



## U13-U14 Defending (1) - J. Sells

**Category:** Tactical: Defensive principles

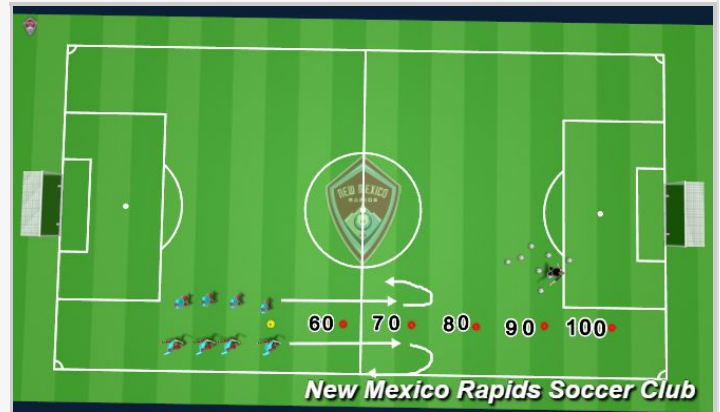
**Difficulty:** Difficult

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 Dribble w/ Target Pass (20 mins)

**DESCRIPTION/ORGANIZATION:** Technical Line Organization - Competition Form

**COACHING POINTS:**

One of the steps of the techniques given below must be executed back and forth between the cones and flags followed by a pass into target goals. PLAYERS DRIBBLE AT PACE OUT AND AROUND CONE THEN PASS TO GOALS.

Variation: Relay races to add competition element.

**Coaching Points:**

COACH PLAYERS ON TECHNICAL SKILLS ASSOCIATED WITH DRIBBLING AND PASSING

-TOE DOWN-USE OUTSIDE/LACES OF THE FOOT (KNEE OVER BALL)

-SPEED-VARIATION OF TOUCHES-BODY POSITION IS SLIGHTLY TURNED

-ANKLE LOCKED WHEN PASSING

-HIP OPEN AND TOE UP WHEN PASSING WITH INSIDE OF THE FOOT.



## 6v6 + N to Counter Goals (30 mins)

### DESCRIPTION/ORGANIZATION: 30x45 YARD GRID

Six attackers keep possession against 6 defenders + N by a combination of passes or an individual action, followed by scoring in one of the opposite goals. After taking possession the defenders may then follow by scoring in one of the opposite goals. Both teams play 4-2 vs. 4-2 formations.

Attention! If the ball goes off the field the coach sends another into the game.

Coaching by attack:

- Spread out when in possession.
- Don't go off-side.- Making choices on the ball( 1:1 or pass)
- Taking into account that you switch by loss of possession and taking attacking position.

Coaching by defense:

- tightening position where necessary. Cutting the line off (goals are in wider areas. Defensive rotations and implementing ideas of pressure, cover and balance.
- Make use of off-side rule. Good line with back four players.
- Communication. (the last player should take the initiative)
- Be prepared to switch position after taking possession. Good in transitional moments.



## GK+4-2-1 vs. 4-1-1 Goal & Counter Goals (30 mins)

### DESCRIPTION/ORGANIZATION:

The 6 attackers/midfielders (4-1-1) through front six "pressing" play try to win possession and score in the large goal. The 7 defenders/midfielders + keeper (GK-4-2-1) must concentrate to keep control of possession and build from the back to counter goals.

### COACHING POINTS:

- 60 x 70-yard grid
- Individual/ small group defending principles
- GK+4-2-1 vs. 4-1-1
- Technical quality and speed
- Spacing /Transitional Understanding in and out of possession.
- Decision making

\*Coach within the flow. Limit coaching stoppages and make competitive.

- 6 (4-1-1) Defenders shifting together and rotating where necessary
- Make use of off-side rule for GK-4-2-1. This group must look to counter press immediately if possession is lost. They have numerical advantage.
- 4-1-1 squeezing the lines on square and negative play. Defensive rotations and structure should be focus.
- Communication (the last player should take the initiative)

