

Session Plan 8 – Topics: Triangulation & the 2nd Defender's Two Jobs

4v2 KEEP AWAY

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Time: 10mins

Size: 20x10 yards

Organization / Equipment: Cones & Balls

Explanation: Players try steal or spoil possession to switch roles or change the defenders ever 1-2 minutes.

Coaching Points:

- i) Pressure quickly (Close Down)
- ii) Jockey with body side on and balanced to channel the play & split the field (Slow Down & Get Down)
- iii) Anticipate & read cues (eyes, hips, shoulders, etc) to intercept directional pass (Show Down)
- iv) 2nd Defender covers the lane and marks the player based on

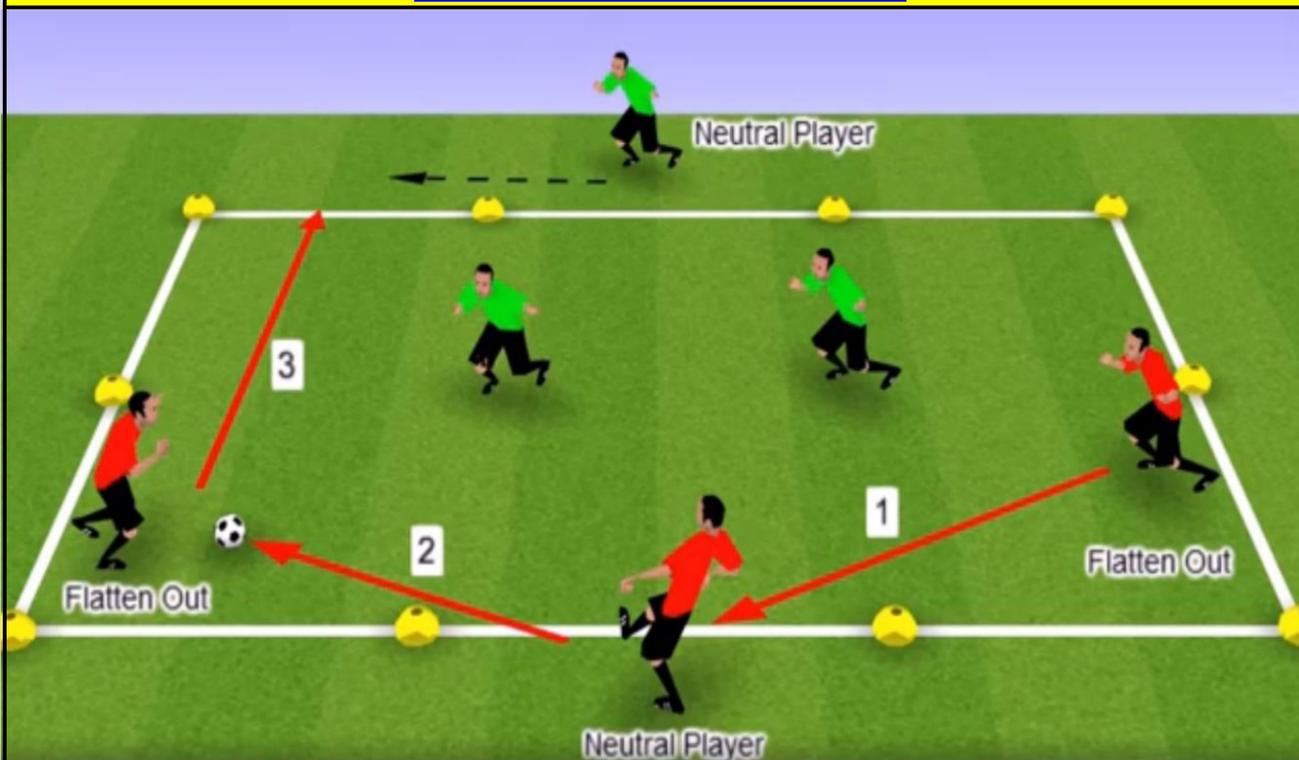
Intervention Key Questions:

- i) What tells us where a player is passing?
- ii) Why is it important to put pressure on the ball carrier?
- iii) As the first defender, how can you make it predictable and easier to intercept the ball?
- iv) What are the two jobs of the 2nd defender? How many jobs are you doing?

Constraints to Modify or Challenge: Size of playing area. Number of players

2v2+2 DIRECTIONAL POSSESSION

[VIDEO LINK CLICK HERE](#)



Time: 15mins

Size: 15x10 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: A 2v2 in the rectangle with the end players acting as floaters. Players work the ball one way and then back in the opposite direction.

Coaching Points:

- i) Pressure quickly (Close Down)
- ii) Jockey with body side on and balanced to channel the play & split the field (Slow Down & Get Down)
- iii) Anticipate & read cues (eyes, hips, shoulders, etc) to intercept directional pass (Show Down)
- iv) 2nd Defender covers the lane and marks the player
- v) Get together – Go together – Win the ball together

Intervention Key Questions:

- vi) What tells us where a player is passing?
- vii) Why is it important to put pressure on the ball carrier?
- viii) As the first defender, how can you make it predictable and easier to intercept the ball?
- ix) What are the two jobs of the 2nd defender? How many jobs are you doing?

Constraints to Modify or Challenge: Size of playing area. Add an attacker/floater to make it harder (ie 3v2)

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ODD MAN OUT [VIDEO LINK CLICK HERE](#)



Time: 15mins

Size: 25 x 30 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: Can be played with 3v3+1, 4v4+1, 5v5+1, 6v6+1, etc. The team in possession tries to advance the ball from one side of the field to the other for a point. Each time one of their players must act as an end player. If the defenders acquire the ball, they find their players behind the line.

Coaching Points:

- i) Pressure quickly (Close Down)
- ii) Jockey with body side on and balanced to channel the play & split the field (Slow Down & Get Down)
- iii) Anticipate & read cues (eyes, hips, shoulders, etc) to intercept directional pass (Show Down)
- iv) 2nd Defender covers the lane and marks the player
- v) Get together – Go together – Win the ball together

Intervention Key Questions:

- i) What tells us where a player is passing?
- ii) Why is it important to put pressure on the ball carrier?
- iii) As the first defender, how can you make it predictable and easier to intercept the ball?
- iv) What are the two jobs of the 2nd defender? How many jobs are you doing?

Constraints to Modify or Challenge: Size of playing area. # of floaters/neutral players. There and back equals a point.

EVEN SIDED END GAME (Regular FIFA Rules)

Time: 20mins

Size: May vary but ideally 30x40 yards or more

Organization / Equipment: Cones, Balls, Pinnies & two goals

Explanation: A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

Coaching Points: -Previous coaching points

Intervention Key Questions - Previous questions

Constraints to Modify or Challenge: floater use or size of playing area