



BREAKING DOWN A COMPACT DEFENCE

Date: Oct 28, 2018

Duration: 1:10

Team: SoccerSpecific

Intensity: ● (6/10)

Category: Tech / Tact



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Setup: An 11v10 is organised as shown. Playing area utilised to replicate RED team defending in a mid to low Block. Buildup (Black) team circulates the ball while RED adjusts / defends.

Instructions: TACTICAL WARMUP - AGAINST A COMPACT BLOCK:

Play starts with Coach (C) each time with a pass to GK (A): Goalkeeper (A) must initiate the buildup with a pass to either Central Defender. Emphasis on the Buildup team - circulate the ball with 2-touch play to force the defensive team to shift. Defensive team (Red) must stay organised and compact to attempt to deny penetration. Coaching stoppages to highlight passing / penetration options. Time 6-8min. Phase 2: Move to a Midfield defensive block. 1x6-8min. TOTAL = 2x6-8min.

Coaching Points: RED team - stay compact and shift. BUILDUP TEAM - Look for vertical passes - this forces the Defensive team to squeeze the space = more compact. Change the point of attack quickly. Rotate positions to disturb Defensive team and pull players out of position. Positioning between lines of opponent - find the gaps. *Gradually build the rhythm and intensity as warmup progresses.



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Setup: An 11v10 is organised as shown. RED defending in a mid to low Block. Buildup (Black) team circulates the ball starting with a pass from their GK (A).

Instructions: TACTICAL WARMUP - BREAKING DOWN A COMPACT BLOCK (Midfield Area): Ball starts with GK (A) inside 18-yard box. Central Defenders have dropped to receive the ball; this invites the RED team to defend from the midfield area. Black team must circulate the ball with 2-touch play while the RED team shifts; emphasis is on moving the RED team in order to open up opportunities / space to attack on opposite side of the pitch. Defensive team (Red) must stay organised and compact to deny penetration. Strikers must now co-ordinate to press / steer the opponent. Coaching stoppages to correct positioning. Time 6-8min. Phase 2: In Diagram - Midfield defensive block. 1x6-8min. TOTAL = 2x6-8min.

Coaching Points: Buildup Team: Circulate the ball quickly with max 2-touch. Look to penetrate / probe with vertical passes - this forces Defending team to tightly close passing lanes = more compact. Recognise if/when the Defensive team has shifted to allow a quick switch to the opposite side. Rotations of players in positions to disturb Defending team



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Setup: A 5v5 in each segment of the pitch + 1 'Neutral' player; Neutral Player is a Central Midfield player (#6) who supports the defensive team. Pitch is divided in two (coned line).

Instructions: POSSESSION - PLAYING AGAINST A COMPACT DEFENCE:

Coach starts play with a pass to the Black team on either side of the pitch. Neutral (#6) plays for the DEFENDING team. Emphasis on BLACK team maintaining possession and scoring by penetrating the endline to score in mini-goal; if they switch the ball to the opposite side they have a 5v5 situation before the Neutral player can offer Defensive support. Defensive team must stay compact and use numerical advantage (6v5) to prevent any successful scoring chances. Progression: On switch to opposite grid - allow one of the Black team to travel across the grids = 6v6. Defensive Team (Red) score by winning possession and scoring in counter mini-goal. 2 x 6min : Rest 2-3min - Change Roles after 6min - allow RED to Buildup in Opponents' half.

Change #6 Player each block to avoid fatigue of transitioning across.

Coaching Points: Defensive team: Stay compact; prevent penetration.



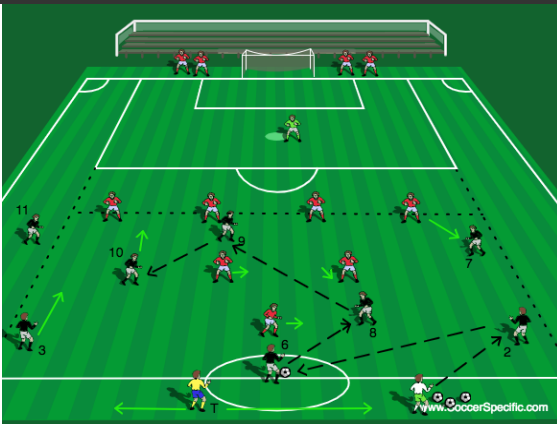
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Setup: RED defensive team = Back-4 + 3 Central Mids + GK vs 8 Attackers (Black). Target (T) for Defensive team.

Instructions: BREAKING DOWN CENTRAL COMPACTNESS - Play starts with a pass from the Coach to any of the Attacking players (Black). Emphasis is on the Attacking team penetrating through central areas. Black team must circulate the ball quickly to force the RED team to adjust - the 2 Central Mids for RED can be moved to create space to the sides. Only one player - either winger or Fullback may be in the outside channel. Progression: Add R + L mids for RED / C.Defenders for BLACK.

Coaching Points: Defensive Compactness - Deny central areas

Attacking Team: Circulate the ball quickly. Look for spaces between the lines / at sides of 2 Central Mids.

Try to penetrate centrally - probe / pass - this draws the defensive team more central + compact which can open up opportunity to attack wide area.

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