



# 01 / U18G - Prevent Opponent from Advancing - Recognizing Cues to Press as a Group

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 05-Feb-2019 16:15h

Am-Club: Rio Rapids Soccer Club  
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## Description

Phase: Prevent Opponent from Advancing

Principle: Recognizing Cues to Press as a Group and Win the Ball

### Defensive Heading (WARMUP) (20 mins)

#### DESCRIPTION/ORGANIZATION:

1) Partner head juggling - 50 touches each player (GK ball in hand juggling while partner heads)

2) 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

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



### 5v5 to Targets (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

5v5 to target players - 3 players in defending half of field and 2 in attacking half

\*players must remain in their half when their team is in possession

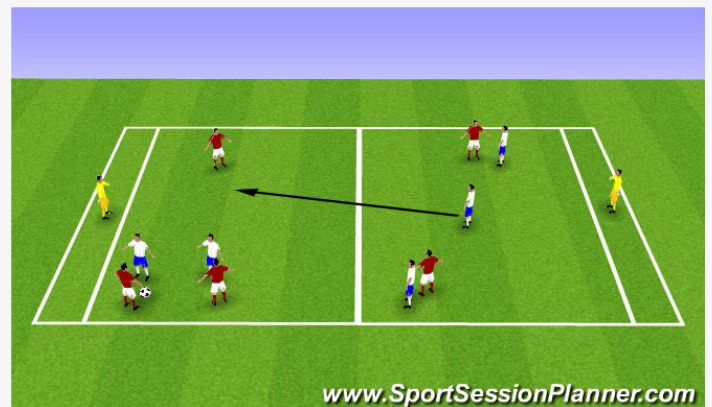
\*one defending player may join attacking half to create 3v3

#### COACHING POINTS:

\*Front two for defending team look for moments where they can get the attacking team's head down, win the ball or lock play into a small area

-reading visual cues for possible press: slow passes, bouncing or poorly played passes, poor first touch, vision/body shape of receiving player, indecision

\*Back three for defending team look to recognize cues to step an extra defender, press and win the ball in the attacking half and when it is appropriate to keep numbers up in the defensive half



### 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 endlines 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)
- \*recognizing cues of player with the ball to decide when to press and win it or get that players head down/turned around - slow pass, bouncing pass, poor first touch, indecision

## 4v4 to 5v7 Phase of Play (WHOLE) (35 mins)

### DESCRIPTION/ORGANIZATION:

\*Start with 4 burgundy playing to full size goal and 3 defenders + GK

\*Games starts with goalkick whenever goal is scored or ball goes out of play

Progression 1: add white #5

Progression 2: add burgundy #8, white #6 and white #8

### COACHING POINTS:

Focus on the defending shape and approach of burgundy team to encourage ball into outside backs and then recognizing when and how to press the ball in that area

\*on goalkick or goalkeeper possession attackers drop off to line of indecision (place where goalkeeper thinks they should play short) and deny balls into wide players and center forward (small goals)  
- GK should punish burgundy with pass straight into goals when this is not done

\*when ball is played into center back

- 9 & 10 prevent penetration of CD and encourage ball to be played into outside backs

-7 & 11 deny pass into wingers (wide goals)

\*when ball is played to outside backs

-9 prevents switch on opposite side of closest center back

-7 or 11 bend run to cut off pass into winger (wide goal) and close to start the press

-10 bends run to block pass into center forward (center goal) and closes to ball to create numbers up in that area and mark short passing options

\*Once additional center mids have been added - make sure that burgundy 10 & 8 recognize when to go tight with all center mid options for white (press is on) and when one player should make it a priority to cut off passing lane to center forward/goal (no pressure on opposing defenders)

