



## U11-U12 Defending (2) - J. Sells

**Category:** Tactical: Defensive principles

**Difficulty:** Moderate

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

### Fitness Ladders (10 mins)

#### DESCRIPTION/ORGANIZATION: Hurdle Run Race

Players increase fitness intervals 60,70,80,90,100% on the way out to each level of cones. Players always jog back to start (recovery).



### Technical Triangle: Opponent in Front (15 mins)

#### DESCRIPTION/ORGANIZATION:

A. Player 1 passes to player 2- Player 2 positions himself "forward" to receive the ball.- Player 1 kicks the ball with the inside of the foot.- Player 2 is open to receive the ball with the inside of the right foot.

B. Player 2 passes to player 1- The same as described under A, etc.

C. Player 1 passes to player 2- The same as described under A, etc.

D. Player 3 receives the ball and speed dribbles to end of line 1.  
**Rotation:** After passing the ball, each player moves on to the next cone and takes over the position from the previous player.

**Variation:** Go in both directions.



### 1v1 - 3v3 Quick Attack to Counter Goal (25 mins)

#### DESCRIPTION/ORGANIZATION:

1v1 thru 3v3 counter attacking to counter goals... When ball is played first two players from each team enter field around their respective touchline sticks. Yellow is attacking team, and they play 2v2 to counter goals. If White wins possession, they transition to endline zone.

#### COACHING POINTS:

Coaching Points:

- Closing Space down-Defensive communication
- Defensive balance / structure
- Keeping game in front defensively and forcing game into cover.



## GK+2-4-1 vs. 2-4-2 Goal & Counter Goals (35 mins)

### DESCRIPTION/ORGANIZATION:

The 8 attackers/mid fielders through team-play try to score in the large goal. The 7 defenders/mid fielders + keeper must concentrate to keep control of positional defense. After gaining possession the defenders can then score by passing the ball through one of the small counter goals. The attackers can then score in the large goal. This drill always starts with the coach playing a entry ball to attackers

### COACHING POINTS:

- 55 x 40 yard grid
- Individual/ small group defending principles
- GK+2-4-1 vs. 2-4-2
- Technical quality and speed
- Spacing /Transitional Understanding in and out of possession.
- Decision making
- \*Coach within the flow. Limit coaching stoppages and make competitive.
- Defenders shifting together and rotating where necessary
- Make use of off-side game...squeezing the lines on square and negative play.
- Coaching each other (the last player should take the initiative

