



Elite Girls Program - Positioning - 14/6/22

Category: Tactical: Defensive principles

Skill: U16 | Start Time: 14-Jun-2022 17:30h

Pro-Club: Melbourne Victory Football Club
Harley Hamdani, Melbourne, Australia

Description

Positioning

Individual and collective positioning to force opponent into an area to then steal the ball.

General Principles

Positioning

Compactness

Pressure

Communication

Major Elements

Position ourselves to stop forward passes through the middle

Take position off 1-position of the ball 2. Position of your goal 3. Position of direct opponent

Deny opponent time and space – get narrow and compact

Runs to press the ball should screen the central channel if possible

Players nearest to the ball make play predictable for players and lines behind

2nd line cover supports the initial pressure

Players furthest away keep compact and balanced

Strong last line that can read the cues to press, hold or drop

Good communication – coach the players around you – through lines and along lines.

8v4 Rondo (20 mins)

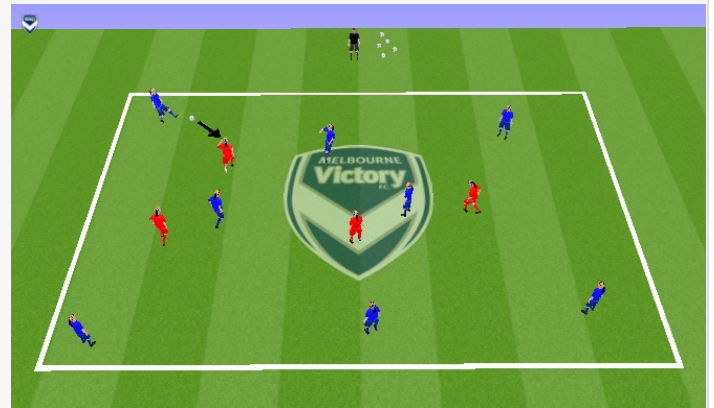
Practice Objectives:

To introduce individual and collective positioning. Aim to force the opponent into an area where possession can be stolen.

Practice Explanation:

8v4, or similar depending on numbers. BP team aim to retain possession, awarded a point after set number of passes. If player from BPO team wins the ball, or forces out of play, swap roles.

Optional progression: Add gate or box in the middle area for BP team to play through to gain bonus point.



Possession Activity (20 mins)

Practice Objectives:

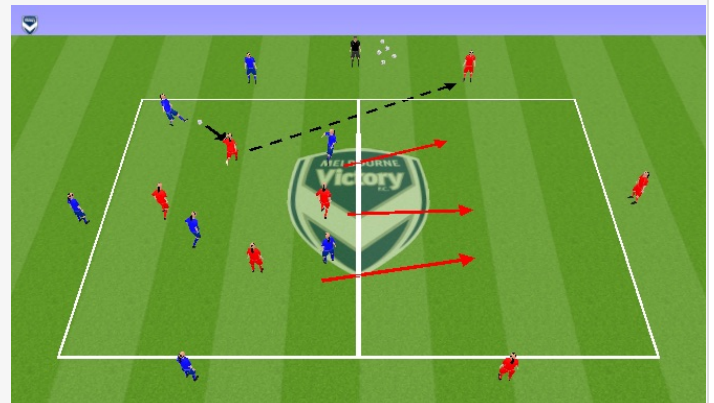
To improve the players' understanding and application of the 1st defender applying pressure to the opposition, while recognising triggers to press with greater intensity.

Practice Explanation:

4v4/5v5 in middle area (numbers depending) with 3 additional outside players to create an overload. Players on the outside are limited to 2 touches and cannot play to each other. BPO team aim to apply pressure and either win the ball or force the ball out of play. Upon winning the ball, aim to play to teammates on opposite side of the pitch as shown.

Progression: Players on the outside can rotate with inside players (for example, stepping into the pitch).

Competition: If team in possession complete 10 passes, point is awarded.



Small Sided Positional Game (20 mins)

Practice Objectives:

To build upon learning in the previous practice, while also improving the player's application in applying pressure to the opposition in moments of transition.

Practice Explanation:

Team in possession aim to keep the ball and switch play from one end player to the other, utilising the goalkeepers as additional players. End players limited to 2 touches. BPO team apply pressure and upon winning the ball aim to score in either of the goals as quickly as possible.

Progression: BPO team can apply full pressure to end players.

Competition: Point awarded for every switch of play, while 2 points awarded for every goal scored. Switch of play awarded 2 points if end player can play a first time pass upon receiving the ball.



Defensive Positioning Mid-Sized Game (20 mins)

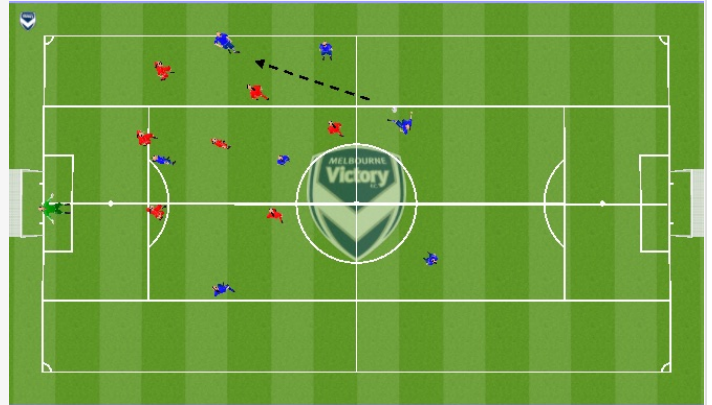
Practice Objectives:

Consolidate learning from the session within a conditioned game. Coaching at this stage limited to allow players to make decisions on how best to defend against the opposition.

Practice Explanation:

BPO team must occupy 2 of the 4 vertical zones at any one time, making the pitch compact. Players should also be reminded of how to press the opposition in the final third (linking back to a previous session), ensuring that the team also moves up and down the pitch together (closing spaces between lines).

Last 5-10min, free play with no restrictions around zones. BPO team should aim to remain compact.



Coaching Practice Review and Reflection

Session Evaluation:

Coach Reflection:
