



## U13-U14 Defending (2) - J. Sells

**Category:** Tactical: Defensive principles

**Difficulty:** Difficult

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

### Three Is a Crowd (15 mins)

#### DESCRIPTION/ORGANIZATION:

The players form pairs, standing beside each other. The pairs are spread out over the entire square. Two players, one runner and one who is "it" do not form a pair. The runner tries to avoid "it" and can "free" himself by standing in front of to a pair. The player who is then at the back of the trio becomes the new runner, who must be tagged.

\*Variation: Play with group laying on the ground on their stomach. Attention! A tagged player immediately becomes "it".

#### COACHING POINTS:

- Change of Direction and Speed
- Vision
- Tagger angles of play
- Players need to be turned on!



### 4v2 + 2 Transition Box (20 mins)

#### Organization:

Four players keep possession of the ball by combinations of passes without letting the 2 defenders take the ball away. When the defenders intercept the ball they must change the field of play by making a long pass forward to the other end of the field. At the same time 2 defenders and 2 attackers follow the ball to the other half. Now the 2 attackers try to keep possession of the ball by combinations of passes without the attackers taking the ball away. Etc.

Variation: The attackers are only allowed to touch the ball twice (two touch in possession).

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Coaching attackers:

- Ensure you are in a free position to receive the ball from the player with possession. Support angles are good.
- To take position without losing an overview of the complete field
- Always keep the player and the ball in motion.
- Reducing the field of play when losing the ball and enlarging when you are in possession.
- pass the ball with a purpose (in an open space or on a particular foot)- ask for the ball.
- follow up coaching on passing

Coaching defenders:

- Switching from possession to losing possession (quick transition)
- Put pressure on the ball and 2nd defender provide cover. Deny splits.
- Coaching each other when defending (the last player should take the initiative)
- Communication



## Defensive Shape / GK-4 vs. 4-1 Counter Goals (25 mins)

### DESCRIPTION/ORGANIZATION:

4 (GK-4) v 5 (4-1) Defensive Shape and Tactics to counter-goals w/ GK. Attackers (Blue) attempt to possess and score in counter goals through GK zone (grey) for a goal. Defenders (White) must try and win possession and try and try and pass into 3 opposition counter goals.

### COACHING POINTS:

- Defensive shape and structure
- Back Four and GK communication
- Transition moments
- Communication
- Good attacking possession and tempo!
- GK use of his/her feet.



## 8v8 to Counter Goals (35 mins)

### DESCRIPTION/ORGANIZATION

8 Attacker (White) in a 3-4-1 formation keep possession against GK-7 (GK-4-2-1) Defenders by a combination of passes or an individual actions, 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 GK-4-2-1
- 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.

