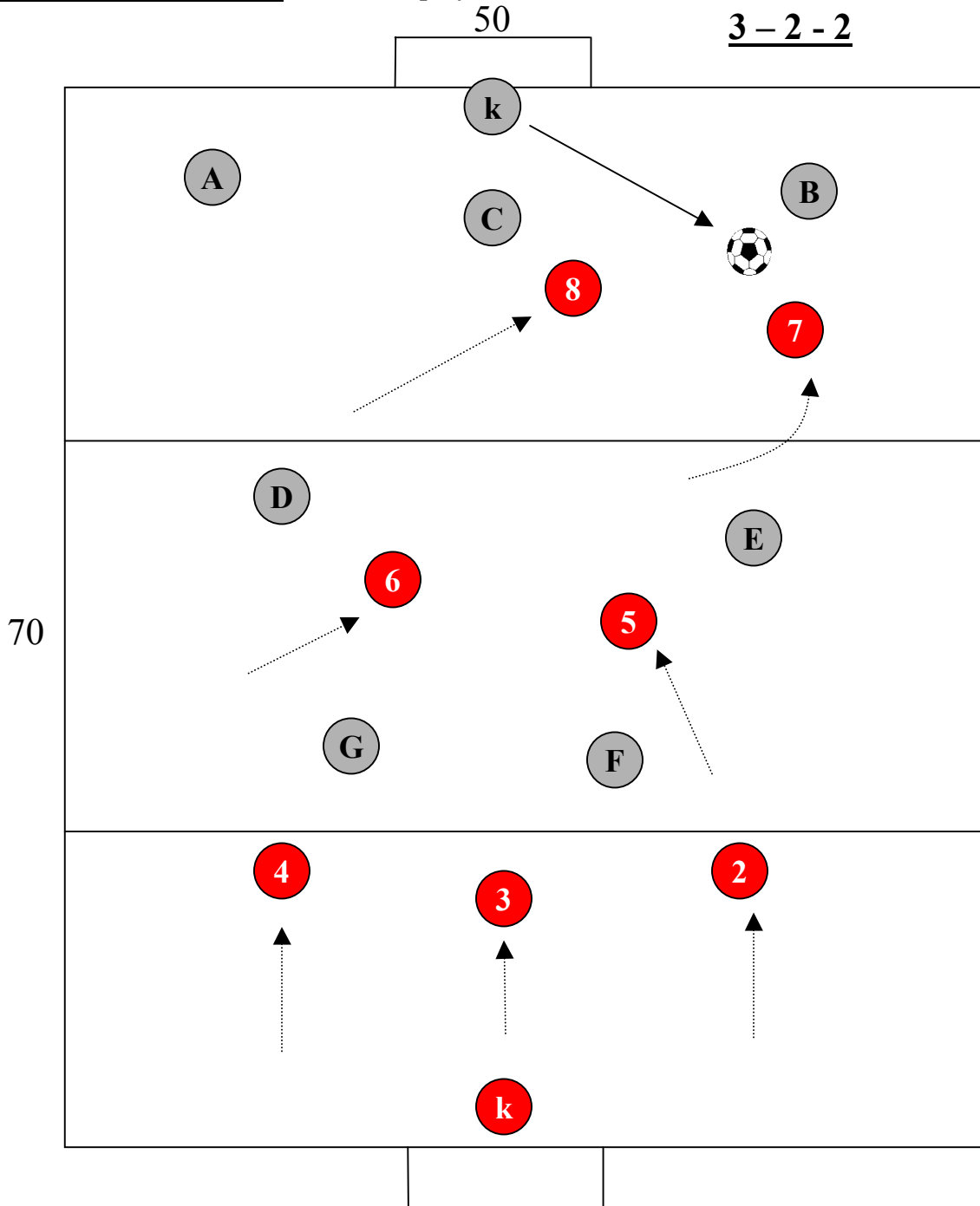


STRUCTURED DEFENSIVE SESSION FOR 8 v 8

Work with the two strikers first then the two midfield players , finally the three defenders.

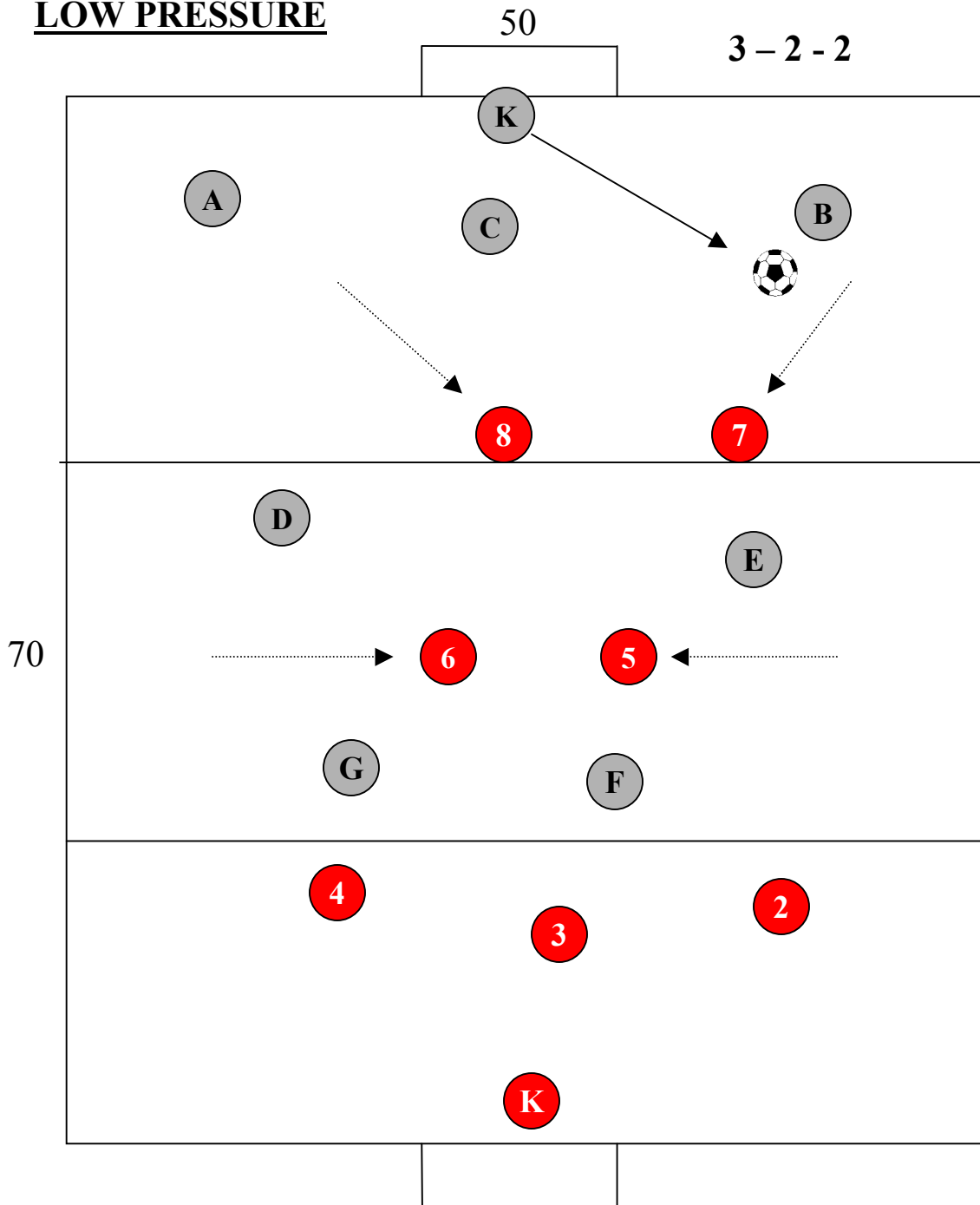
- a) Condition the opponents keeper to serve to defenders then midfield then strikers. In each phase work each unit one at a time , then let it go free and coach the faults as they happen. Same principles as in the 6 v 6.

HIGH PRESSURE Pressure player show inside or outside.



Previous key factors apply, full high pressure in the Attacking Third. (Wayne Harrison)

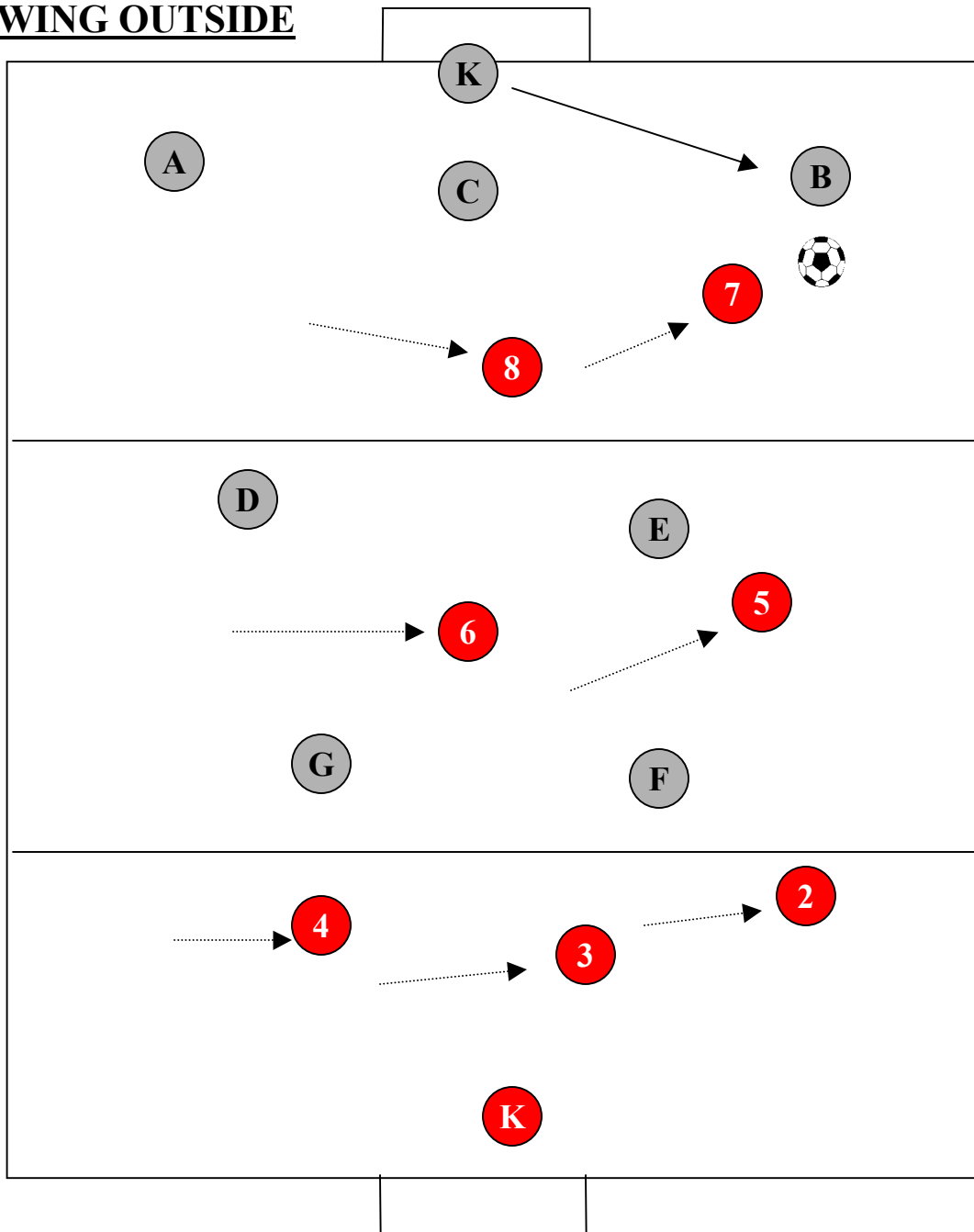
LOW PRESSURE



1. When the closest player can't close early enough then retreat and invite the opposition to try to play through your team.
2. Close the spaces up behind to make it difficult for the other team to pass through you. Be patient and force them to play to where you are strong.
3. Opponents should spread out to make it as difficult as possible for you.

(Wayne Harrison)

SHOWING OUTSIDE



1. **Forwards** : (7) Shows down the line, (8) supports across. Forcing (B) to play the ball down the line to try to win it back.
2. **Midfield** : (5) moves outside the shoulder of (E), (6) supports across (covering positions) .
3. **Defenders** : (2) moves outside the shoulder of (F) marking space (wrong) side of attacker, (3) and (4) support across.
4. If the ball is played to (E), (5) and (7) can double team.
5. Players recover and track as the ball goes past them.

(Wayne Harrison)