HANOVER U14B SEGUCHI

Training Session

DEFENSIVE ORGANIZATION / BUILD FROM THE BACK

DATE	LOCATION	TIME
Saturday, October 31, 2026	**CMS**	**10:00 AM - 12:00 PM**

SESSION OBJECTIVES

Strengthen defensive organization, improve decision-making under pressure, and build confidence progressing possession from the goalkeeper through the defensive line.

LEARNING INTENTIONS

- Recognize when to press, cover, and maintain defensive balance.
- Stay compact and move together as a defensive unit.
- Provide support and passing angles when building from the back.
- React quickly when possession changes between attack and defence.

SOCCER PRINCIPLES

PRESSURE / COVER & BALANCE / SUPPORT & DEPTH

SKILLS

First touch • Passing accuracy • Scanning • Defensive positioning
Communication • Decision-making • Receiving under pressure

TRAINING SCHEDULE

TIME	MIN	ACTIVITY
10:00 - 10:05	5	**Arrival & Welcome** Greet players and check in
10:05 - 10:20	15	**Tactical Talk** DO and defenders' roles during AO
10:20 - 10:30	10	**FIFA Warm-Up** Standard dynamic warm-up
10:30 - 10:40	10	**Ball Warm-Up** Ball Control & Passing Under Pressure (Image 1)
10:40 - 11:05	25	**Split Training** Goalkeeper training / Pressure, Cover & Balance (Image 2)
11:05 - 11:10	5	**Water Break & Field Setup** Transition to next activity
11:10 - 11:30	20	**Build from the Back** Possession under pressure with goalkeepers (Image 3)
11:30 - 11:45	15	**Scrimmage** Apply defensive and attacking principles
11:45 - 11:55	10	**Penalty Kick Challenge** Fun competition to finish
11:55 - 12:00	5	**Final Debrief & Match Preparation** Recap key learning points and prepare for the match

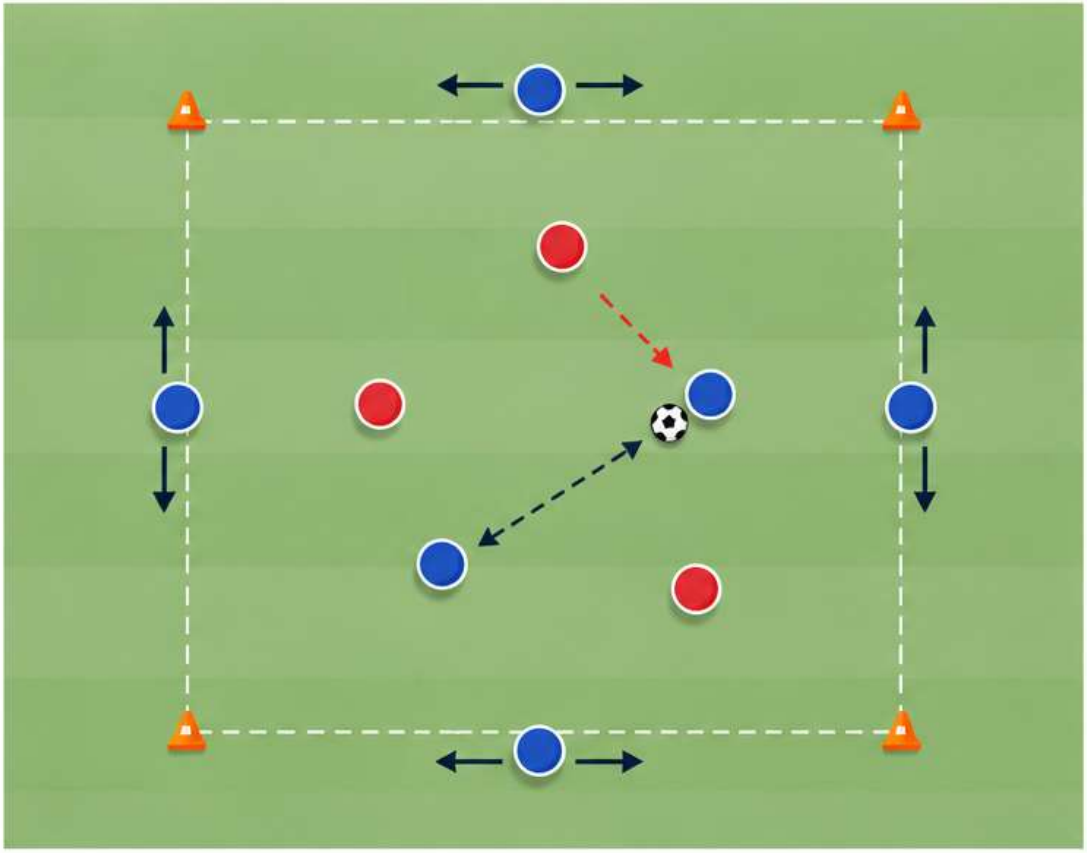
TRAINING SESSION

1. Ball Warm-Up

Ball Control & Passing Under Pressure

6 v 3

POSSESSION VS PRESSURE



OBJECTIVE

Improve ball control, passing and decision-making under pressure while applying Pressure, Cover and Balance principles.

LEARNING INTENTIONS

- Keep possession using quick, accurate passes and good movement.
- Scan, receive with proper body shape and play with both feet.
- Apply pressure, cover and balance as a unit to win the ball.
- Make decisions quickly under pressure.

SETUP

- Mark a square area with 4 cones (adjust size as needed).
- 6 players keep possession (4 on the outside lines, 2 inside).
- 3 players defend inside the square.

HOW TO PLAY

- Outside players move along their line and cannot leave it.
- Inside possession players can move freely.
- Keep possession with quick, accurate passes.
- Defenders press, cover and balance as a unit to win the ball.
- If defenders win the ball, they complete a pass to score a point.
- Rotate defending teams every 1–2 minutes.

PROGRESSIONS (OPTIONAL)

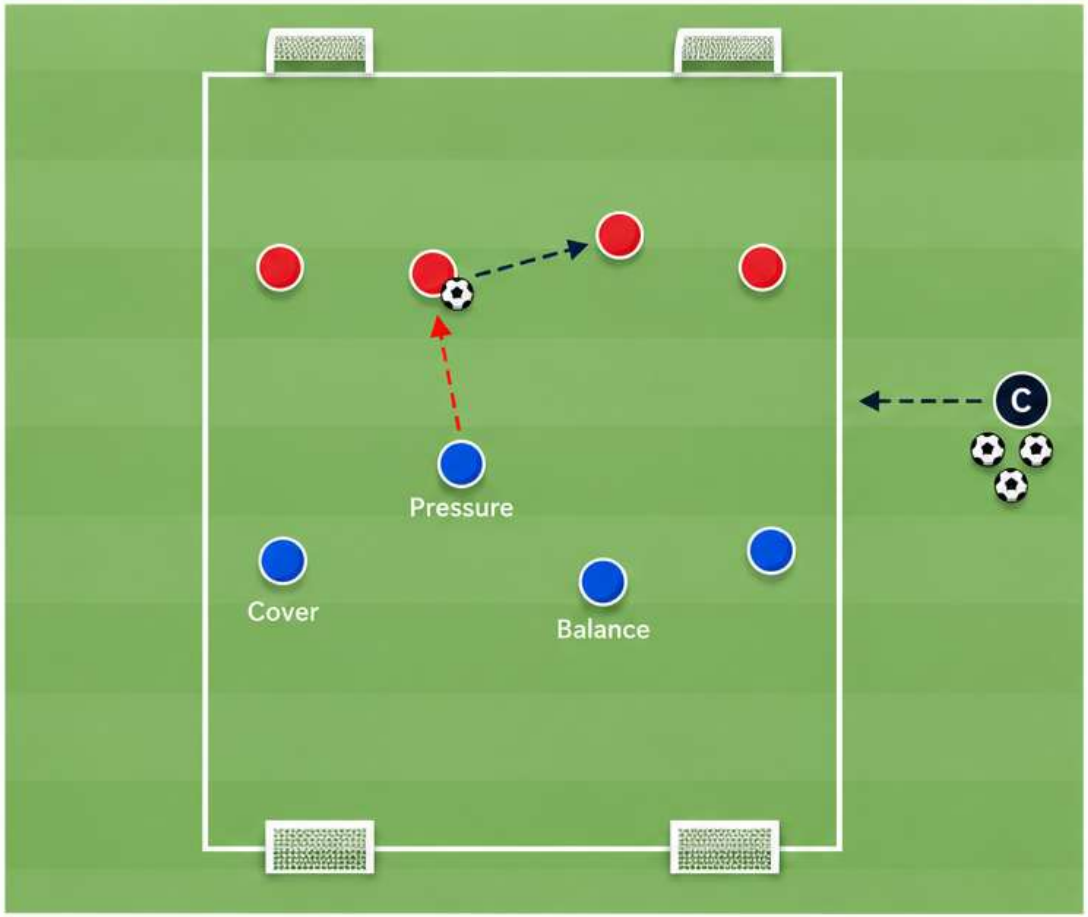
- Set a target number of passes (e.g., 10) for a point.
- Limit touches (e.g., 1–2 touches).
- Adjust area size or number of defenders.

TRAINING SESSION

2. Pressure, Cover & Balance

Defensive Unit Movement

4 v 4
MINI GOALS



Attacking team (4 players)
Defending team (4 players)
Mini goal (4 total)
Ball
Pass
Pressure
Coach service

OBJECTIVE

Move defensively as a unit by recognizing who applies pressure, who provides cover, and who provides balance, then reorganizing quickly when the ball moves.

LEARNING INTENTIONS

- Identify the first defender and apply pressure to the ball.
- Provide cover and balance so the team stays compact and connected.
- Reorganize quickly when the pass changes the point of attack.

SOCCER PRINCIPLES

- Defensive Organization
- Pressure, Cover & Balance
- Compactness and Shifting as a Unit

SKILLS

- Defensive body shape
- Pressing timing
- Cover positioning
- Balance and compactness
- Communication
- Scanning and decision-making

SETUP

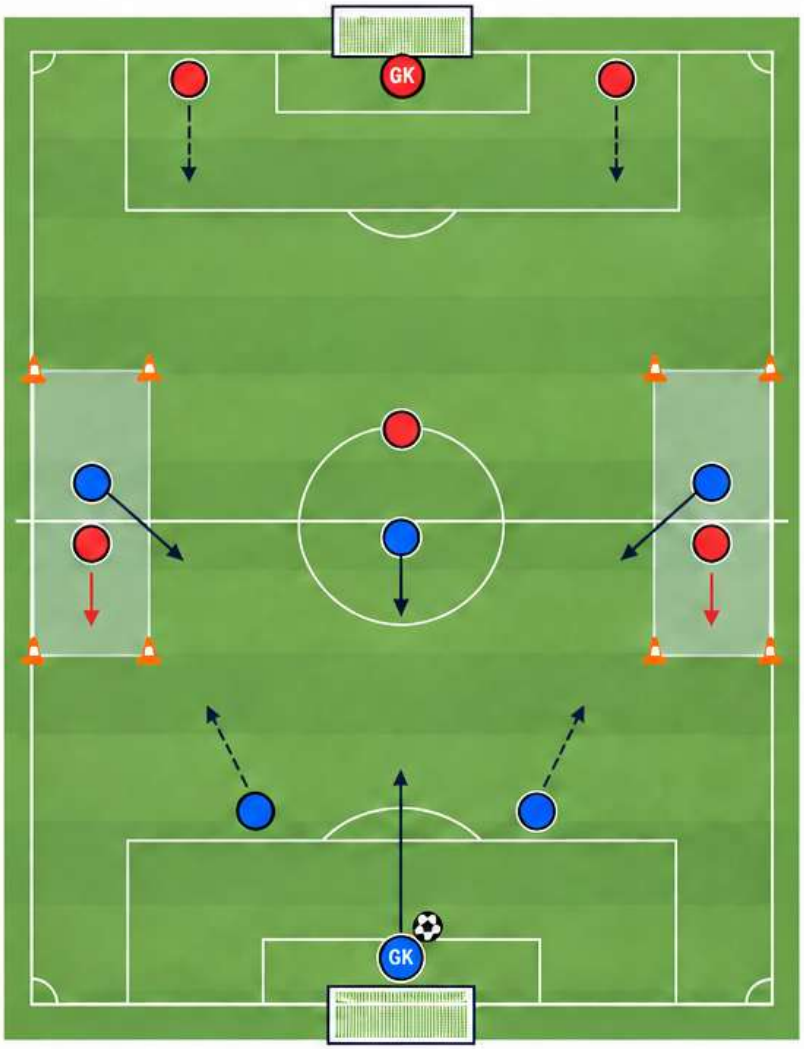
- Rectangular area, slightly taller than wide.
- 4 mini goals, 2 on each short end.
- 4v4 in the central area.
- Coach serves new balls from the side.

HOW TO PLAY

- Teams play 4v4 and score in either mini goal at the opposite end.
- Coach restarts quickly by playing a new ball in.
- Freeze play at moments to identify pressure, cover, and balance.
- When the ball is passed, defenders must shift and reorganize as a unit.

ACTIVITY 3

Build from the Back – 5v5



OBJECTIVE

Maintain possession and build from the back to progress into the opponent's half and score.

LEARNING INTENTIONS

- Build from the back with composure to find forward options.
- Move as a unit to create passing lanes and progress quickly.
- Use the wide channels and central player to advance the ball.

SOCCER PRINCIPLES

- Build from the back
- Create and use width
- Support and mobility

KEY SOCCER SKILLS

- Passing (short and medium)
- Receiving and first touch
- Scanning and decision making
- Movement off the ball

SETUP

- Area: futsal court (as shown).
  1 full-size goal at each end.
- Two wide channels marked with cones (from the
- halfway line to about one third of the width).
  Teams: 5v5 (outfield players) + 1 goalkeeper
- each.
- Blue team (possession): 1 GK, 2 center backs, 2 wide channel players, 1 central midfielder.
- Red team (defending): 1 GK, 2 defenders start next to their GK (inactive until trigger), 2 wide channel players, 1 central midfielder.

HOW TO PLAY

- Ball starts with the blue GK.
- Blue team builds from the back to keep possession and progress into the opponent's half and score.
- Blue wide players must stay inside the channels. The blue central player can move freely.
- Red wide and central players can move freely.
- When the ball enters the opponent's half, the two red defenders next to their GK can join the field (trigger).
- Play continues until a goal is scored, the red team wins the ball, or 1.5 minutes expires.

SCORING

- Blue team: goal within 30 seconds = 3 points.
- Blue team: goal within 1 minute = 2 points.
- Blue team: goal within 1.5 minutes = 1 point.
- Red team: win the ball = 1 point.
- Red team: goal = 2 additional points (total 3 points).
- If 1.5 minutes expires with no goal, red team gets 1 point.

Blue Team (possession) · Red Team (opponent) · Ball · Cone (channel) · Pass · Player movement · Channel area (blue players only)