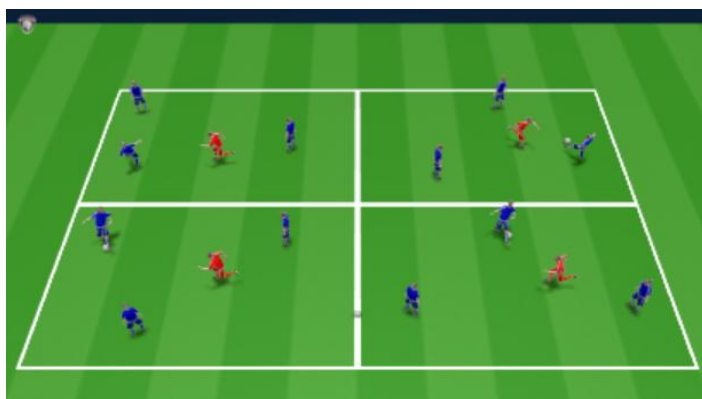


# 11v11 FOOTBALL EXAMPLE SESSION: DEFENSIVE PRESS



FOOTBALL  
DEVELOPMENT

**Suggested equipment list:** 20 cones, 20 balls, 4 mini goals, 1-2 size-appropriate goals and 2 sets of bibs



## ARRIVAL ACTIVITY: RONDO (3v1)

- Set up multiple small grids
- As players arrive to training, put them into a grid with a 3v1 possession game with defender holding bib. If defender wins the ball, attacker who lost the ball becomes defender and game continues. Create more grids as more players arrive.
- **Coaching Tips:** Let them play!

## PASSING PRACTICE (WARM UP) (15-20mins)

- To bring the defending aspect of the practice to life, place 4 players inside the area and in the defensive shape you would like your team to press (example in left side of image)
- Players on the outside start the passing pattern as shown and follow their pass whilst the players in the middle passively defend and adjust according to the movement and position of the ball. Swap the passive defenders every 2 mins.
- Once ball reaches end of sequence, player dribbles ball back and completes dynamic warm-up as pattern starts with next player.
- **Progression (right side of image):** Once sequence established, consider increasing the resistance by having defending team to go 'live' and active defend to win the ball. Add a spare player in centre to add another option for players on the outside to pass to. At this point there should be no set pattern although the ball should be moving towards scoring in goal at opposite end. Defending team aim to win the ball and score in goal at the end where ball has come from. Rotate defenders and positioning of players frequently.
- **Coaching Tips:** 'Coach on the run' by praising and encourage desired actions linked to defensive press. Potential key coaching words to emphasise (anticipate next move, close down passing lanes, put pressure on the ball, intercept and/or win the ball, transition to attack)



## POSITIONING GAME (15-20mins)

- Split players into two teams (e.g., 4v3 and 4v3)
- The ball starts with the attacking team building up looking to score in mini goal at the top of the area.
- The defending team attempt to press and win the ball and look to score in the goals at the opposite end.
- Upon every start or re-start the defending team should look to get into their defensive structure offering them the best chance to win the ball.
- Consider adjusting the size of the area or number of players (e.g., have 3v3 with one joker on defending team) to make it an appropriate level of resistance. If possible, get goalkeepers involved and attacking team try to play out from the back, and defenders win ball to score in big goal past goalkeeper.
- Teams are awarded 1 point if they score a goal. Defending team are awarded 3 points if a goal is scored after winning the ball within 10 seconds
- **Coaching Tips:** 'Coach on the run' by praising and encourage desired actions linked to defensive press. Potential key coaching words to emphasise (anticipate next move, close down passing lanes, put pressure on the ball, intercept and/or win the ball, transition to attack)
- **Coaching Points to Introduce:** Can we anticipate the next attacking move and react to it quickly? Can we close down the passing lanes of the opposition? Can we put pressure on the ball and force opposition mistake? Can we intercept and/or win the ball as soon as possible?



# 11v11 FOOTBALL EXAMPLE SESSION: DEFENSIVE PRESS



FOOTBALL  
DEVELOPMENT

## GAME TRAINING (20-25mins)

- Split players into two teams and players into appropriate positions based on your team. For example:
- Blue Team = 1-4-2-1 and Red Team = 2-3-1
- PHASE 1:** The ball will start from the goalkeeper who will play to the BLUE team that will attempt to play the ball out and score in mini goals at the opposite end.
- The RED team will attempt to win ball back a.s.a.p.
- PHASE 2:** If successful, the RED team try and score a goal past the goalkeeper in the big goal
- The BLUE team will attempt to win the ball back and still score in mini goals at halfway line
- Both teams shape in or out of possession will need to be managed to ensure there is a good level of resistance ensuring better learning outcomes.
- Teams are awarded 1 point if they score a goal. Defending team are awarded 3 points if a goal is scored after winning the ball within 10 seconds
- Coaching Tips:** Continue to add to the coaching points you have established in the first 2 components of the session to continue the chain of learning. Key coaching words (anticipate next move, close down passing lanes, put pressure on the ball, intercept and/or win the ball, transition)
- Coaching Points to Coach/ Intervene On:** Can we anticipate the next attacking move and react to it quickly? Can we close down the passing lanes of the opposition? Can we put pressure on the ball and force opposition mistake? Can we intercept and/or win the ball as soon as possible?



## TRAINING GAME (15-20mins)

- Split players into two teams to create a 7v7 (including goalkeepers)
  - Normal game, 1 point for a goal.
  - Coaching Tips:** Coach is advised to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game. Evaluate whether session has been successful
- Variation:** Keep the same setup as Game Training component and manipulate shape of team to have the potential for actions of the desired session outcome to be achieved



SCAN ABOVE

## HOME SKILL

- As a coach, you are encouraged to provide players with a 'challenge' to practice at home (e.g., perform three more juggles than a player's personal best). Challenges need to be tailored to each player's needs and abilities
- QR CODE: link to Football Australia's Skills Hub which includes a number of ideas on at-home practices players can complete based on the four core skills
- Contribute towards hours of deliberate practice to develop technical expertise