



## Screen 1

### Primary Focus

Practical 5: Defending the Lines / General Practice

Understand when and how to defend the opposition playing through, around or over

### Organisation

Coach is to position themselves on the outside ready to feed balls in when required. Four mini goals (or cones) are to be placed on the outside of the session for the red team to score into

### Area Size:

35m x 25m (this may vary due to age/ability of the players and the physical demands required)

10x10 central box for the single blue opposition player to play in

Play 4 x 3 minute periods with 2 minute breaks

### Explanation:

The blues start with the ball with the reds trying to win back possession. The Reds at all times are trying to break passing lines into the blue player within the box. Of course, the blues keeping the ball outside of the box is also an issue for the Reds. The coach needs to work with the Reds on finding the balance of pressing the ball and breaking passing lines into the player in the shaded area. A progression will be that the blues can then rotate the player within the shaded box with another player outside of the shaded box. This gives the Reds a further problem of defending not only the passing lines but also considering the opposition movement. Eight passes around the outside would be a goal for the blues which should ensure the Reds press the ball at all times. If the blues bounce the ball off the player in the box then this is worth double goals. This should ensure that the Reds are conscious at all times of protecting the box whilst pressing the ball. If the Reds win the ball they get to score in the mini goals

### Challenges, Conditions & Targets

You're working with the reds here so you don't want them to have too much time or success in possession. We want the reds defending the lines as much as possible.

Block 1: Defend the yellow box, stop split passes, defend narrow (eight passes is a goal / double goals for playing through the yellow box)

Block 2: Press the ball earlier, limit opposition passes (blues, six passes is a goal, double goals for playing through the box)

Block 3: Blues can play how they like, the reds must defend the blues keeping possession or looking to penetrate more by playing through the box

### Progression (Harder)

Less passes for the blues to score

All in, unlimited touches for the blues

Managed countdown for the reds to score in the mini goals if they win possession

Rotate the blue players so on a whistle / or when they like, the player within the shaded area swaps positions with a player outside of the shaded area

### Regressions (Easier)

Limit the touches of the blues or increase the number of passes per goal

Limit the touches of the player within the shaded area

Increase the amount of time the reds get to score (slower managed countdown)

### Key Points

Fast pressure on the ball

Protect the middle

Stay narrow and compact

Limit split passes

Protect the space over the top

### Interventions

*Concurrent*

*Terminal*

Walk Through

Coaching Process

### Problem

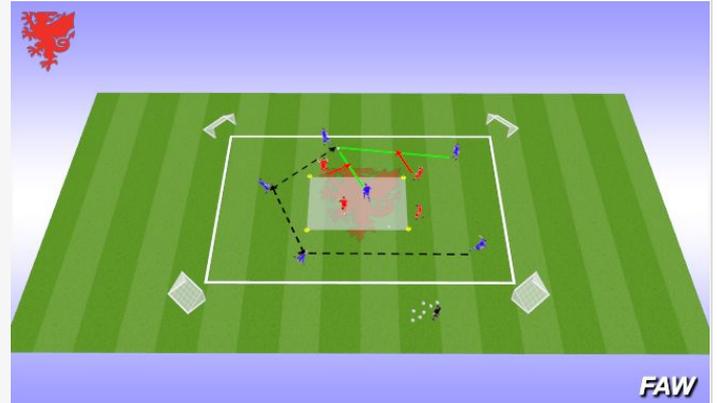
Manage the blues to move the ball quickly and utilise the area well. Challenge them to keep possession but look for those opportunities to get the ball into the central player

### Solution

Work with the reds to break passing lines, consider space, glance over shoulders to weigh up the opposition

### How do we measure success?

Observe the actions of the red players to limit blues passing lines. Gauge how they work as a team and communicate to become an effective unit



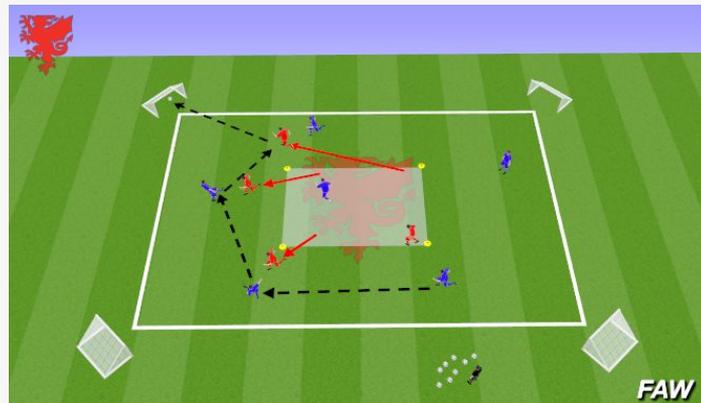
## Progression

### Progressions (Harder)

Lessen the number of blues passes to ensure the reds press the ball as well as break passing lines into the central player. Success on them winning the ball would be to score into the mini goals.

### Regressions (Easier)

Increasing the Number of blue passes would ensure the Reds have more time to win the ball back. Considering he is also the physical exertion of the red steam pressing as this needs to be really balanced so they can maintain some kind of intensity



## Progression

### Progressions (Harder)

A second progression could be that we ask the blues to rotate a player from the outside of the shade area with a player on the inside of the shaded area. This gives the red players an issue, especially the player highlighted "A" as they not only have to try and break passing lines but also Check their shoulders to consider any player movement behind them. Red player "B" is also key here as they can communicate to player "A" as they can see this happening and encourage player a to check their shoulders and limit the passing lines for the blue team

### Regressions (Easier)

For the blues: Less touches, Giving less time to a managed countdown when in possession rushing them almost which gives the Reds a higher probability of winning possession

