

DEFENDING AGAINST OVERLOADS

AGE PHASE: U12-U16

LEVEL

- U12-U16

PRINCIPLES OF PLAY

- Body shape
- Angle of press
- Delay and dictate

PART 1: 2v2 STAGGERED TO GOAL

- This practice challenges the players' ability to manage space and limit attacking options in underloaded situations.

PART 2: WAVE GAME


- This practice challenges the players' ability to reduce attacking options and stop scoring opportunities when in underloaded situations.


PART 3: 2v3 TO GOAL

- This practice exposes the defending players to underloaded situations over large areas while defending the goal.

KEY

 Ball movement

 Player movement without the ball

 Player movement with the ball



Players



Cones



Flat marker



Cones with flat marker



Goal



Mini-goal



Mannequin



Pole



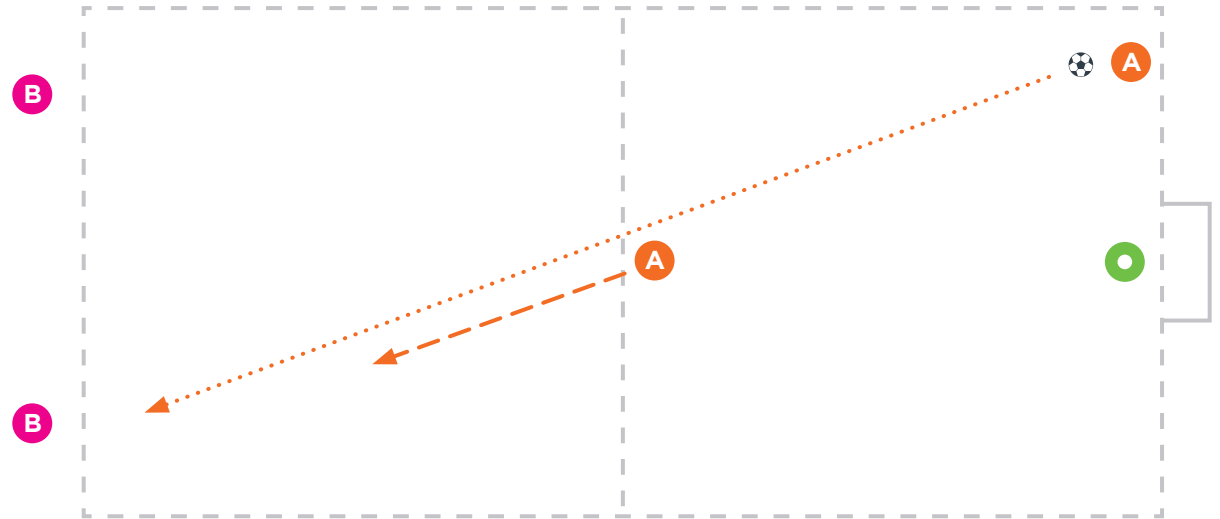
Football

2V2 STAGGERED TO GOAL

DEFENDING AGAINST OVERLOADS

PRACTICE

- This practice is designed to challenge the players' ability to defend space when in underloaded situations.
- The practice is a 2v2 staggered practice, meaning a 2v1 situation in each half.
- **Player A** on the goal line (far right) passes diagonally to **player B** the far left. The second **player A** (that starts on the halfway line) then presses the **player B** who received the pass. The two attackers (**Team B**) advance in a 2v1 in each half, with the highest starting defender working in the highest half, and the defender who plays the original diagonal pass working in the half nearest the goal.
- Attackers and defenders can swap roles or remain in their original positions to make the practice more specific to individual needs.
- Consider varying area sizes to give the defenders some chance of success.
- Progress to implement a time limit for attackers to shoot, making the game quicker and meaning defenders have to make effective decisions quicker.



COACHING DETAIL: TECHNICAL POINTS

BODY SHAPE

- Defenders must consider their body shape angles and how that can influence attacking decisions.
- The first defender should attempt to show the attacker down one side of the grid. This will give more chance to make a tackle and help the secondary defender to set up effectively.

ANGLE OF PRESS

- The first defender should approach the attacker in a straight line, slightly towards the attackers back foot. Pressing in a straight diagonal line allows for the defender to arrive at the ball quickly, but also naturally forces the attacker to one side of the grid.
- The secondary defender also must consider the angle between the ball and the goal, and how they can press down this line. Again, this will naturally force the attacker outside, as well as creating tackling opportunities.

DECISION-MAKING

- The defenders must make effective decisions as to how the attacker outside and also with the timing of their tackles or interceptions.

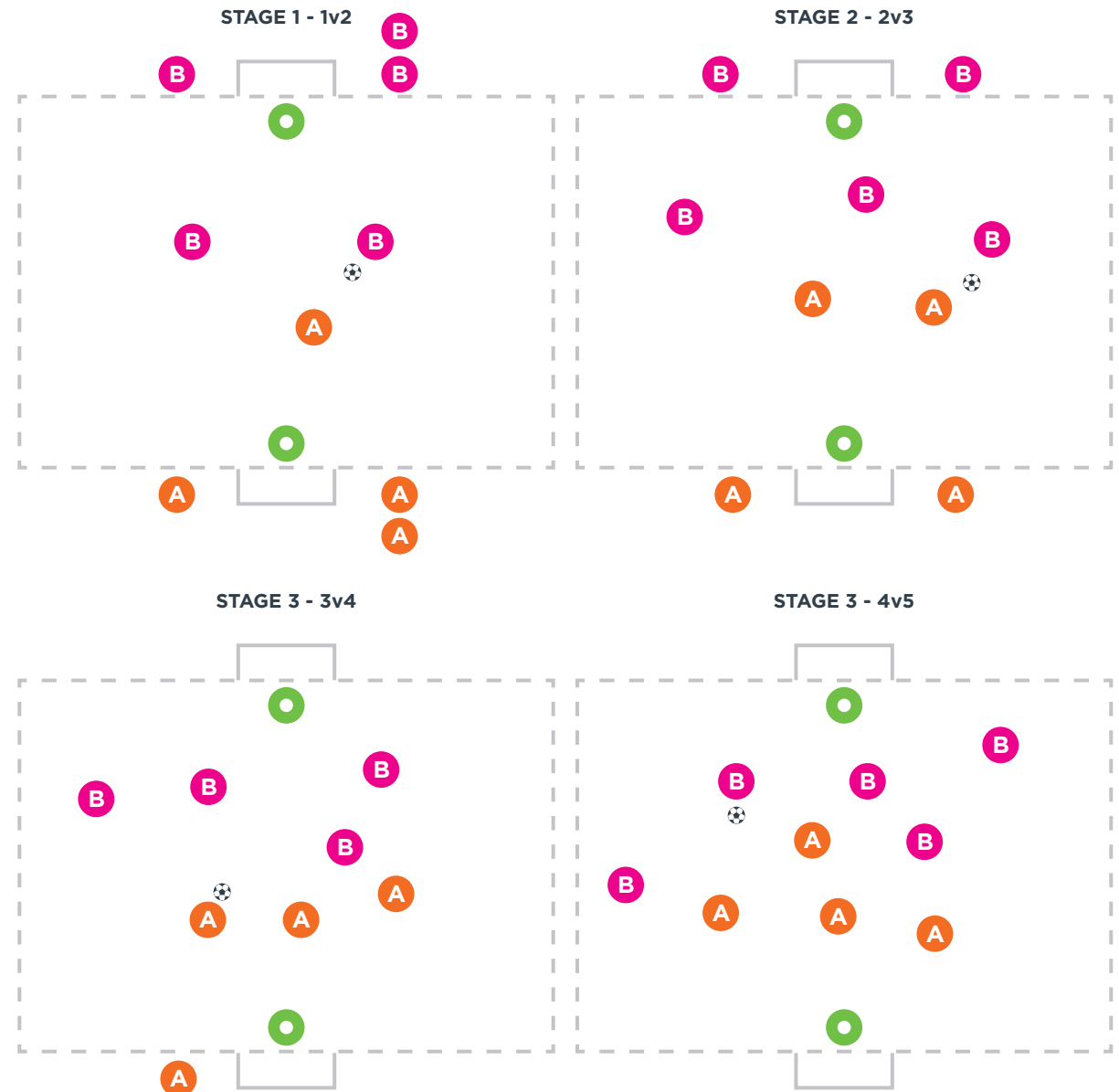
COACHING DETAIL: ATTACKING

MANAGING OPPOSITION

- You may need to provide certain coaching points to the attacking team to further challenge the defenders.
- The use of secondary runners, shifts of weight, tricks and early shots will give the defenders more to think about.

PRACTICE

- Start the practice as a 1v2, then progress to 2v3, then progress to 3v4, then progress to 4v5. Repeat the cycle once the 4v5 game finishes. Each wave will always have more attackers than defenders.
- The diagrams show how the practice runs at each stage.
- Each stage begins with a defender (**Team A**) playing a diagonal pass to the attackers (**Team B**). The defender then follows this pass to step up to the ball while the attackers drive into the space and attempt to score. The stage ends once the ball leaves the pitch, a goal is scored, a shot misses the target or a shot is held on to by the keeper. Once the 4v5 stage is played out, the practice restarts as a 1v2.
- Consider the size of the space the defenders will have to manage depending upon the numbers playing. Rotate the starting players so all defenders are exposed to the lower-number defending scenarios.



COACHING DETAIL: TECHNICAL POINTS

MANAGING SPACE

- Defenders will need to minimise space in a variety of situations. They will need to consider how body shape, angles of press and secondary defenders help their space management in underloaded scenarios.

NOT GETTING SPLIT

- Once there are two or more defenders, it is vitally important the angles the pressing players create mean the ball cannot be passed between defenders. Passes forced out wide will delay the attackers and allow defenders to recover their position, while also ensuring limiting shooting possibilities.
- From a coaching perspective, the above points can be explained to younger players by asking them to stop passes between defenders.

DELAY & DICTATE

- Standing tall with chest up and knees bent will allow for stronger tackling positions while also maintaining balance while shifting position.
- Reinforce the need to stay on feet and not 'dive in' or slide tackle when jockeying; only commit to the tackle once the player believes the ball is available to be won.

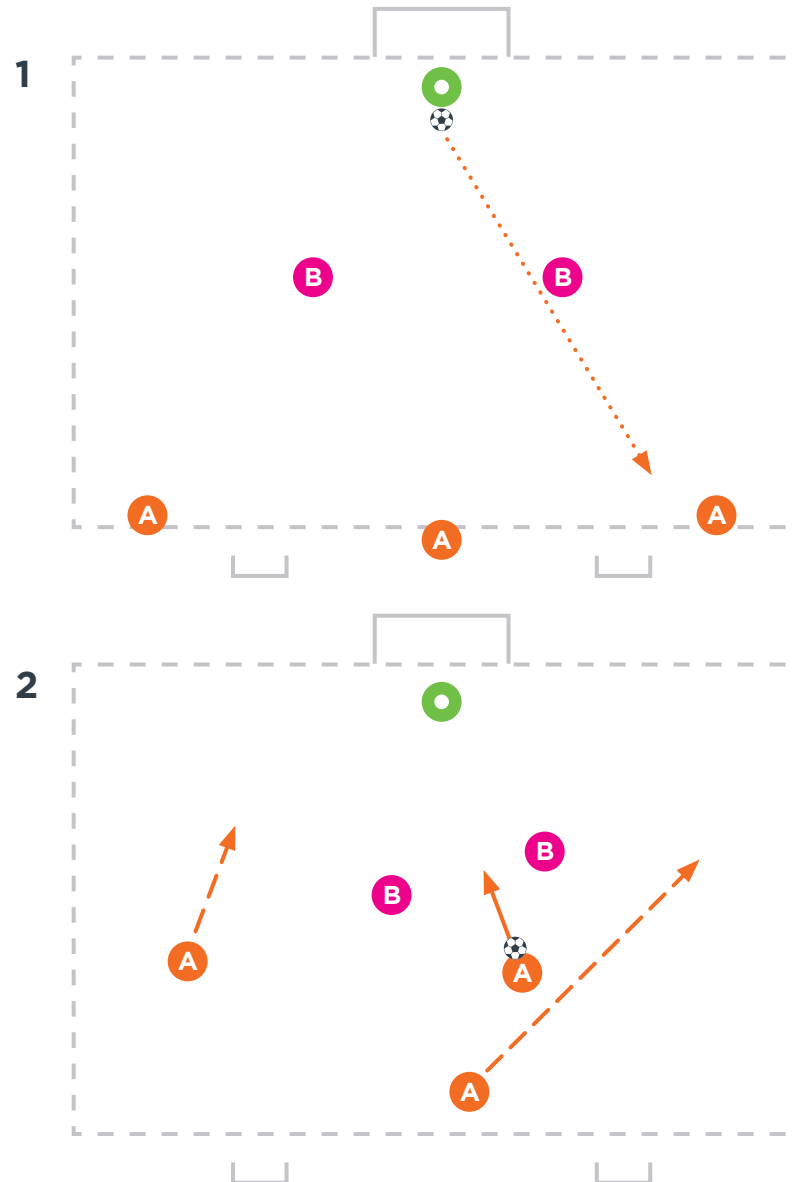
PRACTICE DETAIL

COACHING THE PRACTICE

- The practice is designed to provide an overload to the attacking team.
- Recognise that the numbers may need to change based on your situation and equipment available but always retain the numerical advantage for the attacking team.
- Reinforce key themes throughout, and recognise the need for defenders to be brave to step up the pitch and force shots from distance.

PRACTICE

- The practice starts with a long pass from the GK to one of the three designated attackers (**Team A**). As a Team A player takes their first touch, the two defenders (**Team B**) become live.
- The three attackers attempt to attack the goal and score in as little time as possible.
- If the defenders win the ball, they pass into one of the mini-goals at the end at which the attackers started.
- Play always restarts with the longer pass from the GK.
- Progress practice to involve time limits for attacking players (the time limit will create a faster attack, meaning defenders must make effective decisions quickly).
- Opportunity to allow players to attack and defend, but it is recommended to have set defenders that work in pairs with rest periods.



COACHING DETAIL: TECHNICAL POINTS

MANAGING SPACE

- It is important the defenders step as high as possible to be close enough to tackle if the attackers take a poor touch or play a poor pass.
- Also recognise that stepping up to the ball will create space in behind.

ANGLES OF PRESS

- Players must recognise the angle between the ball and the goal they are defending.
- Aim to press the ball with open hips to show attackers out wide to reduce shooting opportunities.
- Secondary defender slightly deeper than the first defender to intercept attempted split passes.

DELAY & DICTATE

- Continue to reinforce the principles to show attackers one way and make the shooting opportunity as difficult as possible for the attacker.
- If able, secondary defenders should aid the first defender to stop the attack, and look to win the ball back.

COACHING DETAIL: ATTACKING

SPEED & PURPOSE

- As always it is important to manage the opposition team to allow for your main areas of focus to be worked on.
- Encourage attackers to be creative and use speed and power to test the defenders in various scenarios.
- Any combination of situation (1v1, 1v2, 2v2, 2v3) will test the defenders in different ways, so encourage attackers to be brave in one-on-ones but also to move the ball quickly when they decide to pass.