

# Shire Cribbs U16s



Topic	Defend deep to counter attack			Date	13.12.18
Technical/Tactical Focus	<p>Tech: Individual adoption of correct body shape, positioning, reaction, interception and blocking skills to regain possession; correct passing technique, distance and accuracy; first touch to receive and hold up ball or first touch into space to run on to ball and shoot</p> <p>Tac: Unit Organisation, Communication and Collective Defending to win ball back; correct decision making on when to play forward – to space or to feet – and then choose correct supporting runs.</p>				
In/Out of Possession Principals	<p>IN: Penetrate, Support, Mobility, Width &amp; Depth, Creativity &amp; Finishing</p> <p>OUT: Delay (Deny &amp; Dictate), Depth, Balance, Compactness, Control &amp; Restraint</p>				
Team Objective	Win the ball back in a deep defensive position and then quickly counter attack				
Key Unit & Individual Outcomes and Challenges	Units		Individuals		
	<p>Primary: GK to 9; Def to 9</p> <p>Primary – build an understanding in the unit to recognise the opportunity to play forward early to either feet or in to space.</p>		<p>Primary: 9, GK, 2, 3, 5, 6      Secondary: 4, 10, 7, 11</p> <p>Primary – GK and Def – choose correct passing option to hit 9 to feet or in space (or retain possession). 9 - to be available for early release</p> <p>Secondary – Supporting runs and positioning</p>		
4 Corners	Technical/Tactical	Physical	Psychological	Social	
	<ul style="list-style-type: none"> <li>Defending late/deep</li> <li>Pressing – who, when, how</li> <li>Angles &amp; Distances</li> <li>Correct body shape</li> <li>Intercept to play on front foot</li> <li>Choose correct passing option</li> <li>9 choose best position to receive</li> <li>Supporting runs in correct positions</li> </ul>	<ul style="list-style-type: none"> <li>Move at speed to adopt new positions</li> <li>Reacting to changes in play</li> <li>Attack and Support at speed – catch the defence out of shape</li> <li>High work rate to make recovery runs</li> </ul>	<ul style="list-style-type: none"> <li>Decision making – understanding when principles apply</li> <li>Prepared to remain patient and understand the ebb and flow of the game</li> <li>Attack with determination and commitment</li> </ul>	<ul style="list-style-type: none"> <li>Communication at all times using common terms that are recognised by all members of the team</li> <li>Encouragement to team mates for good outcomes and good intentions</li> </ul>	

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## Skill practice – Winning the ball back

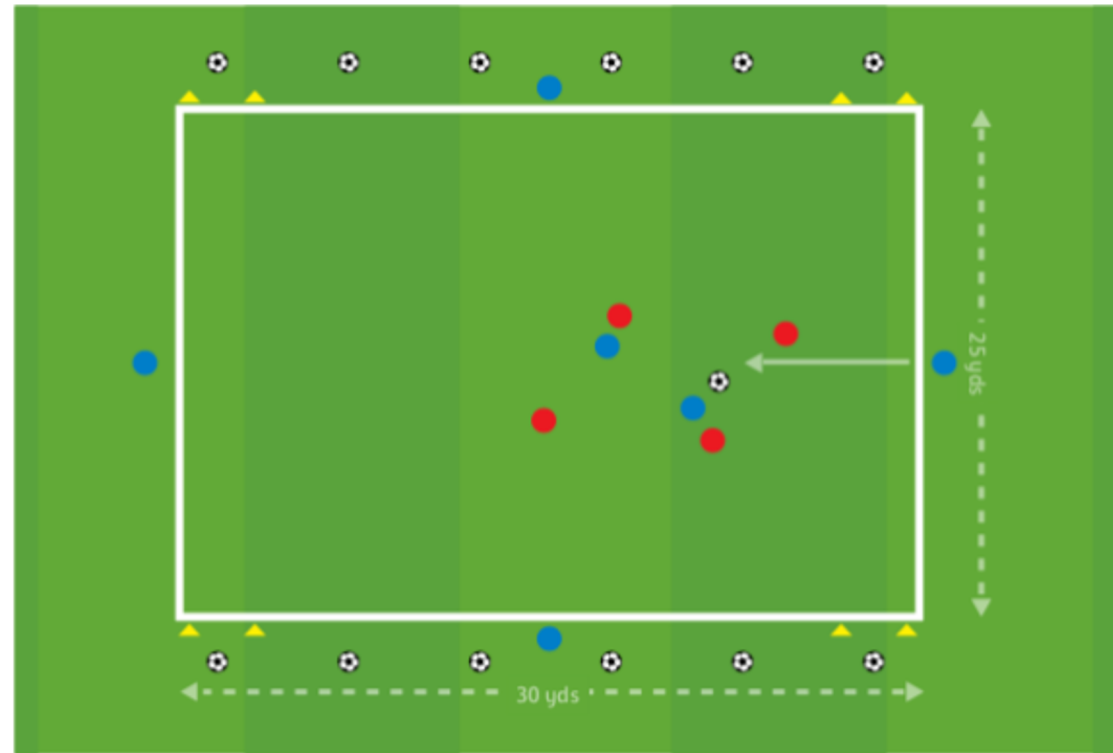
20 mins

### Setup

- 30 x 25 yards
- Inside area 4 v 2. Outside 4 support players for 2 when they are in possession (6 v 4)
- 2+4 retain possession
- 4 inside look to win back ball and release player through any target (RWTB)

### Key Focus

- Collective pressure on the ball
- Dictate play – prevent certain passes
- Exploit turnover quickly
- Support attack
- Switch play if necessary



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## SSG – Defend deep to counter attack

40 mins

### Setup

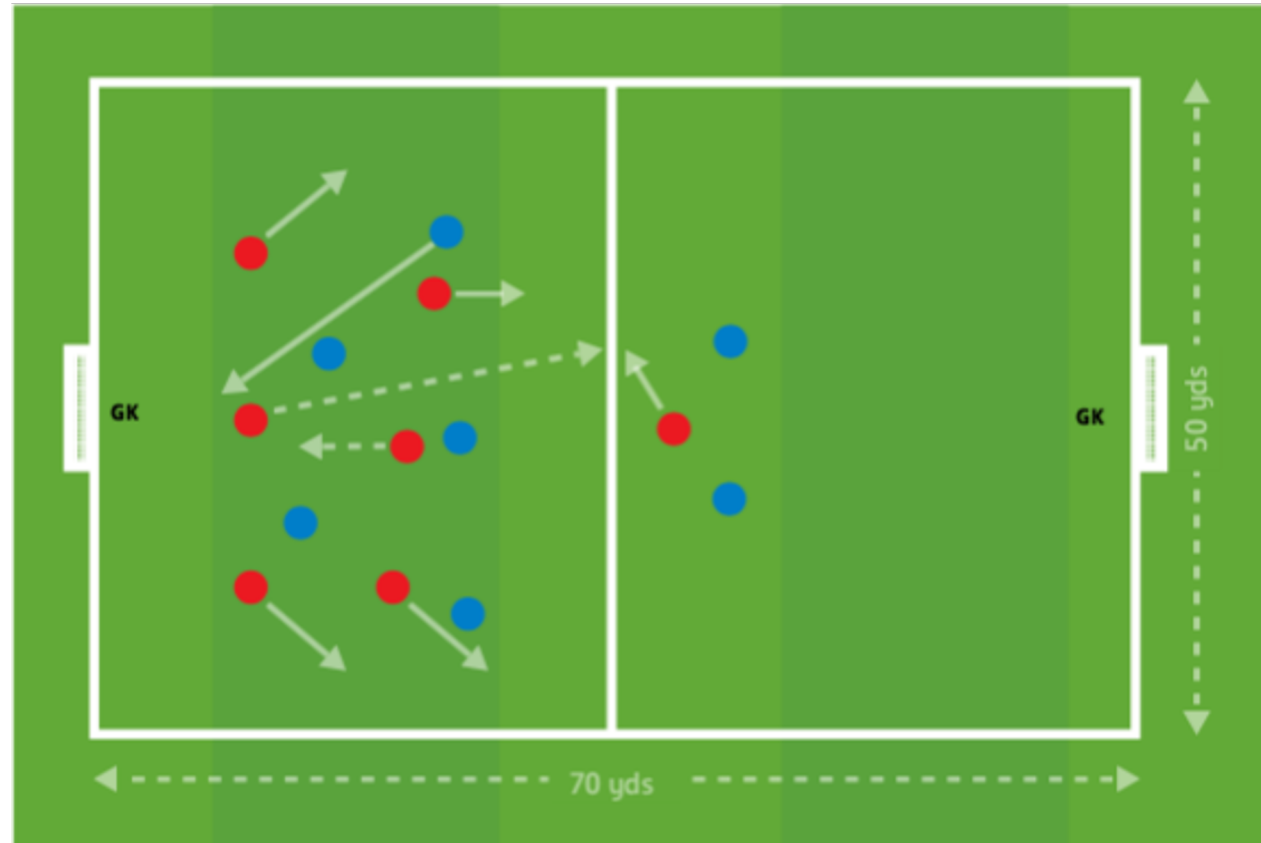
- 70 x 50 yards

### Starting positions

- GK possession
- Interception
- Open play

### Key Focus

- Recover possession early if possible otherwise drop deep
- 1<sup>st</sup> defending line choice
- Secure space behind back line
- Apply pressure
- Early and quick release to 9 or retain if not on
- Create shooting opportunity
- Make current supporting runs
- Secure defence for the counter-counter



# Insight to UEFA B



## Reflections

### What went well?

The session design meant that I was able to easily identify the 'pictures' I wanted to see and get my coaching points across.

### What can be improved?

I need to manage the opposition to make the drill more realistic/harder for the team I am coaching

### Changes for next time

Get Simon to manage the opposition in different ways to increase the challenge for the team I am coaching