



04 Burgundy / U14G - Deny Scoring Chances / Anticipate Play - Prevent/Block Shots - Time Tackle

Category: Tactical: Defensive principles
Difficulty: Moderate | **Start Time:** 15-Sep-2017 17:30h

Am-Club: Rio Rapids Soccer Club
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Description

Defending

Phase: Deny Scoring Chances and Win the Ball

Principle: Anticipate the Play, Prevent/Block Shots and Time Your Tackle

5v5+4 to Full Size Goal (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Field size - 2 penalty boxes
- *5v5+4 with perimeter players limited to 2-touch
- *Yellow team attacking goal to start with white bumpers/outside players available to support play
- *When burgundy team wins the ball, they must successfully complete a pass to an outside player - when they do, they transition to attack with yellow transitioning to defense
- *Make it - take it

Variation: 3-team flying change-when defending team plays to outside players they immediately enter to attack with the ball, defending team replaces outside players and attacking team immediately defends

COACHING POINTS:

- *Defensive team making sure that there is immediate pressure on the ball
- *Marking other dangerous scoring options tightly
- *Providing cover for player defending the ball - close enough to deny shot if teammate beaten
- *Anticipating play by reading the body and eyes of the player on the ball - where are they looking? what is their body shape and where they facing? Has head gone down to look at ball and leg brought back to prepare to shoot?
- *Anticipate shots by reading first touch of attacker or neutral player - out from body and towards goal
- *Recognizing when to block shots and when to tackle
- *Aggressively pressuring (hunting) attacker when they take a poor touch or face sideways/backwards



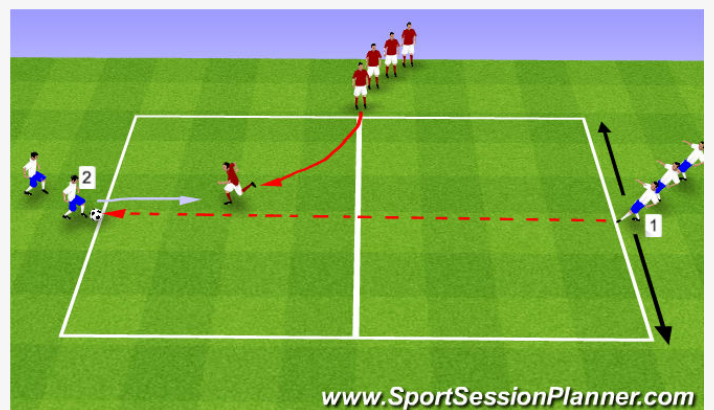
1v1 to Line/Target (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *2 Equally Sized Teams - one at center line of grid as defenders and other team split equally between ends of grid
 - *Attacker 1 passes to attacker 2, defender may enter field as soon as ball is struck
 - *Attacker 1 must remain on endline but may move side to side
 - *attacking team scores by passing to attacker 1 or dribbling across mid-line
 - *point for defending team if they win possession of the ball
 - *attackers switch end after each play
 - *attackers and defenders switch after each go 1/2 times
- Variation: attackers can score by passing across to teammate or dribbling across center line

COACHING POINTS:

- *angle of approach to deny attacker from playing penetrating pass to teammate
- *staggered feet, angled hips and low center of gravity
- *maintain same front foot - try not to pivot
- *closing at speed to defend as far up field as possible -slowing as you get close to the attacker (big steps to small steps and last step forward is first step back)
- *anticipating penetrating pass when attackers head looks forward - touch out to side - leg comes back: prepare to block pass with back leg
- *when to poke tackle ball away with front foot or separate attacker from ball on poor touch
- *aggressively pressuring (hunting) a player who turns sideways/backwards with the ball



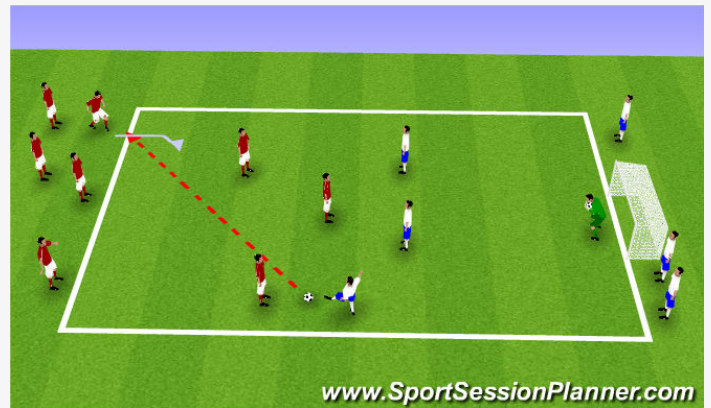
3v3 to Full Size Goal (PART) (25 mins)

DESCRIPTION/ORGANIZATION:

- *36 yds long x 30 yds wide
- *3v3 to full size goal with GK
- *defending team plays to targets to score who come on as flying change for previous attackers
- *rotate defending team every 2-3 minutes to keep fresh

COACHING POINTS:

- *Defensive team making sure that there is immediate pressure on the ball
- *Proper cover and balance positions with awareness of mark from other 2 defenders to deny shots if teammate is beaten or if pass is made
- *Defending as a group as far from goal as possible - squeeze the space the opponent has to play
- *Anticipating play by reading the body and eyes of the player on the ball - where are they looking? what is their body shape and where they facing? Has head gone down to look at ball and leg brought back to prepare to shoot?
- *Anticipate shots by reading first touch of attacker - out from body and towards goal
- *Recognizing when to block shots and when to tackle
- *Aggressively pressuring (hunting) attacker when they take a poor touch or face sideways/backwards or when a slow/bouncing/poor pass is made



7v7 + GK Phase of Play (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

- 7v7 + GK to full size goal
- defending team plays to counter goals

COACHING POINTS:

- *both teams focused on anticipating play, preventing/blocking shots and timing tackles based on coaching points in previous activities

