



## U13-U19 Defensive Press Tactics (11v11 Game Model)

**Category:** Tactical: Defensive principles

**Difficulty:** Difficult

Am-Club: New Mexico Rapids Soccer Club  
Technical / Coaching Directors, Albuquerque, United States  
of America

### GK+4-2-3-1 v GK+4-2-3-1 Defensive Press Tactics (11v11) (50 mins)

#### Organization:

GK + 4-2-3-1 defend GK + 4-2-3-1 Formation to 2 big goals.  
Coach always starts a new ball to offensive team attacking large goal.

#### Directions/Coaching Points:

**A.** GK + 4-2-3-1 starts off with line of confrontation just over top of attacking half midfield circle inviting other team to play short and attempt to build play. 9 Needs to force (channel) game to outside back (2). Coach should recognize which opposition outside back is weakest and force play (trigger pass) to that outside back (even in younger ages).

**B.** Once opposition 5 (center back) plays "trigger" pass is to opposition 3 (left back), Defensive 7 (right wing) should know to try and jump the pass and 1st touch after cutting touchline off (not allowing long pass down line to opposition 11 (left wing) or 9 (Center Forward) intentionally forcing the opponent central into tackling / interception zones (indicated by circle areas). Weak side 11 (left wing) need to tuck in to provide cover and balance and deal with opposition 6.

**C.** Central Midfielders (6 & 8) on the defensive team at this point should be marking tightly the oppositions 10 (central midfielder) and looking to intercept or steal possession of any central passes played by opposition into central midfield area (indicated by circle zones). At the same time two central defenders (5 & 4) should be communicating at passing off the opposition center forward (9) and providing cover to each other, so any long entry ball is difficult for center forward (9) to deal with and maintain. Central defenders will often times have numerical advantage with the system with 2v1 scenario.

#### Directions / Coaching Points

-Midfield players need to understand importance of defensive responsibility, structure (defending in 4's) and play will be forced into central area in midfield and attacking thirds of the field.

-Forwards (9) must understand idea of "channeling" (cutting field off).

-Outside midfielders need to understand angles of pressure to cut line off. Need to understand "trigger" pass concept. Need to understand weak side tucking in to aid in central midfield to create midfield defensive overload. \*Outside midfielders are critical to effective press.

-Two Central Defenders must understand passing players off and pressure and cover responsibilities in overall team group press and well as defending in 2's.

#### \*Important:

-Defensive team must be patient and compact with opposition center back in possession. Inviting opposition center back (4) to play wide to either outside back (3 or 2). WE DO NOT WANT OPPOSITION PASSES PLAYED BETWEEN OUR 7 & 6 or 8 AND 11 & 6 or 8.

-If opposition can rotate ball out of initial defensive press players must look to reorganize centrally, get compact and look to rotate press to other side of the field quickly and aggressively utilizing same defensive structure, rotations and idea. Tactical positional intelligence of wide players will be critical.

-Our best players should be playing up the spine of our teams in the 6, 8, 10, 5, 4, and 9 positions.

