



U15-U16 Defending (2) - J. Sells

Category: Technical: Defensive skills

Difficulty: Moderate

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

Four Corners Passing (15 mins)

Organization:

Passing and receiving activity that focuses on first touch, proper passing technique, vision, and decision making. Players follow their pass throughout the activity. Two balls are constantly rotating throughout the activity. Players pass from the outside in to the middle players. Players form the middle receive and pass to the outside lines. Don't want balls being played to the same outside line.

Central players receive pass from outside players and then look to play a different outside line. The inside players do not want to play their pass to the same line (vision/decision making) outside. Players follow their pass to keep line full and activity going always with two players in the middle and at all times.



Defensive Shape - Functional (Basic) (25 mins)

Organization:

Training defensive shape in groups of three/four... *Coach calls out red cone numbers 1 through 3/4 and players take shape on called cone in set. Coach makes 3-4 # calls for each group. Players focus on quick shifting, communication, wide players cutting the line, central players pressure cover, and non-pressing players establishing good line off the ball, cover and balance.

Variation:

Add GK to focus on communication & organization.



6v6 + N Counter Goal Soccer (25 mins)

DESCRIPTION/ORGANIZATION

Six attackers keep possession against Six defenders + N (Green) 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 (or first line of end zone - applies only to 9v9 and 11v11 teams) If the ball goes off the field the coach send in a new ball. 4-2 vs. 1-4-1.

Variation: Create vertical touch limit zones in various thirds of the field (blue lines)

COACHING POINTS:

- Disciplined shape - Prevent forward passes.
- 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.



GK+4-3-1 vs. 2-4-1-1 Goal & Counter Goals (30 mins)

DESCRIPTION/ORGANIZATION:

8 (2-4-1-1) attackers/mid fielders create chances by team-play. The 7 defenders/mid fielders + keeper (GK-4-3-1) can then score by passing (or dribbling the ball through) one of the small goals. The attackers can then score in the large goal. This drill always starts with build out by GK.

COACHING POINTS:

- 60 x 70-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 rule for GK-4-3-1
- 2-4-1-1 Coach squeezing the lines on square and negative play. Defensive rotations and structure should be discussed.
- Communication (the last player should take the initiative

