



## U11-U12 Defending (1) - J. Sells

**Category:** Technical: General

**Difficulty:** Moderate

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

### Description

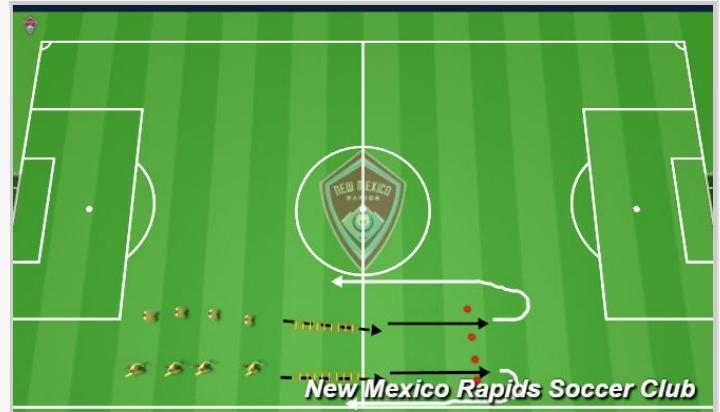
#### Activation: Agility Ladder (10 mins)

**DESCRIPTION/ORGANIZATION:** Agility Ladder

**COACHING POINTS:**

This is a drill, in which the footwork forms are taught in the speed ladder. The drill builds up from coarse motor skills to fine motor skills.

Core Patterns: 1 Foot in Each Straight, 2 Feet in Each Straight, 2 Feet in - One out Zig Zag, 2 Feet in - 2 Feet out Zig Zag, etc...



#### 1v1 to Goal (opponent in front) (20 mins)

**Organization**

Make a choice of either playing a 1:2 or play one of the other techniques from the list and finish with a shot at goal. Perform these drills separately: I. Player 2 dribbles the ball with the outside of the right foot towards player 1. Technique to perform: Akka (Outside-in) (Step 4) and Scissor (Step 6) II. Player 2 dribbles the ball with the inside of the right foot towards player 1. Technique to perform: The stroke outside foot (Step 6), Drag (Step 5) and Akka (inside-front) (Step 4) III. Player 2 dribbles the ball with the inside of the left foot towards player 1. Technique to perform: Step out and take along (Step 6) en Akka (inside-out) (Step 4) A. Player 1 plays the ball to the open player 2. B. Player 2 dribbles the ball up to the first cone. C. Player 2 cuts- off the ball. D. Player 2 dribbles the ball towards player 1. E. Player 2 chooses either to play a 1:2 on player 3 or passes him with one of the above mentioned techniques. F. Player 2 dribbles the ball further or walks on to intercept. G. Player 2 dribbles the ball towards the goal. H. Player 2 finishes off at goal

Attention: Coach can set up multiple fields and goals.

**Coaching Points:**

1v1 Attacking and Defending principles.

Keep is competitive. Players keep track of goals. 3 min. game on each field



## 5v5 + N Four Goal Soccer (25 mins)

### DESCRIPTION/ORGANIZATION:

2 Teams + Neutral (N) (Yellow) play possession and try to score in opposing teams two goals. Teams use possession play and technical skills to break opponent down and score in opposition's two goals. Numbers can be altered based on age group and level of players.

### COACHING POINTS:

- 45 x 35-yard grid
- Individual defending principles
- Defending in 5's (pressure, cover and balance)
- Technical quality
- Spacing / Team Shape (4-1 or 3-2)
- Decision making



## 6v6 Counter Goal Soccer (25 mins)

### DESCRIPTION/ORGANIZATION

Six attackers keep possession against Six defenders by a combination of passes or an individual action, eventually scoring by passing into counter goals. After taking possession the defenders may then score by passing into opposition counter goals.

Attention! The attackers may not go off-side. The off-side line is stipulated by the last defender (applies only to 9v9 and 11v11 teams) If the ball goes off the field the coach send in a new ball. Playing shape 4-2 vs. 4-1-1.

Variation: Create vertical touch limit zones in various thirds of the field (blue lines). GK's can be added in shaded zones to protect three (3) goals on each endline.

### COACHING POINTS:

- Disciplined shape - Prevent forward passes. Defending in 6's (4-2)
- Recognize pressing moments. Step as a team (recognize negative play)
- Once win ball, look to score quickly or keep the 1st pass (good in transition moments) and open attacking shape quickly.

