



01 / U17G - Prevent Penetration - Get Compact Shape Between Ball and the Goal

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 21-Nov-2017 16:00h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Theme: Defensive

Phase: Prevent Penetration and Win the Ball

Principle: Get a Compact Team Shape Between the Ball and the Goal (Direct Channel)

5v5 to Targets (WHOLE) (25 mins)

Description/Organization:

5v5 to Targets, 30 wide x 50 long

Attacking team is allowed one player outside of the field on each side

Coaching Points:

In the moment that a team loses the ball:

*can immediate pressure be applied to win the ball back without risk of the ball being played forward

*if not prevent ball from playing target and try to encourage a sideways or backwards pass while teammates reorganize defensively

*reorganizing lines into direct channel - get compact and deny forward pass to targets



2v2 to Targets (PART) (20 mins)

2v2 to targets:

Target players may support attacking team underneath ball

*Defenders must prevent direct path and ball reaching target player

*Decision when to press ball, when to block pass to target

*Communication between defending pairs to pressure, cover and transition between those roles

*Recognizing when and how to isolate attacker from teammate and to double team



6v4 to Targets/Goal-Multidirection (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

50 yd (goal side dimension) x 30 yd field (target side dimension)

*Team of 5 + GK scores by connecting pass to one target and then the other without losing possession

*Team of 4 scores on large goal

COACHING POINTS:

*what kind of pressure on the ball is appropriate given the situation - try to win the ball back immediately (defensive numbers around the ball or numbers behind the ball/team shape favorable) or take up a position that limits penetration and buys time for numbers to get behind the ball and mark up

*getting numbers behind the ball and in a compact shape denying the direct path to goal

*identifying marks and deciding when to mark tight (pressure on the ball gets attackers head down or facing the wrong direction or play made predictable) or to focus more on blocking the direct path to goal and being in a position to close down your mark while the pass travels



*particular emphasis on the transition moment for both teams when the direction of the game changes - how do you get numbers behind the ball quickly and identify marks