



01/U18G - Prevent Penetration - Get a Compact Shape Between the Ball and the Goal

Category: Functional: Defender
Difficulty: Difficult | **Start Time:** 15-Jan-2019 16:15h

Am-Club: Rio Rapids Soccer Club
Kiva Gresham, Albuquerque, United States of America

Description

Phase: Prevent Penetration and Win the Ball

Principle: Get a Compact Shape Between the Ball and the Goal (Direct Channel)

3 v 3 to Targets (WHOLE) 30 mins (30 mins)

DESCRIPTION/ORGANIZATION:

3V3 to Targets

*Targets must stay in the goals

*If attackers play into targets they score a point

*If defenders get scored on the next set of players step on the field and the defenders become the targets

* New set of players start with the ball

*If ball goes out on the sideline or the endline, the coach plays the ball in

*Play for 4 minute rounds

COACHING POINTS:

Defenders get a compact shape between the ball and the goals

First Defender puts pressure on the ball

*Big steps to small steps- dont get beat 1 v 1

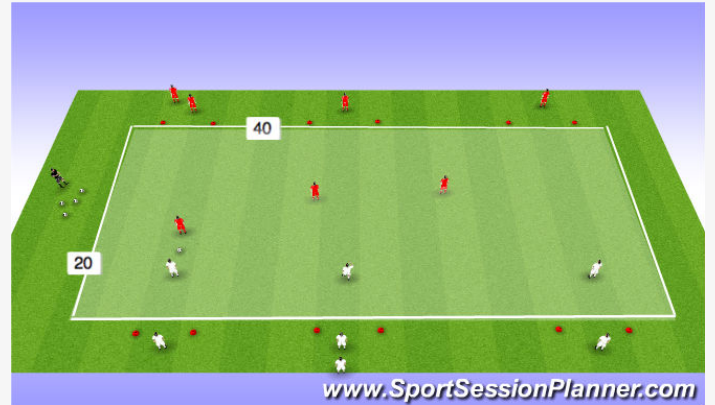
All Defenders block the direct channel to the goal

*Check shoulders to find goal placement

Identify roles as defenders (Who is putting pressure)

Identify when you should stay with a player and when to pass them on (Always stay with the player who has the ball)

Be close enough to the attackers to provide pressure but also in a position to block the direct channel to the goal



End to End (Part 1) 15 mins (15 mins)

DESCRIPTION/ORGANIZATION:

Groups of 7 (1 player rests each round) (GK never Defends) (Other switches at 30s)

ABCD try and get the ball from A to D either through the direct channel or by using players on the side

1 point for attackers for each transfer from A to D

Defenders lose a point everytime there is a direct pass from A to D

Defenders play for 1 minute and then change

If defender arent adding pressure- 5 passes is equal to one point

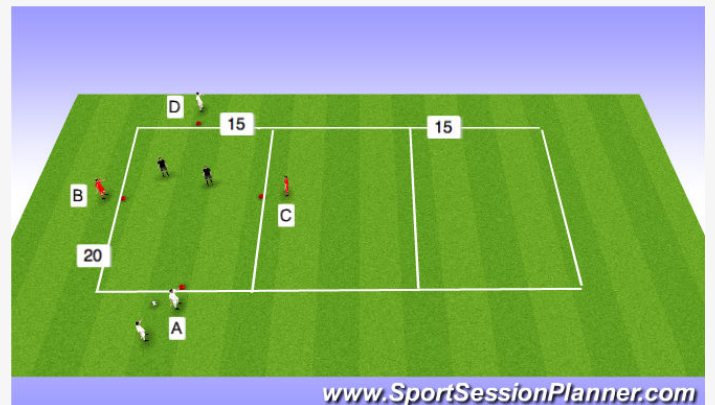
COACHING POINTS:

*First stop the direct path to goal by dropping and getting compact

*Starting position should be behind the side players

*If played to one side, that sides defender puts immediate pressure and other defender puts themselves in a position to cover the direct path to goal, but close enough to the other side to put pressure if passed other side. (Split the two)

* If ball is played back, get compact and block the direct path to goal



2 v 2 to Targets (15 mins)

DESCRIPTION/ORGANIZATION:

2 v 2 to targets

Attackers get a point by transferring the ball from 1 end to the other

After scoring, attackers become defenders

can use endline players to keep possession

If balls goes out, restart from the ends

1 minute games

Variation: 2 points for dribbling across the line

COACHING POINTS:

Starting position behind the ball, compact, blocking the direct channel to the goal

Identify the player to put immediate pressure on the ball

Second defender covers to protect the direct channel to goal, the pass or the dribble

When ball is played to the other attacker, adjust your positions quickly

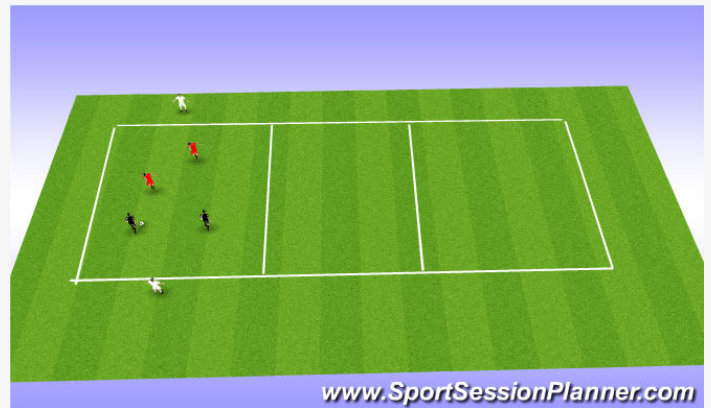
*Does the first player applying pressure apply pressure again, or does that player become the second defender?

If ball gets played backwards, recognize moments to drop and get compact and moments to apply pressure

Defenders in "half-spaces" to block the direct channel but also close enough to apply pressure to the other attacker

Communicate to force the game one way

Recognize moments to double team



Screen 7 v 6 + GK (Whole 2) (30 mins) 4

DESCRIPTION/ORGANIZATION:

7 v 6 + GK

Play Throw ins

All other restarts come from Coach near 3 goals to red team

COACHING POINTS:

Focus on team defending the big goal

Get a compact shape and block the Direct Channel to Goal

For the midfielders, The direct path to goal could also be the pass into the forwards feet

Find half spaces where you are able to block the direct path and also apply pressure to attackers

Find opportunities to step to the attacking team and apply pressure

