



08 / U10G - Defending in Pairs

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 23-Oct-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

Defending in Pairs

Phase: Prevent Penetration and Win the Ball

Principle: Prevent Penetration and Forward Passes

2v2 Flying Changes (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*2v2 Flying Changes to Full Size Goals with GK's on 30 yard wide x 36 yard long field

*Divide teams into 2 equal sized teams

*Teams line up behind their goal line each on one side of the field with soccer balls

*If a ball crosses an endline (via a scored goal or out of play), two new attackers immediately enter with a ball to attack while the previous defending pair exits

COACHING POINTS:

*Recognize when to provide immediate pressure and try to win the ball high up the field and when to drop off and delay the game to work with your defending partner

*Angle and distance of cover for defender not pressuring the ball - protecting the goal and letting teammate know where to force the attacker

*Looking for opportunities to double team

*Hard work to get between attackers and the goal - especially when they get past you

*Be aware of and track marks away from the ball



2v2 to Full Size Goal (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*2v2 to full size goal - attackers score to goal, defenders score by passing ball to player between cones

*when ball is scored by the attacking or defending team, or the ball goes out of bounds, the defending team goes off, the attacker become the defenders and the next 2 players in line immediately fly on as attackers with the ball

Variation: attackers stay on if they score and go at the same defenders - make it take it

COACHING POINTS:

•Emphasis on winning the ball back whenever possible

•When to be patient and when to win the ball

•Cover for pressuring defender – angle and distance considerations

•Rapid transition between pressure and cover and vice-versa – don't get split

•Specific, actionable and loud communication between defenders

•Deny the direct path to goal – get defenders between the ball and the goal

•Keep track of your mark when they pass the ball

•Recognizing and applying double teams to win the ball



2v2 + 1/2 to Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

2v2 + 1/2 to 2 Full-Size Goals on 30 x 36 yard field

*Coach has two teams next to him/her in pairs at the midfield line on one sideline

*1 or 2 neutral players are in field of play

*When coach puts ball in play, the two pairs of players in the front of the lines sprint on to play 2v2+1/2 *if ball goes out of play - coach immediately plays in new ball and new group of 2 pairs enter to play

Aviation: if goal scored - attackers grab ball and attack opposite, D must get off the field before new defenders can enter

COACHING POINTS:

*Pressure and cover defending ideas from earlier activities in session

*Compete - work hard to chase down attackers and get between them and goal even if they beat you

*Rapid transition when ball goes out of play or goal is scored - emphasis on players staying switched on

