

## Defensive Re-Organisation 1

### EXPLANATION:

- Ball starts with Coach (C) in the center of midfield. Defenders (O's) start inside the box.
- Coach passes the ball to one of the wide players next to the sideline. Once this pass is made, all players are active.
- X's pass and move to try to score, O's recover and organize to try to prevent X's from scoring. When defenders win the ball, they look to outlet to goals positioned on side channels near the half-way line.
- Play out for 1-2 minutes to allow play to flow. Add in midfield numbers as desired.

### COACHING POINTS:

- Defenders recover towards their circle to organise as quickly as possible.
- Once the most dangerous lines are covered (lines to goal), defender should look to pressure the ball carrier.

### EVALUATION:

- Defenders must sprint to recover defensively and be decisive with positioning to cover dangerous lines to goal and then to pressure the ball carrier.
- Defenders and GK should work as a unit. Communication should come from the GK and the furthest defender from the ball.

### VARIATIONS:

- Change the position of the defensive boxes to start the play, so that defenders must recover and organise from different positions on the field. (Example diagram 2).

