
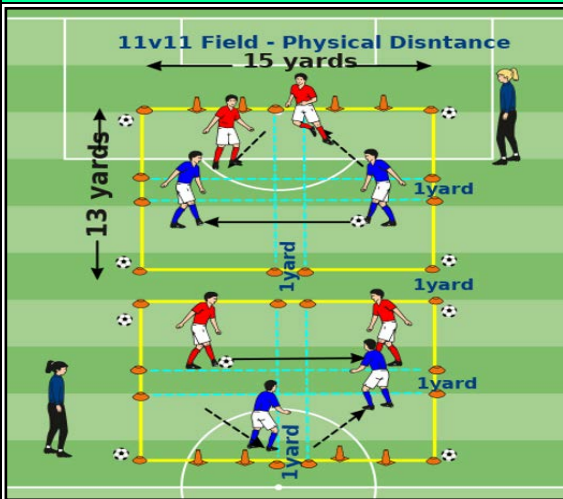


Spring 2020 13+ 11v11	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>					
	GOAL:	Improving the Defending - Pressure and Cover				
	MOMENT	DEFENDING	DURATION	45 minutes	PLAYERS	8

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

ACTIVITY 1: PRESSURE and COVER 1 **DURATION: 12 min -- INTERVALS: 6 --ACTIVITY: 1.5 min --REST: 30 sec**



OBJECTIVE: Improve the ability of the two defenders to pressure and cover.

PLAYER ACTIONS: Protect the goal, Pressure and Cover.

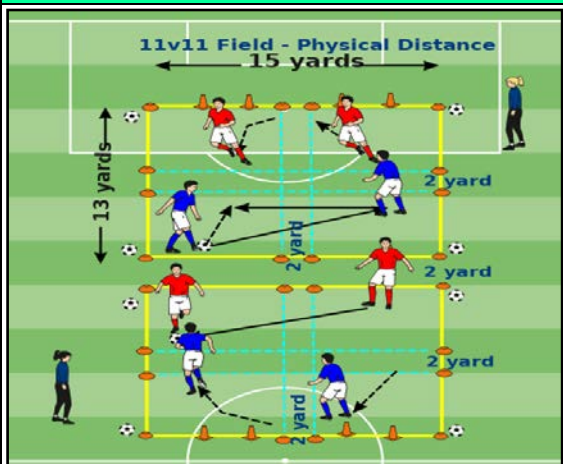
ORGANIZATION: In the attacking half, create two-15Wx13L yard grids with two 2-yard goals at one end and a vertical and horizontal 2-yard neutral zone as shown in the diagram. Place 2 defenders and two attackers in the grid. The attackers will inter-pass using two or three touches to give the defenders a chance to move to pressure the ball, cover, and switch places. Change roles every interval.

KEY WORDS. Pressure, Switch, Cover

GUIDED QUESTIONS: 1. How fast should you move to pressure? 2. Where should the covering defender be? 3. When do we switch positions?

ANSWERS: 1. Fast enough to get there as the ball arrives at the opponent's foot or a bit earlier – 2. Right behind the pressing defender closing down any passing lanes – 3. When the ball goes from one attacker to the other.

ACTIVITY 2: PRESSURE and COVER 2 **DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 sec --REST: 30 sec**



OBJECTIVE: Improve the ability of the two defenders to pressure and cover.

PLAYER ACTIONS: Protect the goal, Pressure and Cover.

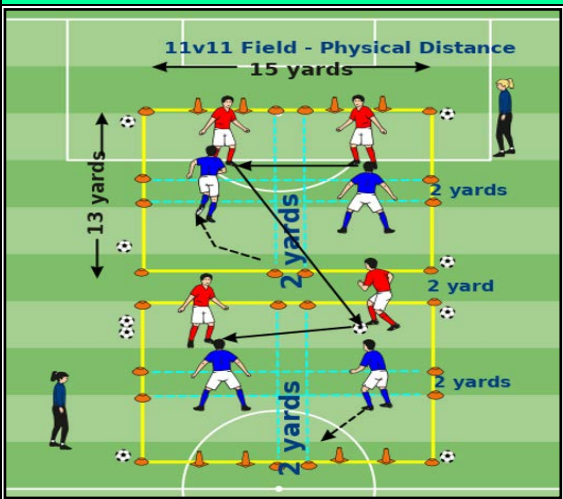
ORGANIZATION: In the attacking half, create two-15Wx13L yard grids with two 2-yard goals at one end and a vertical and horizontal 2-yard neutral zone as shown in the diagram. Place 2 defenders and two attackers in the grid. The attackers will try to score in either of the two goals. Defenders protect the goal by getting in front of the ball and pressing and try to intercept any passes to either goal. Change roles every interval.

KEY WORDS. Angle, Body position, Cover

GUIDED QUESTIONS: 1. Why do we need to approach in an angle? 2. What should be our body position to press the ball? 3. Where should the covering defender be to provide cover?

ANSWERS: 1. To close or cut down the passing lane to goal – 2. Sideways on – 3. Behind the pressing player in an angle shutting the opening in between the two defenders.

ACTIVITY 3: 2v2 + 2v2 to FOUR SMALL GOALS **DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 min --REST: 30 sec**



OBJECTIVE: Improve the ability of the two defenders to pressure and cover.

PLAYER ACTIONS: Protect the goal, Pressure and Cover.

ORGANIZATION: In the attacking half, create two-15Wx13L yard grids with two 2-yard goals at one end and a vertical and horizontal 2-yard neutral zone as shown in the diagram. The red and Blue teams are trying to get the ball to their front players to score in the opponent's goal. Defenders protect the goal by pressing, getting in front of the ball and trying to intercept any passes to goals. Change roles every interval.

KEY WORDS. Block the pass, Press, Switch, and Help.

GUIDED QUESTIONS: 1. Where do we need to be to block the pass forward? 2. Who presses the ball? 3. When do we switch? 4. How can we help the pressing defender?

ANSWERS: 1. In front of the ball sideways on – 2. The closest defender to the ball – 3. As soon as the ball moves to the other attacker – 4. By providing cover behind him/her and cutting the passing lanes.

FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>3. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>4. Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>