



05B/U14 - Prevent Opponent From Advancing - Recognize Cues to Step & Win Ball

Category: Tactical: Defensive principles
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
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7v7 transition Box (15 mins)

DESCRIPTION/ORGANIZATION:

1 defender for 1st 3 passes. then 2 defenders. Then 3.

COACHING POINTS:

1st defenders role - impact more than one player. Force play towards where support will come

2nd defender. Working together. Don't get split

3 defenders. Cues to step, keep play locked in, pressure/cover/balance



5v5 defending #'s down (20 mins)

DESCRIPTION/ORGANIZATION:

20x30 yrd area

5v5 to start. If a team dribbles/passes over end line, other team loses a player. Plays 4v5

If team scores again, lose another player, play 3v5. If team playing down men wins ball and scores, they get players back and other team loses players

COACHING POINTS:

Defending as 5:

Person at fwd dictates where game is played. Keep predicatble

4's:

More patient, protect space in behind

Pick moments when to step and press (cues from earlier)

Can still play with forward trying to cut field in half

3's:

Protect end line. Make other team work to beat you. Slow game down (relate to real game when you are slowing game down to allow team mates to recover)



Part: Defending in two's (15 mins)

DESCRIPTION/ORGANIZATION:

Groups of 6

2 defenders work for 1 minute in middle

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

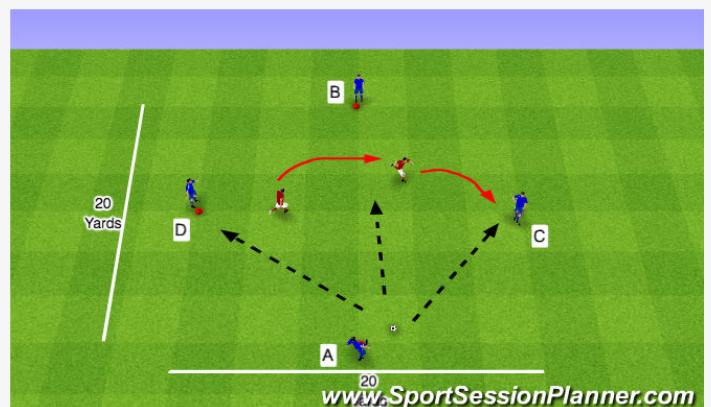
Red loses point every time ball gets from A to B, or B to A

COACHING POINTS:

Stop direct pass from A-B first by getting compact

Have one player slightly higher than other in order to show game to one side

Immediate pressure on C/D to prevent turn - Force negative pass or try to win ball



7v7 +GK's Scrimmage (10 mins)

DESCRIPTION/ORGANIZATION:

Final game. Keepers can not punt ball.

COACHING POINTS:

Nearest person to ball pressures.

Take shape from that

