

Defend your home

This session is designed to improve team defending and is best used when looking to inspire young players to defend as a group.



What you tell your players the session is about

1. Improving individual defending.
2. Improving team defending.
3. Improving game awareness.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm-up	#23 – react and pressure	Players react to pressure different colours
The session	Goals, balls, cones	The defenders force the attacker away from their home
Development	Goals, balls, cones	The defenders react to the different attacks
Game	Goals, balls, cones	The team is more aware of where to defend and why
Warm-down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Defending techniques (pressure, jockeying, support and positioning)

Team skills: Team work, communication, group defending

Related Smart Sessions

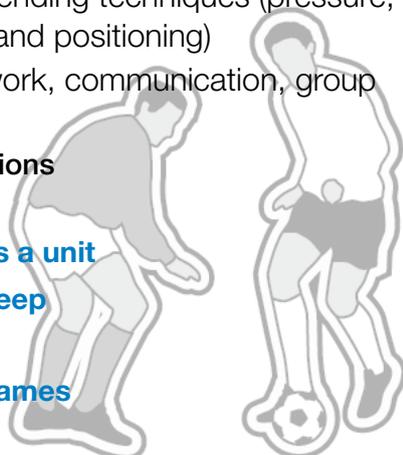
Original format:

8 Defending as a unit

10 Defending deep

Advanced:

46 Defending games



[Click here to download the index](#)



What to think about

In football, 90% of goals are scored inside the penalty area or directly outside the area, whether from a long shoot or a cross that results in a goal.

Therefore, knowing and understanding the most dangerous areas for conceding goals is vital to your team's success.

Using the area and cones to make a house shape (home) and demanding your players to keep the ball out of this zone will improve your team's all round defensive play.





Set-up

- Use a 50 x 40 yard area with different areas in front of a goal, as shown.

The areas can be highlighted with cones if necessary.



What you get your players to do

The three defenders must react to the attackers entering the pitch and work together to keep the attacker in the least dangerous position and try to win the ball.

The attackers go one at a time.



What to call out

- “Keep them away from your home”
- “Defend as a team”
- “Can you win the ball?”



Development

Now the defenders must defend a series of attacks from 3v1 through to 3v4.

Each attack makes the task of defending your home even harder.

Can the defenders regain possession and score in the mini goals?



Game situation

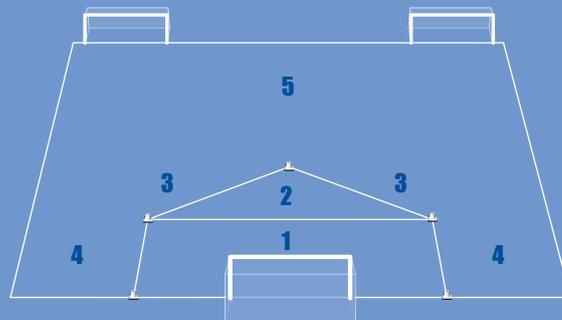
Play a small sided game.

Ensure that both teams have a coned “home” to defend.

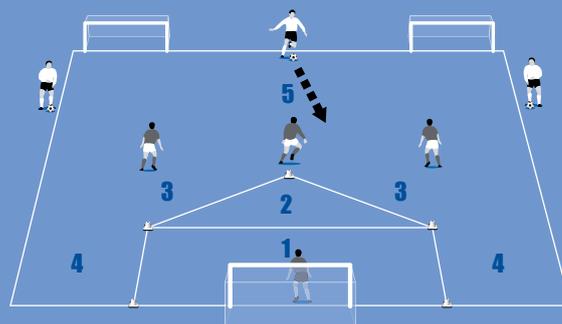
Give the opponents 1 point for successfully getting into this zone and a further point for scoring a goal.

Defend your home

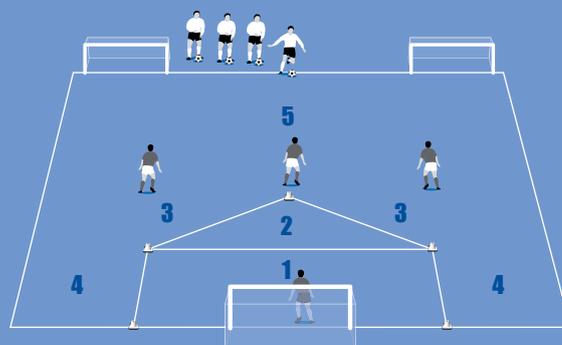
dribble →



Number 1 shows the major danger zone (inside the box) while number 5 shows the least dangerous zone (midfield zone far from goal).



The defenders must stop the attacker in a 3v1.



The defenders face a number of attacks and must keep the attackers away from their home.