

“Gang up” defending

When a defender puts pressure on an attacker, it is vital that another defender stays close by in a supporting position.

This session is designed to improve how your players “gang up” in defensive situations. In doing so, they will improve their understanding, positioning and teamwork.



What you tell your players the session is about

1. Defending in pairs.
2. Supporting your team mate.
3. Regaining possession.

Session planner

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

Activity	Kit	Outcome
Warm up	Mannequins or cones	Individual pressing techniques. From <i>The Ultimate Football Warm-Ups Manual</i> , exercise 21
The session	Cones	The players are working to pressure the ball and cover each other
Development	Balls, cones and a goal with a goalkeeper	The supporting defender takes up a good position to help his team mate clear the danger
Game	Balls, cones and goals with goalkeepers	The defenders are working effectively to win possession and then counter attack
Warm down	n/a	Gentle jogging and stretching exercises



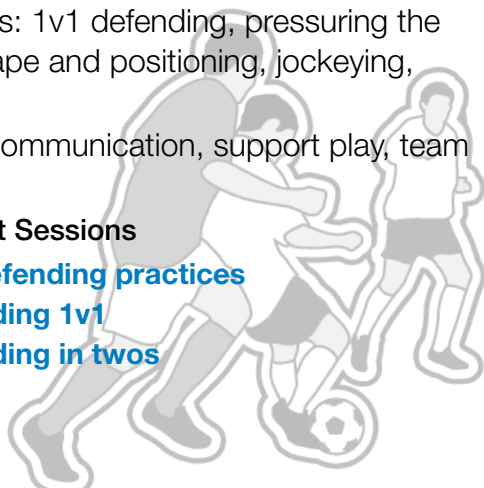
Where it fits

Individual skills: 1v1 defending, pressuring the ball, body shape and positioning, jockeying, tackling

Team skills: Communication, support play, team work

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What to think about

The nearest player must put pressure on the ball.

When approaching the attacker, the defender must decide whether to force the player towards a team mate or force them off the pitch.

It's important that the supporting defender communicates with his team mate and takes up a position where he is close enough to tackle if the attacker gets through.

The defenders must be aggressive in their approach and “gang up” on the attacker in order to clear the danger.





Set-up

- Create a 40 yards by 20 yards playing area. Split into five equal zones. Place different coloured cones on the lines between the zones.



What you get your players to do

You call out the colour of a cone.

Working in pairs, the nearest player to the cone must run to it, simulating pressure on the ball. Their partner must communicate and take up a supporting position behind their team mate.

As the first pair move to the second set of cones, the following pair begin.



What to call out

- “Nearest to the ball must go to pressure”
- “Can you communicate with your team mate”
- “Can you get into a supporting position”



Development

Now the defenders have to defend against a live attacker. The defenders work for two attacks so each player has a turn at being the pressuring player and the one offering communication and support.

Can the defenders stop the attacker from scoring a goal?

After the two attacks, the attackers become the defenders and the defenders join the end of the attack lines.

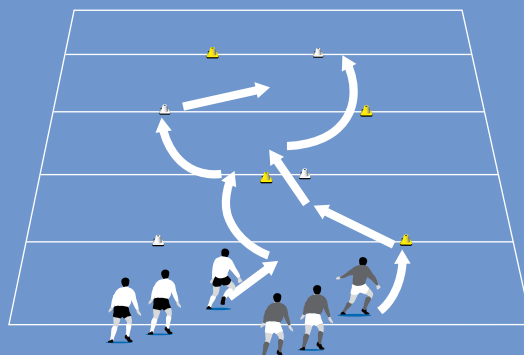


Game situation

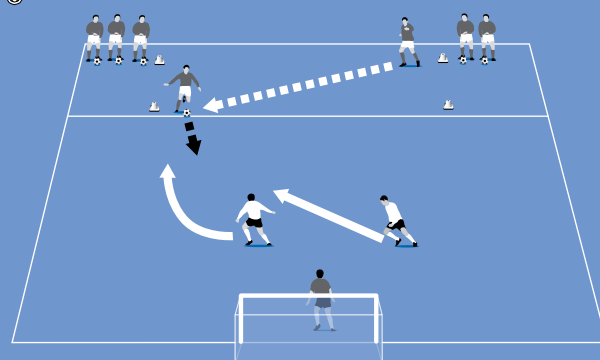
Pick three teams of two players and place a goalkeeper in each goal. You start the practice by passing to the central team, who attack a goal of their choice. If successful, the attackers turn and receive a second ball from you and attack the opposite goal. However, if the defenders are able to work together and successfully stop the attackers from scoring by applying the techniques learnt, they switch roles with the attackers and break out to attack the opposite goal.

“Gang up” defending

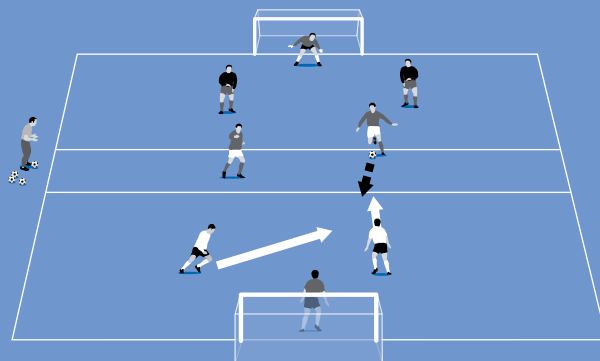
direction of run pass run with ball



The players take turns to pressure the cones or take up supporting positions.



The defenders must play two 1v2s where they both have the chance to be the pressuring defender and the supporting defender.



A small-sided game where the defenders must react to the opponents' attack and stop them scoring.