



Defending the Box — The Last Thirty Metres

Session 28 • Defending as a team • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Get In the Way

0:10 – 0:25 • 15 MIN

The Last Defender

0:25 – 0:40 • 15 MIN

No Cheap Goals

0:40 – 0:55 • 15 MIN

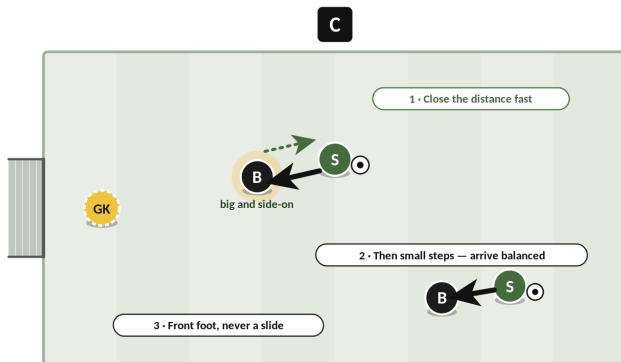
The Defending Exam

0:55 – 1:00 • 5 MIN

Review, with the players

28.1 GET IN THE WAY

Warm-up • 10 min



A BLOCK IS A SAVE • A SLIDE IS A PENALTY

SET UP

- 30 × 16 m with a full goal and goalkeeper at one end.
- Pairs — a shooter and a blocker. Shooter starts 15 m from goal; blocker starts 4 m in front of the ...

RULES

- Shooter has three touches and must shoot within five seconds.
- Blocker scores 1 for a block or for forcing the shot wide; shooter scores 1 for a goal.

COACH IT

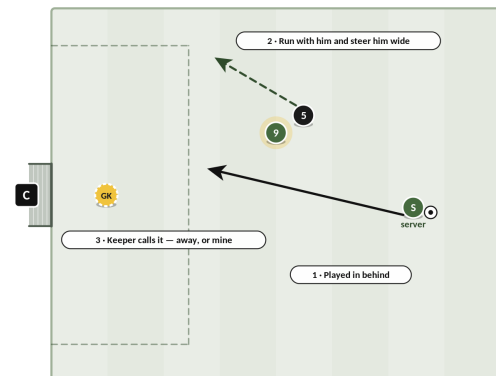
- Technical: The deceleration is the skill. Sprint, then short steps, then set — side-on, front foot towards the ball, hands tucked in. Feet apart and ...

SAY

- Stop it every single time, from the first one. No exceptions tonight.

28.2 THE LAST DEFENDER

Technical practice • 15 min



NEVER DIVE IN • NEVER TURN YOUR BACK • SEND HIM WHERE THE GOAL ISN'T

SET UP

- 36 × 30 m with a full goal and goalkeeper and the penalty area marked.
- A server plays balls in behind from 25 m; one attacker and one defender start level, 8 m in front ...

RULES

- Attacker scores 1 for a shot on target, 2 for a goal. Defender scores 1 for steering him wide, 2 if the keeper collects.

! No slide tackles. A slide concedes a goal to the ...

COACH IT

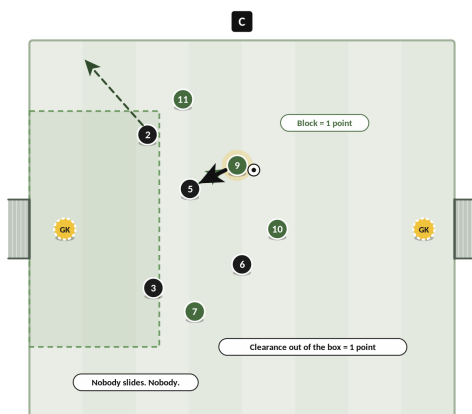
- Technical: Running shoulder to shoulder while looking at the ball; turning the hips to steer without using the arms. And for the keeper: the ...

SAY

- The whole practice. Run with him, not at it.
- See him and the ball. Shoulder to shoulder.

28.3 NO CHEAP GOALS (5 v 5 + GKs)

Skill game • 15 min



BLOCKS AND CLEARANCES SCORE • SO DEFENDING IS WORTH DOING

SET UP

- 36 × 32 m — deliberately short and wide — with full goals and goalkeepers at both ends.
- Boxes marked at both ends.
- 5 v 5 outfield plus two goalkeepers (12). With ...

RULES

- A goal = 2 points. A block = 1 point. A clearance out of the box = 1 point.

! No slide tackles anywhere. A slide in the box is a penalty; outside it, a free-kick and a point to the ...

COACH IT

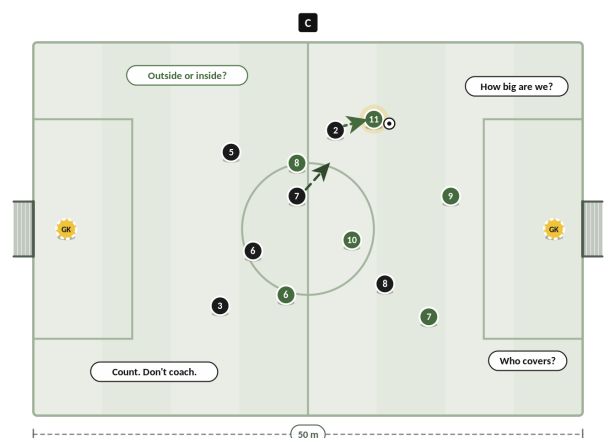
- Technical: Blocking under real pressure and clearing with the right surface — laces or forehead, high and wide, not a toe-poke across your ...

SAY

- Penalty. Every time. The consistency is the coaching.

28.4 THE DEFENDING EXAM (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals and marked boxes. No conditions.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.

RULES

- No conditions. Goals are goals.
- Keepers restart within ten seconds. No offside.
- The coach says nothing for the first seven minutes.
- Two individual interventions maximum after the ...

COACH IT

- Technical: Whatever survives. Note it rather than fixing it.
- Tactical: The four this theme markers: one presser ...

SAY

- The single number that summarises this theme. One is right; three is a habit that has not gone.