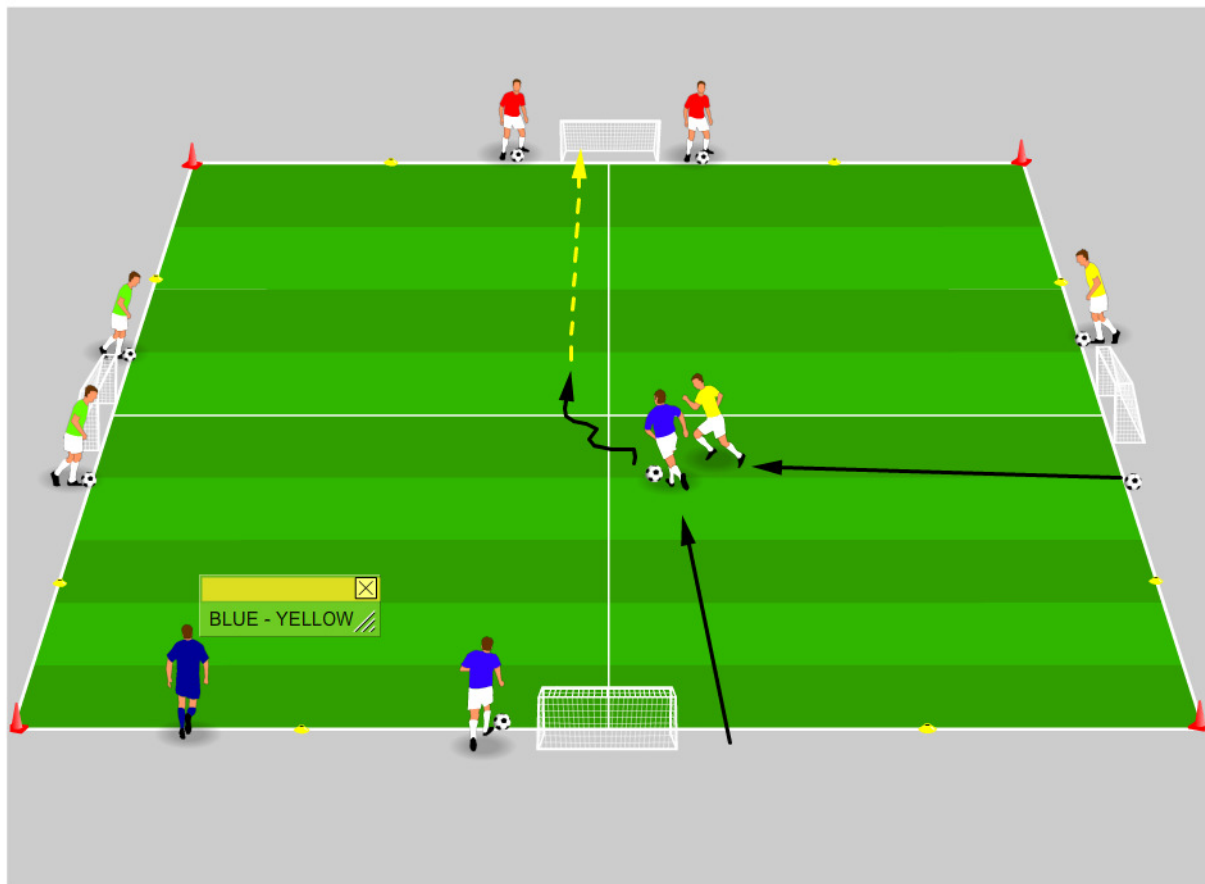


Get in and Defend - Italian Pro Academy Practice



Date: 7 June 2011

Measurement: 20 x 20 yards

Time: -

Players: 8

Duration: -

Level/Age Group: U8+

Description: Four pairs of players of different colours stand by the 4 small goals. The Coach calls 2 colours, the first colour is the attacker and must score in the goal straight in front of him. The second colour is the defender and must prevent the attacker from scoring. Through this situation the players work in different angles of approach, from the front, the side and from behind which is a situation of disadvantage as the defender has to catch up with the attacker - happens if coach calls the same 2 colours i.e. Blue - Blue.

Objective: To develop quick reactions and defending from different angles of approach, from the front, the side and from behind.

Coaching Points:

1. Asses the opponents speed
2. Running speed of the defender, slowing down before approaching
3. Position of both feet of the defender - always with a foot in front, never with both feet in the same line. Also known as the Jockey or surfer position.
4. The defender must direct the forward on his weaker foot

Progression:

1. Call 3 colours for 2 v 1
2. Call 4 colours for 2 v 2

This Practice was taken from Individual Defending Tactics - Italian Style Academy Training Program DVD

**This Teaching Method has been Developed in
the Youth and Academies of the Italian Serie 'A'**

Marking, tackling, intercepting/anticipating, positioning and defending the goal are fundamental elements in the modern game of football.

The Italian Style coaches present more than 40 technical exercises and game situations for the physical and mental development of young soccer players.

The exercises focus on the defensive phase, with the primary **objective to develop the tactical awareness and abilities of the defenders.**



Improvement of the fundamentals of individual tactical abilities

1. Marking/positioning
2. Defending the goal
3. Tackling
4. Anticipation/Intercepting

Development of Coordination Abilities using 1v1 Situations

1. Balance
2. Differentiation and rhythmisation skills
3. Motor reaction
4. Motor combination

Purchase the DVD

<http://shop.soccertutor.com/Individual-Defending-Tactics-Italian-Style-DVD-p/st-d004.htm>

Diagrams were created using [www.SoccerTutor.com](http://www.soccertutor.com) Tactics Manager Software <http://www.soccertutor.com/tacticsmanager>