



U17-U19 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!



1v1 - 3v3 Counter Goal Soccer (20 mins)

DESCRIPTION/ORGANIZATION:

- 1v1 grid 20L x 15w
- 2 teams and one team with soccer balls is serving defending team other is attacking team.
- White teams serves and defends for two minutes. Red team is attacking team. Switch roles after 2 minutes. Teams keep track of goals to make activity competitive.

COACHING POINTS:

- Go at speed at defender
- Making a move/change direction as you approach defender. Look to attack defender's front foot.
- Change of pace and finishing after beating defender
- Defender needs to come in at angle (channel) attacker.
- Defender: staggered and low stance
- Also focus is put on cover, pressure, and balance in 2v2 or higher numbers.



Flying Changes 2v1 and 3v2 Goal (20 mins)

DESCRIPTION/ORGANIZATION:

Players work on Technical Functions related to small-sided play to Goals w/ GK's. in a 2v1 and 3v2 scenario. Players focusing on quick transitions, communication and attacking and defensive principles of play. Once attackers attack, they are off and new defender comes on. Once defender concedes a shot (chance) they receive ball from their end line and player that plays to them joins to create a 3v2 the other way.

Variations:

- Attacking goal (in 3v2 scenario is worth 1 Goal)
- Defensive goal (in 2v3 scenario is worth 3 Goals)
- Games played to 7 points.

*Can coach multiple topics within this game, communication and players being turned on!



DESCRIPTION/ORGANIZATION

6 attackers + N keep possession against 6 defenders + GK's by a combination of passes or an individual action, followed by scoring in the opponent's goal. After taking possession the defenders may then follow by scoring in the opponent's goals.

Attention! If the ball goes off the field the coach plays a new one in. No more zones. Players are free to move anywhere on the field of play.

*Variation:

- Teams defend one goal each
- 3 consecutive passes before you can score in either goal
- 1 touch finishes only (advanced).
- Short competitive matches.

Coaching Points:

Coaching attack:- Team-play from a 1-3-1-2 formation.- 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 defense:- Tightening position where necessary.- Make use of off-side rule.- Coaching each other. (the last player should take the initiative)- Be prepared to switch position after taking possession. Transition moments critical!- *Enough balls around the field, HARD & SHARP coaching.

