

Gower College Swansea Session – 17/12/2018

Session Topic – Preventing Opposition from Turning

Coach – Rhys Herbert

Drill (10 mins)



Time: 10 Minutes

Organisation:

- Set up 20x20 grids.
- Split players into groups of 4 with 2 groups in each grid.

Exercise:

- 1 group of 4 starts with a ball each.
- These players dribble around the grid with the ball.
- The other group are designated as defenders and they must follow and stay with their designated player. (Coach designate this before start).
- No tackling allowed just closing down and keep with them.
- Player in possession aims to get away into space from defender.
- Play for 2 minutes then call stop.
- Defender needs to be within touching distance of attacker.
- Switch attackers and defenders and play for another 2 minutes.
- After this 2 minutes repeat again but this time tackles allowed. Count how many tackles in 2 minutes.

Key Points:

- Keep within touching distance of the attacker.

Progression (20 mins)



Time: 20 Minutes

Organisation:

Same set up as previous exercise.

Exercise:

- Play 4v4 inside the grid.
- 1 team starts in possession of the football.
- Defending team work together to win possession off the attackers.
- If they do that they score a point.
- Play for 2 minutes then switch roles.
- After both defended add up scores.
- Rotate around with teams in other grids and continue same exercise.

Key Points:

- Working together as a group to win possession of the ball.

SSG (30 mins)



Time: 30 Minutes

Organisation:

- Make grid 25x20
- Same player set up.

Exercise:

- Play 5 minute games inside the grid.
- Teams can score in opposition 3 goals.
- 1 point for side goals.
- 2 points for middle.
- After each 5 minutes switch with teams in other grids.

Key points:

- Pressing opposition as a group.
- Prevent opposition from getting near defenders goals.