



08 Premier / U11G - Defending in Pairs

Category: Tactical: Defensive principles

Difficulty: Beginner | Start Time: 13-Aug-2018 17:00h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Prevent Opponent from Advancing and Win the Ball

Principle: Close/Compact the Space Between the Ball and the Goal (Direct Channel)

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



Defending in 2's (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*Groups of 6/8

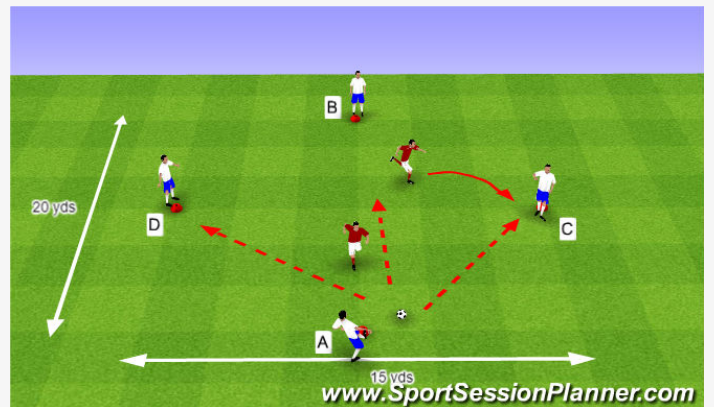
*2 defenders work for 1 minute in middle

*White Team try to get ball from A to B either directly, or via C and D.

*Burgundy scores point every time they win the ball and loses point every time ball gets from A to B, or B to A

COACHING POINTS:

- *Stop direct pass from A-B first by getting compact to deny forward pass with pressure and cover
- *Immediate pressure on C/D to prevent turn with defending partner covering to deny forward pass - force negative pass or try to win ball
- *Focus on defending footwork and body shape (quick small steps, last step forward is the first step back, tall to small, with a surfer shape)
- *Specific, actionable and loud communication between defenders - I've got ball, where to force the attacker to make play predictable
- *Rapid transition between pressure and cover and vice-versa – don't get split



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

DESCRIPTION/ORGANIZATION:

*Players equally split between 4 corners of 15 x 24 yd grid - set up two fields

*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/direct path to goal - 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 #) to deny direct path to goal

*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



2v2 Flying Changes (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*2v2 Flying Changes to Small Goals on 15 yard wide x 24 yard long field

*Divide players into equal sized groups across 3 playing fields

*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:

*making it a priority to deny the direct path to goal

*emphasize defending in pairs coaching points from earlier activities

