



U15-U16 Defending (1) - J. Sells

Category: Tactical: Defensive principles

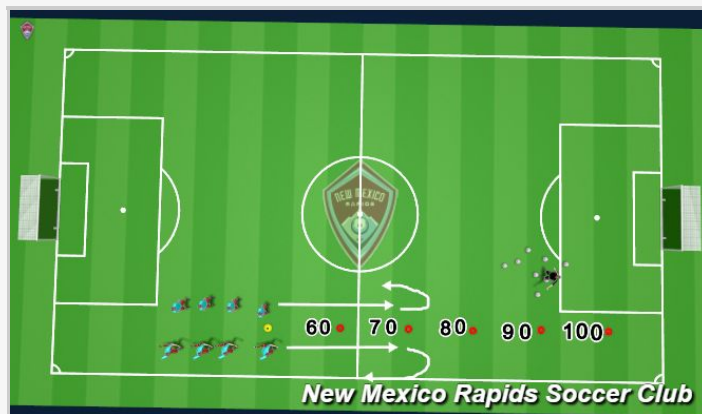
Difficulty: Difficult

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

Fitness Ladders (15 mins)

DESCRIPTION/ORGANIZATION:

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). Fitness and activation activity.



4v2 + 2 Transition Box (25 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



Technique: Opponent in front / Plus Sign Form (25 mins)

DESCRIPTION/ORGANIZATION:

The steps given below of the following techniques should be learned as you see fit, according to the time you have available to you. A. Player 1 dribbles toward the center cone- Player 1 dribbles the ball with the outside of the right foot. B. Player 1 executes one of the moves given below:

- Scissor (Step 5A)
- Akka (outside-in) (Step 3A)

C. Player 1 dribbles to player 2- Player 1 dribbles the ball with the outside of the left foot to player 2.- Player 2 controls the ball and performs the same drill, but with the other leg. The same for players 4, 5 and 6.

Variation: Players dribble to center stick or cone and turn back to their original line. Working on various 180 degree turns away from pressure.

Attention! Go through the given techniques as you see fit and use several lessons/organizational forms for this (the players must learn to master each technique sufficiently (*Stanley Matthews /Scissors /Sole roll-attacking moves)



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

DESCRIPTION/ORGANIZATION:

8 attackers/mid fielders (2-4-1-1) create chances by team-play. The 7 defenders/mid fielders + keeper (GK-4-2-1) can then score by passing the ball through one of the small goals. The attackers can then score in the large goal. This drill always starts with the attackers.

Midfielders/attackers by attacking coaching:

- Bringing the mid fielder into play.
- Keeping the two outside players as wide and deep as possible. (7+11)
- creating a 2 to 1 situation or overloads in various thirds.

Midfielders/attackers by loss of possession coaching:

- tightening position where necessary.
- Coaching each other when defending (the last player should take the initiative)
- Putting direct pressure on the ball

