



## TRAINING EXERCISE

### 8 v 8 (Defending the Central Channel in own half)



	<b>Defending Principles</b> <b>Transition</b>
	<b>U9 to U18</b>
	<b>16 Players</b>
	<b>(2) Full Size Goals, (4) Corner Flags, 12 Field Markers,</b>
	<b>Intensity: 3</b>
	<b>20:00 min</b> (2 x 08:00 min, 04:00 min rest)

#### Objective

Improve individual and group defending in the central channel in order to prevent goal-scoring opportunities.

#### Description

A7v7 game environment in which the focus will be on defending the central channel in the final 3rd of the field.

#### Coaching Points

(1) Teach game cues to determine when the central defender should press and when to drop. Including coordination with the other 2 backs.(2) Teach and guide effective individual defending to prevent a turn by the opposition and/or to prevent a penetrating pass, dribble or shot.(3) Incorporate the GK into the decisions and defending actions of the backs.(4) Integrate the concepts of recovery runs and starting positions into the transition moments of the game.(5) Integrate the central midfielders into the defending decisions in order to maintain compactness and minimize service to the opposing forwards.(6) Integrate the tactical use of off-sides in order to maintain a compact vertical shape.