



Anticipate to Intervene

Category: Tactical: Defensive principles
Skill: First Team

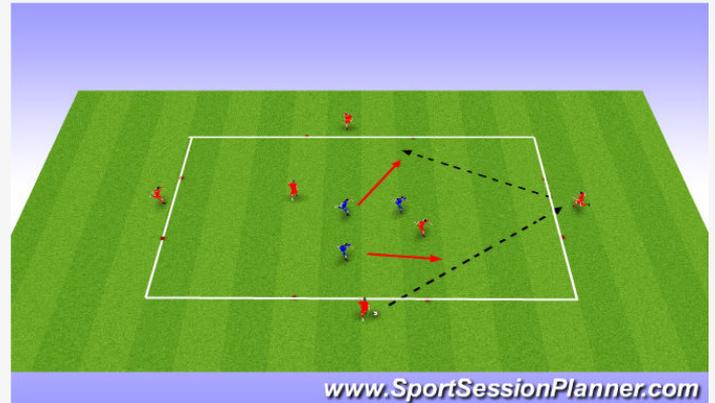
Pro-Club: Chicago Fire
Lawrence Sunderland, Chicago, United States of America

Description

Session focuses on very specific moment of the game...the moment of intervention by reading play to intercept or tackle. The Rate of Perceived Exertion (RPE) on the Physical side should be a 7 due to the high work rate of the defending players. The RPE on the Mental side is an 8/9 as this is a session that demands great concentration, focus and motivation on the part of the defenders as they are constantly having to read and readjust.

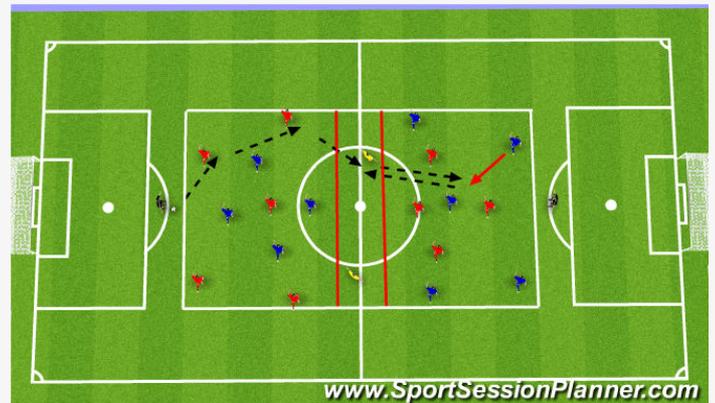
Screen 1

6v3 Rondo. Initially focusing on the possessing team to set the correct mentality and make the defensive topic "real" later on. As we move into topic the players outside the box must play between the red cones. This creates a deliberate passing lane which the 3 defenders begin to read off one another. Gradually setting the tone of the session...to read, anticipate opportunities to intercept the pass or intervene in the tackle.



Screen 2

Objective is for team to build from the back, play into attacking half thru yellow neutral players in free zone and complete ball into GK/Target who will then begin play in the opposite direction. Focus is on defensive half of field and the ability for the back 4 and DMF to work together to read ball in from neutrals or combination from the attacking players in an effort to intercept or intervene. Read ball carrier, partner of the ball carrier, pressure on the ball carrier, pace and quality of ball in...etc. Pedagogical Method used is Self Actualization (questions only). Constraints on the session must create repetition of the actual event desired.

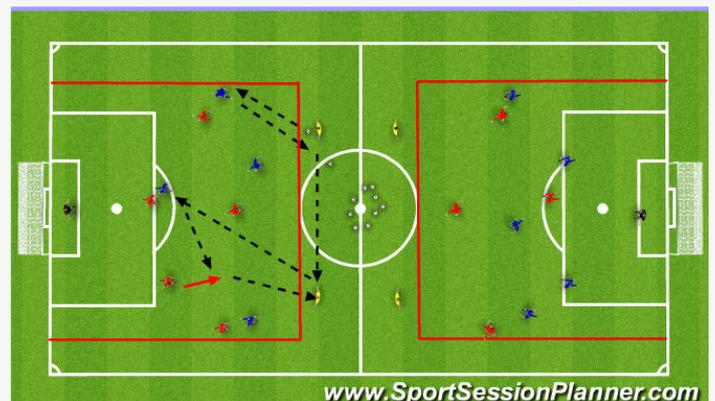


Screen 3

6v5 - play starts with neutral bumpers. Objective is for blue team to score. Defenders read entry pass or play between players once in zone. Shape of line, shape of bumper, angle of receiving player, opportunity to step line...all in an effort to read opportunity to intercept/intervene.

Pedagogical Method Used: Directive Coaching (step in, stop, correct, step out)

Typical to alternate sides...8-10 balls per side.



Screen 4

10v10+2

Building on 2nd exercise. Channels in wide areas now allow wide backs to step into the attack to join play. Constraints vary on the wide back getting forward from unlimited, to 1st touch free, to having to cut ball back. Wide back cannot serve the ball but, must play back into attacking half. These constraints all produce various opportunities for the defending group to read opportunity to intercept/intervene. Flat balls off the wing, cut back from the wing and step...all in addition to entry passes and normal run of play. Pedagogical Method Used: Self Actualization (questions only)

