

Rochdale AFC

Under 14/15/16:

Defensive tactical organisation of set plays against (corners, wide free kicks, free kicks direct or indirect shot on goal, deep free kicks, goal kicks and throw ins)

Man marking responsibilities

Secondary phase defending

Technical skills required

Position of all players in relation to the ball (high or deep)

Wall (numbers and charger) and lining it up

Positioning and responsibilities of the goalkeeper

Defending: individual defensive techniques

Dealing with long ball clearances: left/right foot/volleying

Defensive heading for all players

Closing down

Tackling

Jockeying/working sideways/backwards

Intercepting

Blocking

Marking behind/alongside/outside

Collective roles and responsibilities: defending as a back four

Defending as a back four + goalkeeper (phase of plays)

Defensive 3rd

Midfield 3rd

Attacking 3rd

Defending as a back four + goalkeeper (phase of plays)

2 central midfield players

3 central midfield players

2 central midfield players/2 wide players

Defending in pairs functional practices (cover and balance)

Technique practices:

Control/touch

Passing long/short different techniques

Running with the ball

Dribbling (fullbacks)

Practiced in functions/phases of play/SSG/pattern of play/shape/formation