



08 / U10G - Defending in Pairs

Category: Tactical: Defensive principles

Difficulty: Beginner | Start Time: 25-Oct-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

Defending in Pairs

Phase: Deny Scoring Chances and Win the Ball

Principle: Player Positioning to Protect the Goal and Win the Ball

2v2 to Small Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Players equally split between 4 corners of 12 x 20 yd grid
- *Coach plays ball into one player and that team attacks 2v2
- *Score by passing or dribbling through goal
- *If defender wins the ball they can counter-attack to score at opposite endline

Variations: place teammates at opposite corners of grid to include recovery runs of defenders

COACHING POINTS:

- *Immediate pressure on ball to deny penetration - when to try to win ball back (good cover or attacker cues - head down, facing back, indecisive) or delay (attacker in good possession or lack of good defensive cover from teammate)
- *Covering player distance, angle and body shape (attacker can't see your jersey #)
- *Specific, actionable and loud communication between defenders - I've got ball, cover defender communicating where pressuring player should force game - to help or to side
- *Rapid transition from pressure to cover as ball moves - don't chase ball as pressuring player
- *Recognizing opportunities to double team and win the ball



1v2 to 2 Small Goals (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *1v2 to 2 small goals on 12-15 yd long x 20-25 yd wide field
- *defender passes ball to attacker and closes down the ball
- *defending teammate may move in front of either goal outside of field to help pressuring defender
- *attacker plays 1v2 and tries to score on one of the 2 goals
- *when defenders win the ball the second defender can enter field to create a 2v1 and they score by stopping the ball on the opposite endline

COACHING POINTS:

- *as pressuring defender closes down the attacker, their teammate should choose one of the goals to defend and tell the pressuring defender to force the attacker in that direction
- *pressuring player angles/bends their approach to deny shots or dribble penetration on the undefended goal and to force the attacker to their help defender
- *pressuring player must keep the attacking player from getting around them towards or having a clear path to the undefended goal



2v2 Street Soccer (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *2v2 to small goals on 15 yard wide x 25 yard long field
- *Play as street soccer - each player is assigned a number and then randomly matched up with different teammates and opponents for each game
- *Play 3 minute games - 3 points for a win, 1 point for a tie and 1 point for a shutout
- *Players determine rules that they will play by on each field

COACHING POINTS:

- *Look for and emphasize defending in pairs/pressure-cover ideas presented throughout session

