SETTING A DEFENSIVE TRAP

Individual channeling -> pressure and cover -> compact team defending

SESSION OVERVIEW

SESSION AIM

Develop the ability to make play predictable, channel opponents, create compactness and regain possession as a unit.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Defending	**BASIC CHANNELING**	**LIVE 1V1 DEFENDING**	**Apply the trap in a game**

PRACTICE 1 | BASIC CHANNELING

ORGANISATION

Mark out a 20 x 15-yard area. Divide players into two equal groups on opposite long sides.

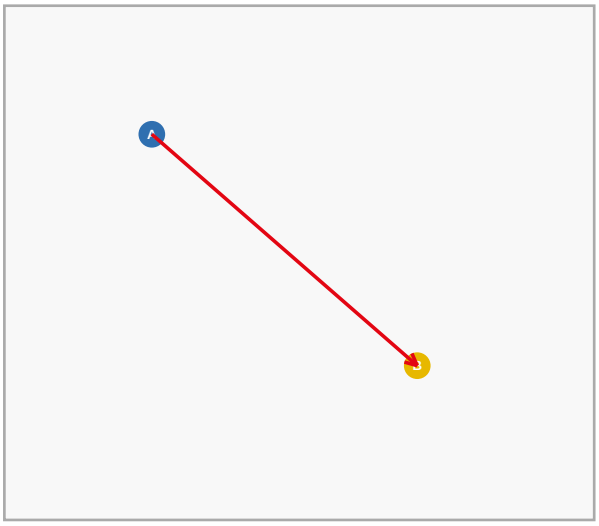
HOW IT WORKS

A passes to B and immediately closes down. B dribbles toward A's goal line. A stays between the ball and goal within tackling distance but initially does not try to win the ball. Rotate roles after each repetition.

COACHING POINTS

- Close quickly while the pass travels.
- Slow down into a balanced side-on stance.
- Show the attacker toward the outside.
- Stay patient and avoid diving in.

DIAGRAM



Close quickly, then channel the attacker away from the centre.

PROGRESSIONS

1. Allow the defender to tackle once the body position is correct.
2. Reward the defender for forcing play out of bounds.

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PRACTICE 2 | LIVE 1V1 DEFENDING

ORGANISATION

Use the same 20 x 15-yard area and starting positions.

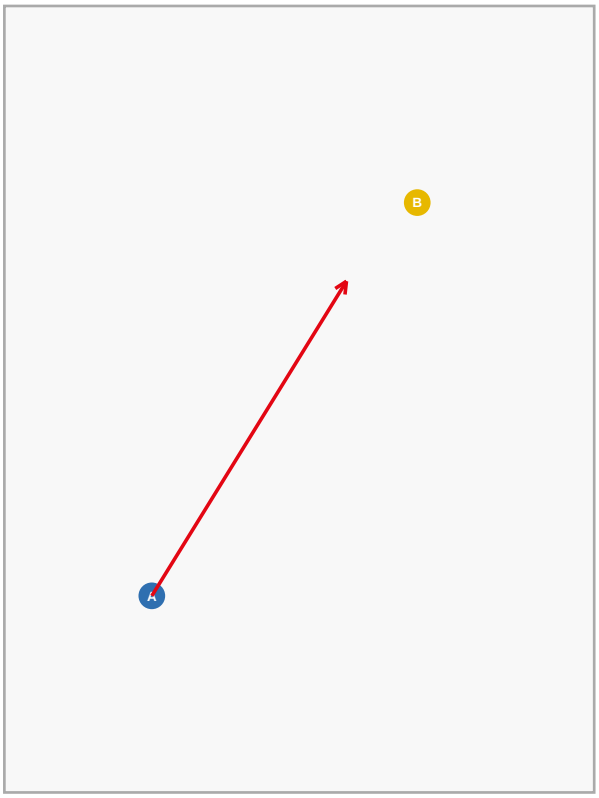
HOW IT WORKS

A passes to B and closes down. This time A may win the ball. The defender first prevents the attacker cutting inside, then looks to tackle toward the outside and regain possession.

COACHING POINTS

- Protect the inside route first.
- Tackle when the attacker exposes the ball.
- Stay on your feet whenever possible.
- Recover body position if the attacker tries to cut inside.

DIAGRAM



Channel outside, then choose the right moment to win the ball.

PROGRESSIONS

1. Add a scoring line to increase urgency.
2. Rotate roles frequently so both players defend and attack.

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PRACTICE 3 | 1V1 WITH GOALS

ORGANISATION

Use the same area and add small goals in the far corners of each end line.

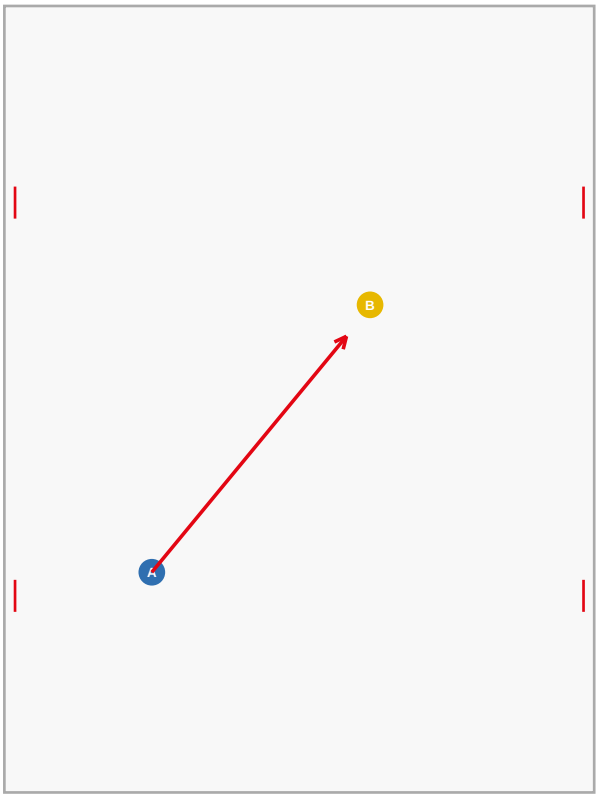
HOW IT WORKS

The attacker tries to score in either corner goal. The defender blocks the early route to goal, channels play outside and can counterattack toward the opposite goals after winning possession.

COACHING POINTS

- Get goal-side quickly.
- Protect the central route.
- Transition immediately after winning or losing the ball.
- Use the touchline as an extra defender.

DIAGRAM



Defend the inside, regain and transition quickly.

PROGRESSIONS

1. Award two points for a defender who wins and then scores.
2. Reduce the width to increase pressure.

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PRACTICE 4 | SMALL-GROUP DEFENDING

ORGANISATION

Use the same area with a small goal. Add support attackers and additional defenders to create 2v2, 2v1 and 3v3 situations.

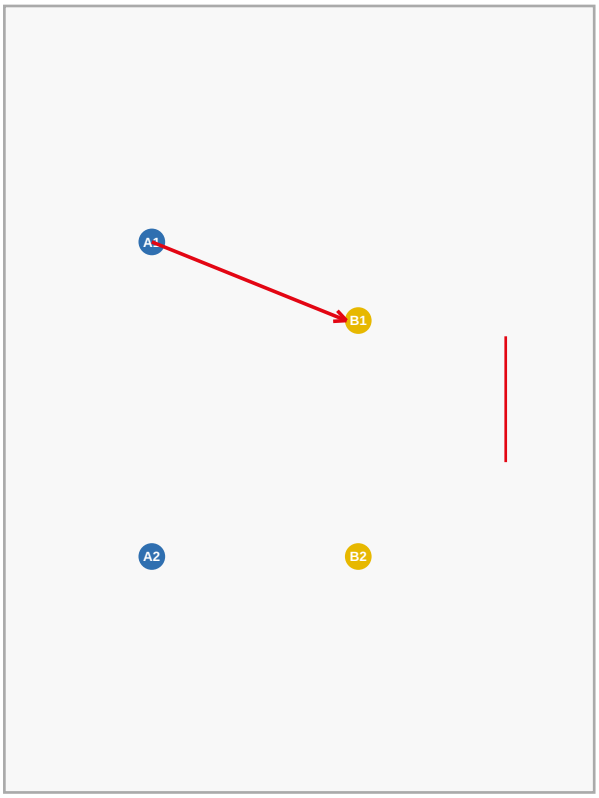
HOW IT WORKS

The first defender pressures the ball while the second provides cover. Defenders work together to corner the attack, block passing lanes and create a numbers-up situation near the ball.

COACHING POINTS

- First defender pressures; second defender covers.
- Maintain good distance and angle between defenders.
- Communicate the moment to tackle.
- Stay compact and ready to pounce on loose balls.

DIAGRAM



Pressure and cover combine to create a defensive trap.

PROGRESSIONS

1. Move from 2v2 to 3v3.
2. Increase the field size as understanding improves.

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FINAL GAME | TEAM DEFENDING

ORGANISATION

Increase the area for 5v5 or 6v6 with two small goals, then transfer the principles into a larger game.

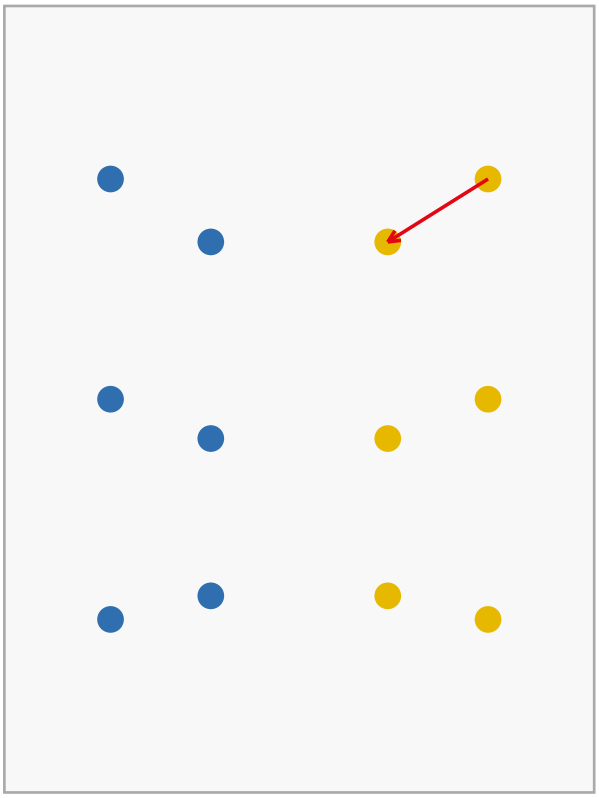
HOW IT WORKS

Teams work collectively to force play toward one side, condense space around the ball and block forward passing lanes. The objective is to make the next pass predictable and win possession in a compact area.

COACHING POINTS

- The nearest players start the pressure and force play wide.
- Teammates shift together to create compactness.
- Block forward penetration into dangerous players.
- Move as one connected unit and communicate.

DIAGRAM



Force play wide, create compactness and trap the ball.

PROGRESSIONS

1. Award bonus points for regains in wide pressing zones.
2. Transfer the same principles into an 11v11 game.