ *“Close down, slow down, sit down”*
- ♦ Look carefully at foot & body position
- ♦ Retreat by jockeying backwards, *“Buy time”*
- ♦ Get the attacker moving wide to safer area
- ♦ *“Show the attacker”* onto weak foot if possible
- ♦ Draw the shot from wide if necessary
- ♦ Stop retreat and make a stand on edge of area
- ♦ Pace and effectiveness of recovering defender

## Development

- i Recovering defender D2 joins in on coach's signal, now the defenders can make the tackle
- ii Second attacker plays to make 2v2 with recovering defender, play off-side to keep it realistic

## No. 28 “Three Teams”

- ☐ Possession
- ☐ Defending

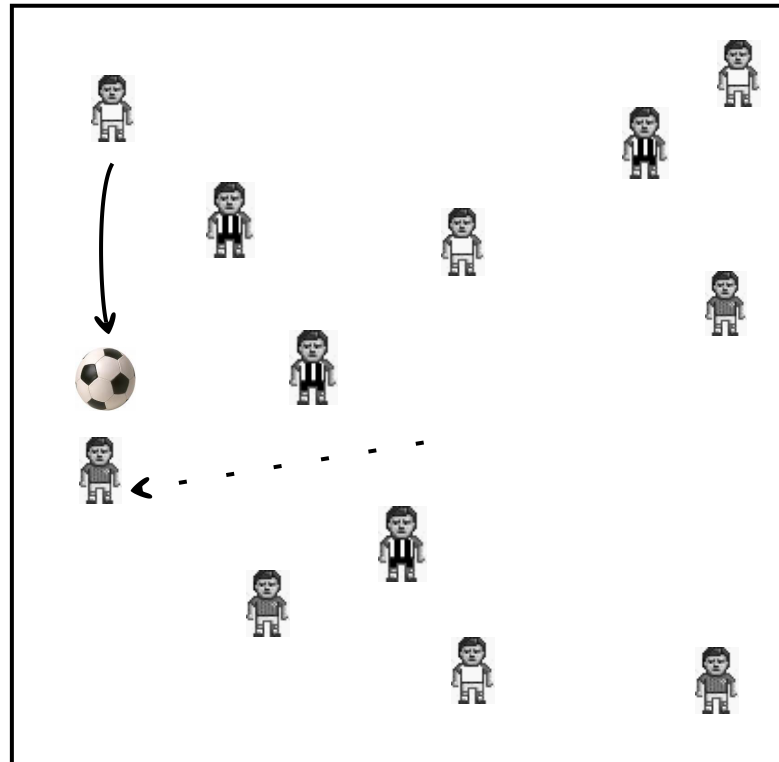
U8 x  
U10 ?  
U12 ✓  
U14 ✓  
U16 ✓

path of player  
- - - ➔

path of ball  
————➔

path of player  
with ball  
~~~~~

**Grid Size**  
**20yds**  
**Square**



The ability to keep the ball is the foundation of an effective team. You could use this simple and effective drill at every session all season and still be coaching a different aspect of possession every time. Adjust grid size and rules to ensure success early on and gradually increase demands as their success and confidence grows. Choose your specific topic for the day and freeze the action when possession is lost for that particular reason.

## Organisation

Grid size determined by number and ability of players  
Three evenly matched teams with bibs  
Two teams work together to keep possession against third team  
When possession is lost, the team of the player responsible takes over defending  
Fault may be bad pass/control or failure to move in support - coach's decision  
Make it competitive - challenge defending team to win ball within 5 passes

## Coaching Points

- ♦ Spread out in possession “*make the pitch big*”
- ♦ Play with your head up “*see the picture*”
- ♦ Pass selection away from pressure
- ♦ Angle and distance of support
- ♦ Movement to support player in possession
- ♦ “*Get out the defender’s shadow*”
- ♦ Communication - shout if you are in good position
- ♦ Pass - accuracy, pace, timing and disguise
- ♦ Receive ball in open body position
- ♦ First touch - away from pressure if necessary
- ♦ High work rate by defenders
- ♦ Stay compact - isolate player in possession

## Development

- i Fitness - Keep one team in for agreed period of time - keep plenty of spare balls available
- ii Limit players to two touch
- iii Can only pass to player in different colour bib
- iv Limit one or both teams to one touch