

Session Plan 19 – Topics: Triangulation & the 2nd Defender's Two Jobs

4v2 KEEP AWAY

[VIDEO LINK CLICK HERE](#)



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

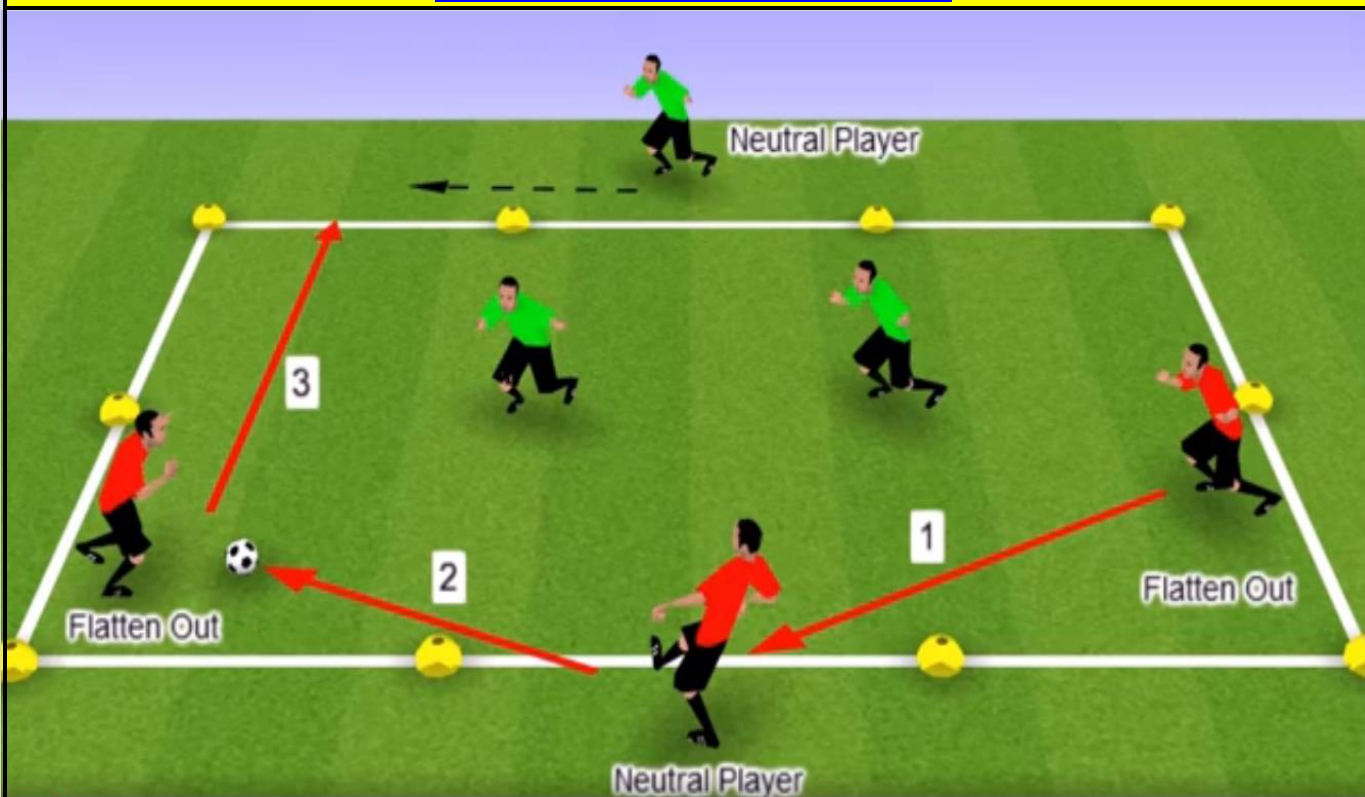
Intervention Key Questions:

- 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:

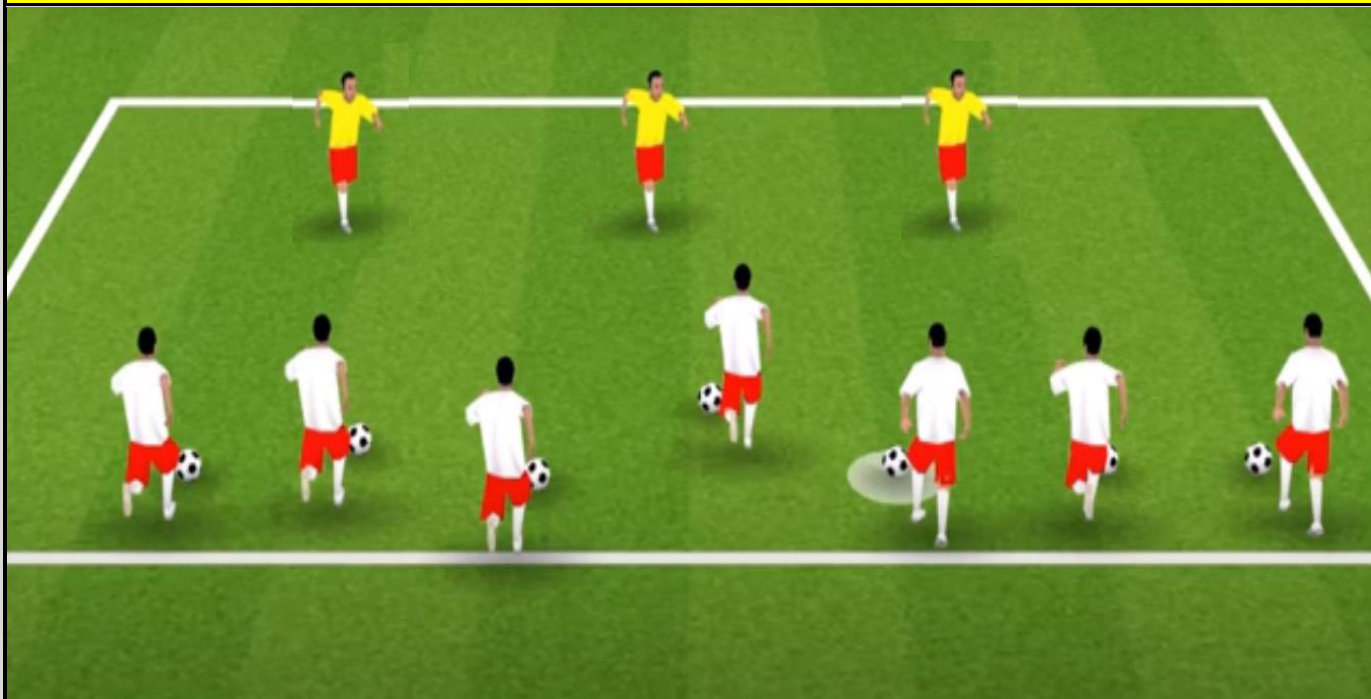
- vi) What tells us where a player is passing?
- vii) Why is it important to put pressure on the ball carrier?
- viii) As the first defender, how can you make it predictable and easier to intercept the ball?
- ix) What are the two jobs of the 2nd defender? How many jobs are you doing?

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

Session Plan 19 – Topics: Triangulation & the 2nd Defender's Two Jobs

BRITISH BULLDOG

[VIDEO LINK CLICK HERE](#)



Time: 10mins

Size: 35x 15 yards

Organization / Equipment: Cones & Balls

Explanation: Players try to avoid having their ball kicked out by the bulldogs/taggers.

Coaching Points:

- i) Close dribbling under the knee
- ii) Dribble at defender to freeze them
- iii) Distance & timing of feint/move
- iv) Be deceptive and deliberate – have a move in mind! Use it!

Intervention Key Questions:

- i) Why is it important to always have your eyes up when dribbling?
- ii) How far away should you do your move / feint?
- iii) How can I fool the defender? What moves could you do?

Constraints to Modify or Challenge: Width of playing area or the number of taggers.

EVEN SMALL SIDED END GAMES

3v3 or 4v4

(Regular FIFA Rules)

Time: 20mins

Size: May vary but ideally 15x20 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