

Training of the team unit: 2. Defensive play

1. 0 v 11 – imaginary game

Organisation:

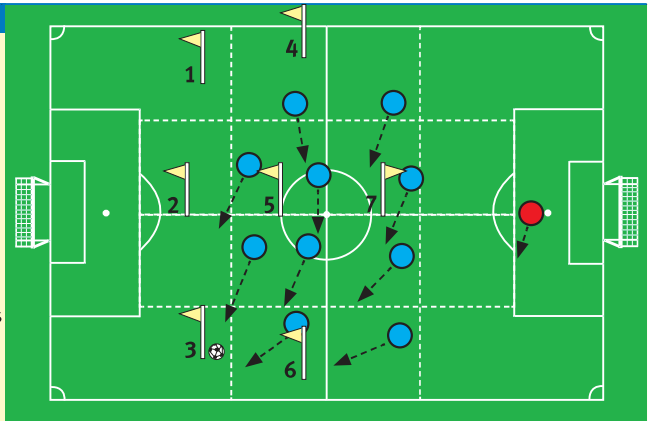
- The ● team plays a 4-4-2 system (or 4-3-3 / 3-5-2).
- The playing area is marked out in zones (these zones mark the different zones of occupation of the team); the opposing defence comprises either poles or static players.

Procedure:

- The ● team moves according to the instructions issued by the coach.
- e.g. the team moves as a block towards whichever pole is indicated by the coach (poles 1, 2, 3, etc.)
- Emphasis is on quick and aggressive movement; the players have to apply the tactical instructions dictated by the coach.

Variations:

- The poles are replaced by 6 players passing the ball to each other; the team moves as a compact block.



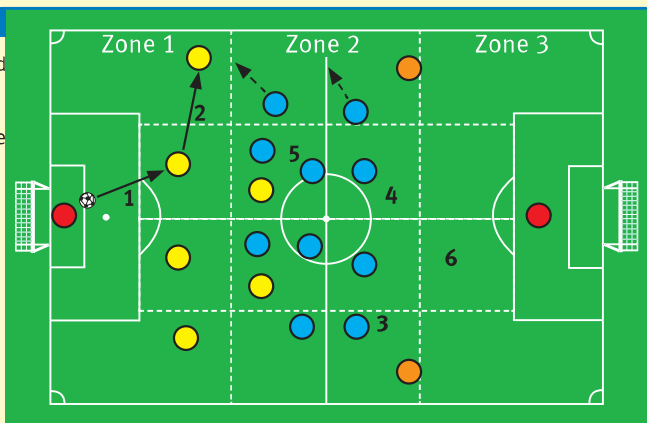
2. 5 (6) v 11 – defending in the opponents' half

Organisation: – The ● team has numerical supremacy and is organised according to its chosen playing system. – The ● team has 6 players + 1 goalkeeper and two extra players in the opponents' half. – The pitch is marked out in zones covering the length and breadth of the pitch (these zones mark the different zones of occupation of the team).

Procedure: – The ● team tries to move the ball out of defensive zone 1; 2 or 3 passes after the ball has been received from the goalkeeper, the players play the ball deep to one of the two ● extra players. – The ● team tries to prevent the ball from being played deep and to gain possession. Once they have won the ball, the team works the ball back and then tries to retain possession in the central zone 2.

→ The coach directs play and corrects errors in the play.

Variations: – When a ● player receives the ball, he tries to score with the help of the other ● player; the ● defenders are active in zone 3.



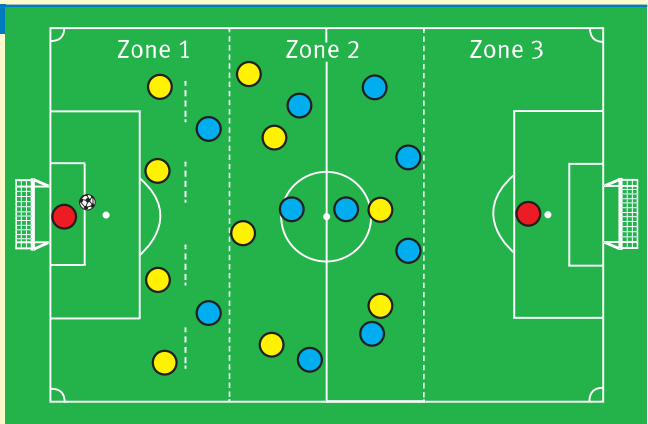
3. 8 + 2 attackers defending against 10

Organisation :

- The ● team defends with 10 players (with 8 in zones 2 + 3).
- The ● team plays with 10 players on the whole pitch.
- The pitch is marked out into 3 zones. Unrestricted play.
- Transition from defence to attack.

Procedure:

- The ● team attacks with the goalkeeper launching the attack. In zone 1, only the 2 ● attackers play a defensive role.
- In zones 2 and 3, the ● team defends with 8 players. The ● players play normally and try to score.
- When they gain possession, the ● players try to score quickly with the 2 attackers who have remained in zone 1 (the 5-metre offside zone). Play is normal in zone 1: the ● defenders defend, and the ● midfielders come up to support the attackers.



4. 11 v 11 – transition from defence to attack

Organisation:

- The ● team defends using the playing system specified by the coach (4-4-2 / 4-3-3, etc.). – The ● team attacks using a different formation. – The pitch is marked out into 3 zones.

Procedure:

- The ● team organises its defence according to which zone it is in: – In **zone 1**, the aim is to break up the opponents' play.
- In **zone 2**, the aim is to prevent the opponents from getting over the halfway line.
- In **zone 3**, the aim is not to concede a goal.
- In zone 2, the ● team cannot play a long ball forward.
- When the ● team wins the ball, play continues with no restrictions or according to the instructions issued by the coach.
- The aim is to open up play, occupy the different zones and to try to get the ball upfield.

