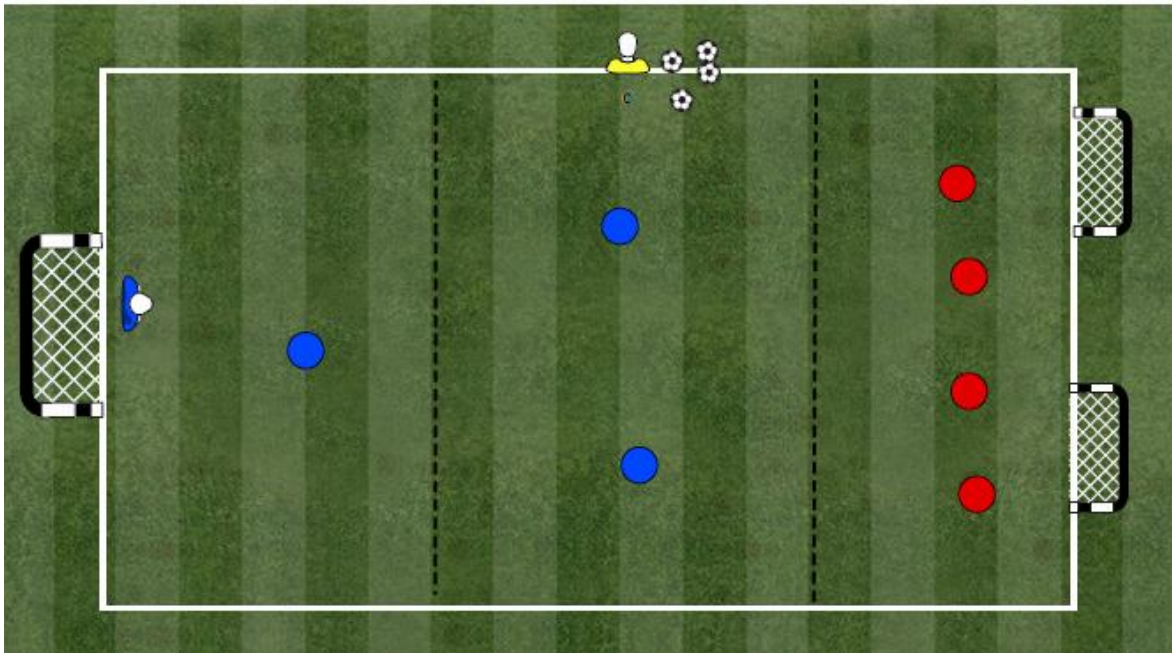


Defending as a Unit



Organisation

- 35 x 15 yards divided into 3 zones
- 1 large goal at 1 end and 2 smaller goals at the other
- Supply of balls with coach
- 4 attackers and 3 defenders with 1 GK

General Notes

- 4 A's can enter the first 2 zones to create advantage
- D's must remain in their own zones
- Only 2 A's can enter the final zone to create a 2v1 situation

Objectives

- A's attempt to score in large goal
- If D's win the ball, they must try to score in 2 smaller goals
- A's create overlaps using good movement and choices
- Passing and movement
- Angles and weight of pass
- D's keeping shape and working together

Progression

- Add additional players
- D's can enter different zones to close ball quicker
- Add a 3rd A into the final zone