



Defending - Protecting the Goal/Recover - Rio Rapids 03 Boys

Category: Tactical: Defensive principles
Skill: Mixed age

Pro-Club: Colorado Rapids Soccer Club
Danny Stone, Las Vegas, United States of America

WARM UP

Defensive movement warm up:

9 red players, 9 blue players. two balls per team.

Receive, pass, close down player from opposite team.

Begin to talk through technique of individual defending. Approach, body shape, timing, slowing down, footwork, patience etc.



WHOLE

7v7+Ns to targets/end zones. 35x40 (or as appropriate) w/ 5 yard end zones.

Attacking team must play to target at opposite end zone, central zone only.

Defending team must defend target in central zone.



PART

2v2 to targets. 12x18 (depending on age). Targets can play to each other.

- Defend target.

- Pressure on ball, technique, timing, angle, slowing down, footwork, tackle if possible, block/intercept, patience.

- Position of 2nd defender.

Progression: Begin with combination to play to opposing team - work on timing of first pressure.



WHOLE

7v7+Ns to targets/end zones. 35x50. 5 yard end zones.

Attacking team must play to target at opposite end in central zone or dribble into wide zones.

Defending team must defend ball to target in central zone, and penetration from dribbling in wide zones.

Progression: Combination off target to get into end zone scores 2 points.



PLAY

9v9 to goals.

Central channel a guideline for where immediate pressure and closing of spaces is most critical.

