

# Master a variety of defensive techniques: Defending in wide areas

Category: Out of possession practice Length of time: 45 mins Number of players: 12

**Practice/Theme/Topic:** Defending in wide areas with the intent on forcing outside and denying crosses

## Aims and Objectives:

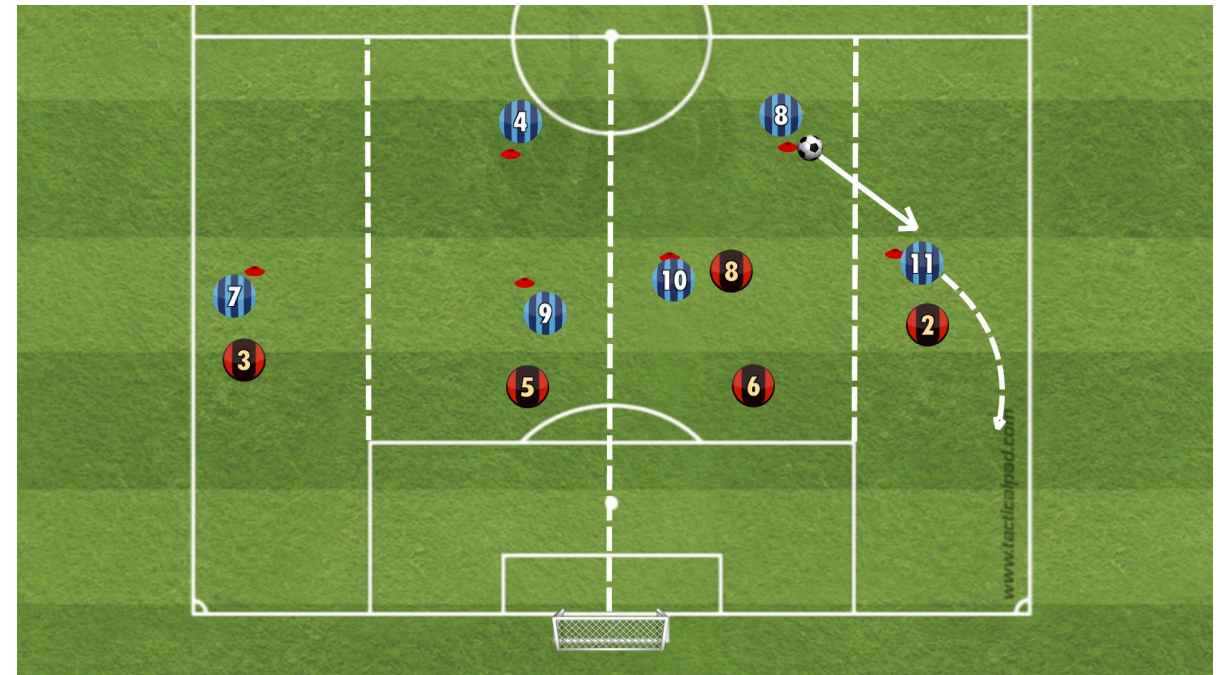
- Understand how to defend in wide areas by forcing outside and denying crosses.

## General notes:

- Practice starts down one side with the ball being played into the wide player and then the players are 'live' and everyone is free to play. Once the right side has been the left side will do the same.

## Organisation and set up:

- Area size suitable to number of players.



### Coaching point 1 – Force Backwards

Can you stop them playing forwards?

Front foot defending  
Body contact / position

### Coaching point 2 – Body shape to force outside

Consider body position to force outside  
Dictate play

### Coaching point 3 – Deny space

Are the distances close to regain and stop play forwards / entry into box (ball or body)

### Coaching point 4 – Cover and Balance

Is the cover from CB to protect any cross or entry into box?

## Technical

First touch  
Skill / disguise  
Ball manipulation  
Passing & Receiving

## Psychological

Awareness of self /  
opponent / teammate  
Creativity  
'Game craft'

## Physical

Speed / change of pace  
Use of body to disguise

## Social

Communication  
Body Language  
Awareness

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## General notes:

- Phase of play back 6 vs attacking set up. Encourage attacking team to play and reward goals scored from wide play.

## Organisation and set up:

- Area size suitable to number of players.

Back 4	ATTACK
FLO	OLIVIA
EMILY	LILY
ROSIE	BANKSY
ANNABELL	MADDIE
	ALICE
ANNA	
LEXI	



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