

Factfile

Category
Defending

Competition Type
Integrated, opposed,
non-contact

Area Dimensions
5m x 5m - 10m x 10m

Number of Players
8

Time Per Game
5 - 10 minutes

Objective
To block off all gaps by
backing each other up.

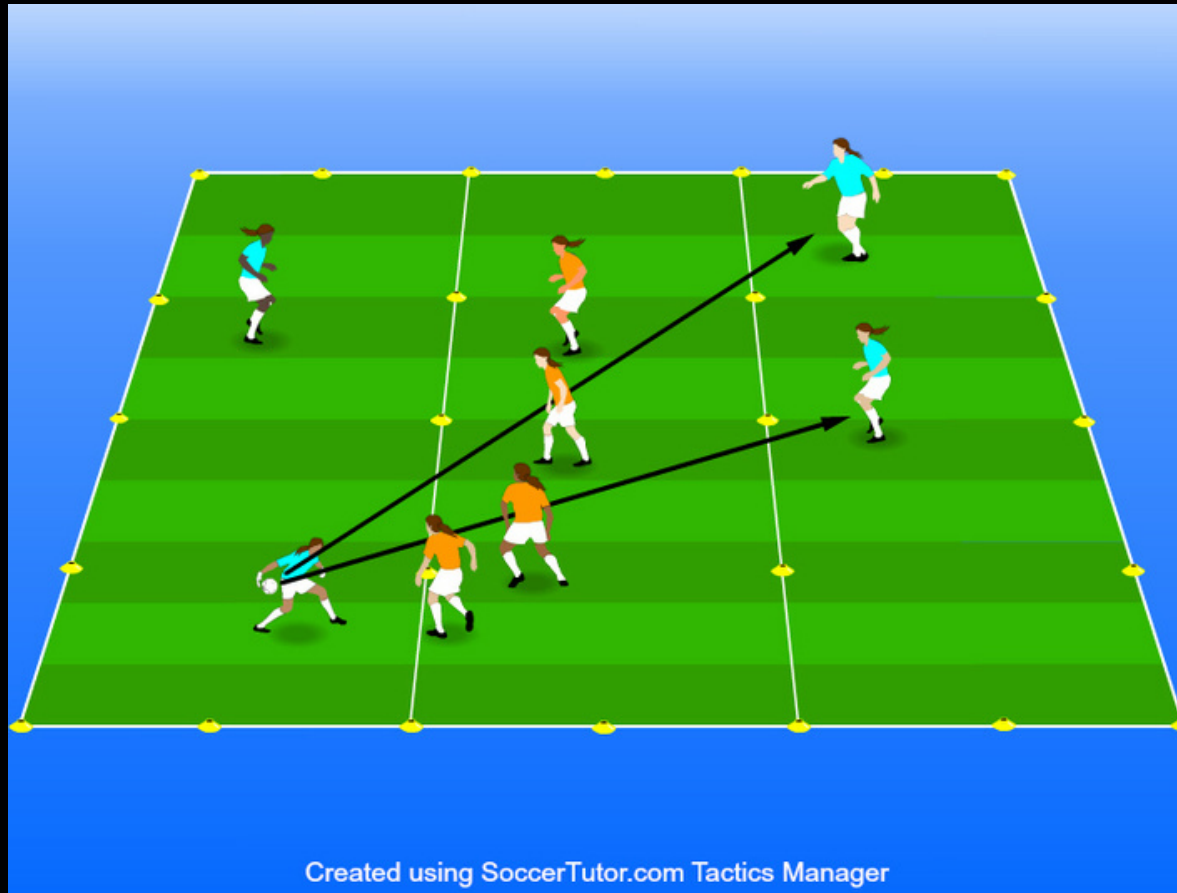
Equipment

- 26 Marker Cones
- 8 Bibs
- 1 Ball

Safety Tips

- Bend knees and point the toe towards where you are going when changing direction.
- Hold your hands up early to catch the ball and to prevent injury.

21) Defensive Unit



Created using SoccerTutor.com Tactics Manager

Tips For Success

- Move the ball by passing quickly and running with the ball to create space for a through pass.
- Work as a unit to cover the gaps as the ball is moved across the grid.
- Consider the height and depth of your position and how this affects the gap.

Independent Personalisation

- Ensure teams are balanced.
- Allow less confident players to throw above head high.
- Throw to the receiver at a pace that is comfortable for them.



Rules

- 4v4 game with 4 defenders in the middle and 4 attackers split into pairs in opposing ends. Each player is restricted to their appointed zone.
- Attackers can run with the ball or throw to each other or to their team mates in the other zone. However, they are not allowed to throw above head high so must throw through the defenders.
- Every time they throw successfully to their team mates in the opposite grid, they score 1 point. If the opposition intercept the ball, the teams swap positions.