

# This is a hold up

When defenders hold up forwards, inevitably the attack is slowed down. This type of patient defending allows for your team mates to make recovery runs and track back to help in defence.



### What you tell your players the session is about

1. Stop the attackers' forward momentum.
2. Holding up and delaying the opponents' attack.
3. Making recovery runs in order to help your team mates defend.

### Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Cones, mannequin	Players must react to the coach's call and pressure the mannequin from <i>The Ultimate Football Warm-ups Manual</i> , exercise 54
The session	Balls, cones, two target goals	The defenders hold up the attackers and delay the attack
Development	Balls, cones, two target goals	The defenders hold up the attack in order to receive help from a recovering defender
Game	Balls, cones, two goals	Holding up the attack so team mates can help them to regain possession of the ball
Warm down	n/a	Gentle jogging and stretching exercises



### Where it fits

Individual skills: Pressing opponents, stopping players from turning, defending 1v1, making recovery runs to get back into position

Team skills: communication, small group defending

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- 15 [Individual defending](#)
- 43 [Delaying attackers](#)



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### What to think about

- When defending 1v1, it is not always possible to tackle successfully and win the ball.
- Your defender must try to stop the attacker from attacking at speed and it is important he gets tight and slows the attack down by forcing the player away from goal.
- This defending allows for a team mate to make a recovery run and find a good position to help you defend.





## Set-up

- Two channels, each 25 yards long by 10 yards wide, for the session and development.
- Use a pitch 40 yards long by 30 yards wide for the game situation.



## What you get your players to do

Split players into two groups to work in each channel at the same time. The midfielder passes to the forward who tries to turn and score in the mini goal. Each defender must stop the forward from turning, and hold up play for five seconds (you count out loud from the moment the attacker takes his first touch).

After each attack, the midfielder becomes the attacker, the attacker becomes the defender and a new player becomes the midfielder.



## What to call out

- “Get tight and stop the attacker turning”
- “Delay the attack and force away from goal”
- “Can we make recovery runs to help our team mate?”



## Development

A defensive midfielder is added. The attacking midfielder passes to the forward who tries to turn and score in the mini goal. The defender stops the attacker turning and holds up play in order for the defensive midfielder to make a recovery run and help him to win the ball in a 2v1 situation.



## Game situation

Each team has two attackers in one half of the pitch and two defenders in the other half. Each team also has a defensive midfielder who starts on the centre spot.

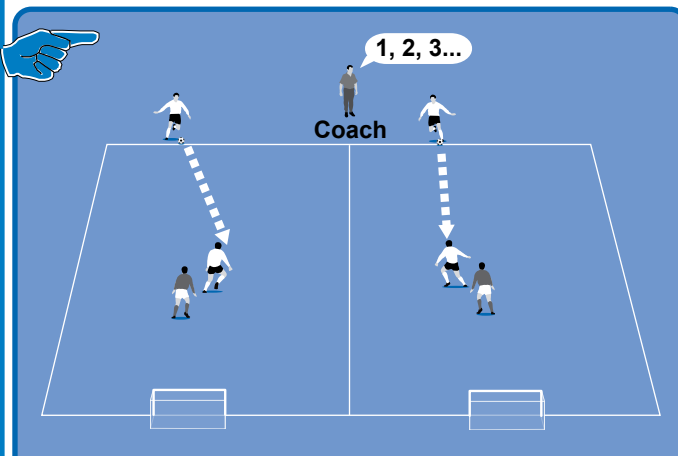
The white team's goalkeeper is allowed to throw the ball to one of his attackers who tries to turn and score in a 2v2 situation.

The black defenders try to stop the attackers by holding up the play. Now the black defensive midfielder can turn and make a recovery run to help the defenders win the ball in a 2v3.

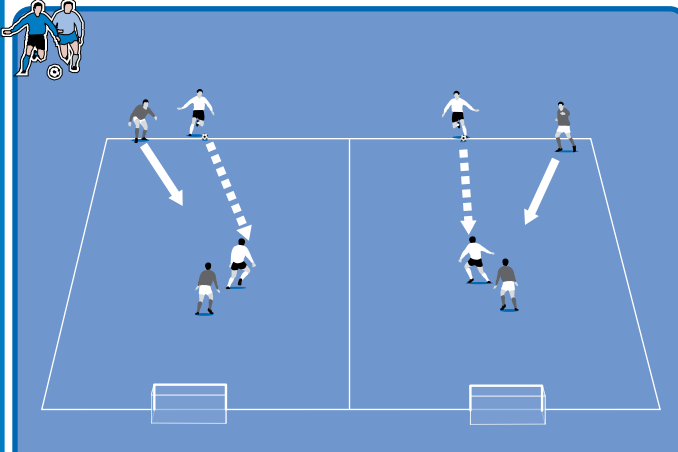
Once the black team wins possession, they can launch a 2v2. The game works continuously in this way. Once you are happy with this format you can remove restrictions on player movements.

# This is a hold up

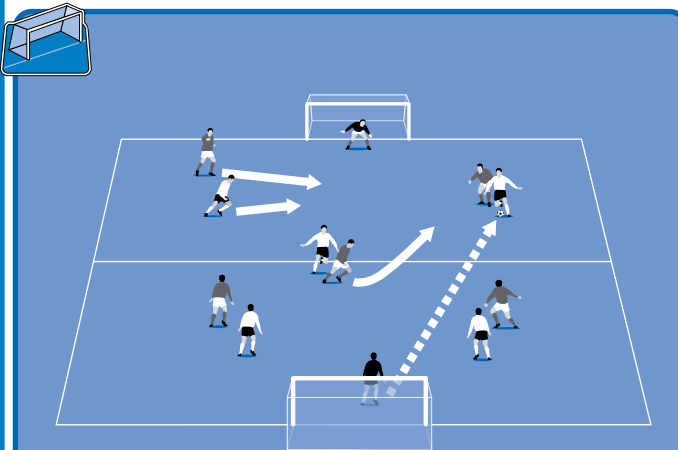
direction of run → pass □□□→



The white midfielder passes to the forward who tries to turn and shoot. The black defender tries to hold up the attack for five seconds.



A defensive midfielder is added to create a 2v1 situation if the defender manages to hold up the attack.



The goalkeeper starts an attack. Defenders have to hold up the attackers to allow their defensive midfielder (in the centre) to help.

