



01 / U18G - Prevent Opponent from Advancing - Protecting Space Behind the Back Line

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 07-Feb-2019 16:15h

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

Description

Phase: Prevent Opponent from Advancing and Win the Ball

Principle: Protecting Space Behind the Back Line When There is No Pressure on the Ball

Defensive Heading (WARMUP) (15 mins)

DESCRIPTION/ORGANIZATION:

*Heading in 3's - defender jumps over opponent to head ball at highest point (GK goes up to save ball at highest point)

Variations: *stationary defender *dummy jump by defender
*defenders side by side battling for ball

COACHING POINTS:

*Eyes open and focused on ball with mouth closed - bent knees and firm neck

*Step gather and two footed take-off

*Timing of jump to get off ground and attack ball at its highest point



6v6 to Target & Small Counter Goals (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

6v6 with back 4 and 2 center mids in burgundy preventing the ball into the GK/target in the end zone and countering to 2 small goals

*white team is 2 CF and 4 midfielders and scores by passing into GK/target in the end zone - white forwards must respect offside line set by burgundy back 4

*Burgundy back 4 can move anywhere within the field with the exception of the end zone with the target

*White players are restricted to their respective zones

*GK helps communicate with defending back 4 and is available as a pass back option for burgundy team

*Any ball that goes out of play restarts with white from the end of the small goals

COACHING POINTS:

*Coach burgundy team

*When to step and squeeze space (team is in possession and advancing the ball or pressure on and around the ball that has an attackers head down/poor first touch/facing backwards) and when to drop and protect space behind as a back line (opponent has ball with little or no pressure on the ball)

*Protecting space over the top when opponent can play the ball over your head

*The decision to step or drop as an outside defender - step and press if ball is on your side and you or teammate can get the attackers head down immediately, drop and connect to back 4 if ball not on your side or unable to get attackers head down

*Communicating to call out marks in back - when to go with a player (has ball) or pass along a player (movement laterally without ball)

*Protect gaps between defenders in direct path from through balls



3 Zone Game-Back 4 Defending (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

8v4 in 30 x 35-44 yd wide space

*each zone is 10 yards

*Four attacking players in each outside zone

*Four defenders representing back 4 in center zone

*Attacking players score a goal every time they can get the ball across to the other side (ball must stay on the ground to score) - 2 pts if defenders are split, 1 pt if ball goes outside of D

*Defenders score 2 pts when they win the ball or 1 pt if ball is played in air or out of bounds by attackers

*Progression: 1) attackers restricted to outside zones and defenders restricted to central zone 2) attackers restricted to outside zones but defenders free to move into zone with ball 2) attackers with ball can dribble into center zone 3) attackers can score by passing or dribbling into opposite zone

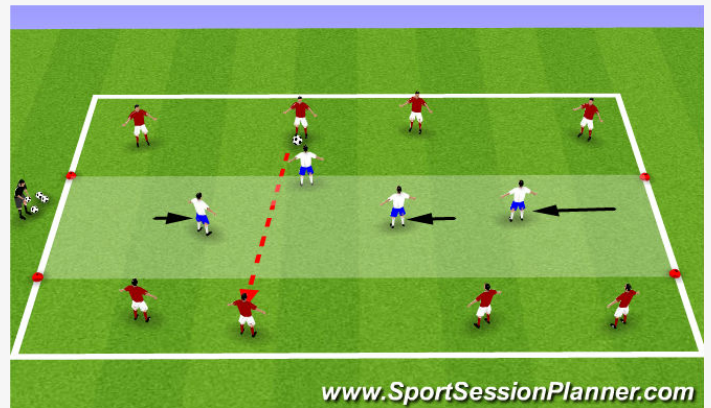
COACHING POINTS:

*Appropriate defender closes down attacker with ball- calls "I've got ball", big steps to small steps/tall to small/last step forward is first step back, angled body shape

*Closest defenders move into positions to prevent penetrating pass in gaps - covering distance and angle to prevent split but not so that the defending block is too narrow

*Remaining defender balances compactness vs marking, level with adjacent defender - should only be 2 lines of defenders

*Rapidly transition from pressure to cover as ball moves: drop step, tuck in and facing forward



11v11 vs 00/01G (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

11v11 game with 01G in burgundy in 4-3-3 and 00/01G in white

*any time the ball goes out of play, the 00/01G restart play with a goal kick or goalkeeper possession (see piles of balls in diagram)

COACHING POINTS:

*01G focused on protecting space behind the back line - when to step and squeeze the game and when to go side-on and drop

*00/01G focused on opening up opponent to penetrate - penetrating the opponents back line

