

Topic: Small Group Defending

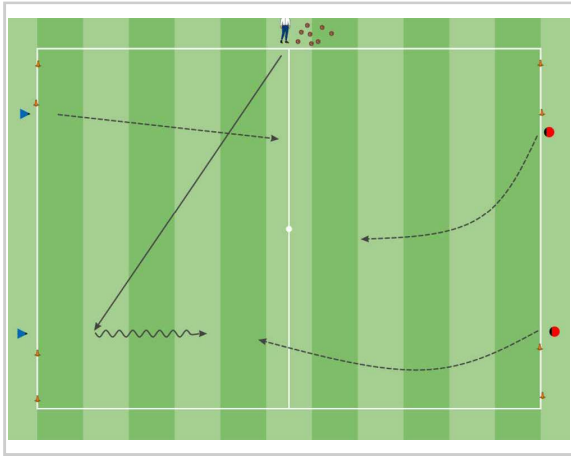
Objective: To win the ball in with principles of pressure, cover and compactness at the forefront

Player Actions: Defend, Pass, Pressure, Cover



Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



Objective: To win the ball in a 1v1 situation - press to force one way

Organization:

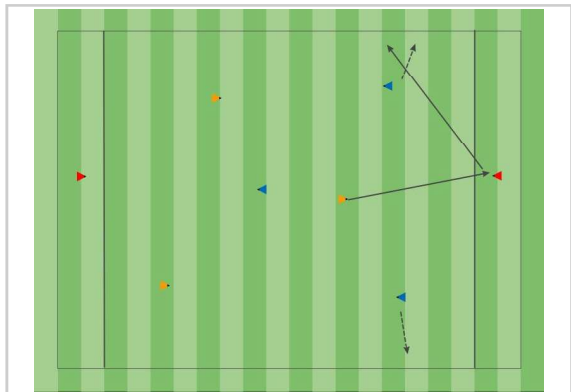
In the same 20Wx30L grid - with two counter goals on each end
2v2 to two goals

Players wide on their defensive half, ball is played in from outside grid as shown

Coaching Points/Guided Questions

Focus on the pressure first - can we get this right? Job is to put pressure on the ball and prevent movement forward

After, focus on how cover looks in relation - job is to cover if pressure gets beat and not to get split. The biggest mistake most of our kids make in pressure and cover is when the ball is played away, they follow it. Can we get them to drop and cover to prevent the split?



Objective: To introduce small group defending - pressure and cover

Organization:

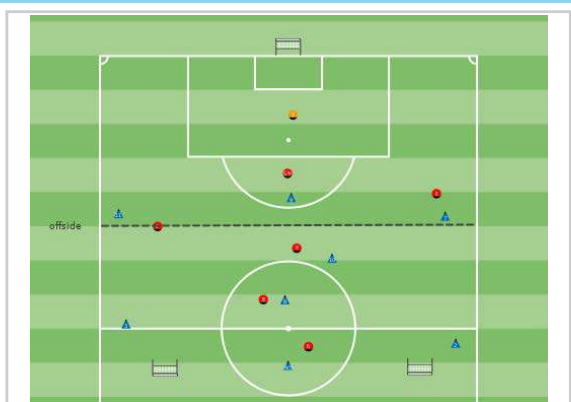
In the same 25Wx35L grid - with two endzones with targets inside
3v3 or 4v4

Play to target on ground to score

Coaching Points/Guided Questions

Focus on the pressure first - can we get this right? Job is to put pressure on the ball and prevent movement forward

After, focus on how cover looks in relation - job is to cover if pressure gets beat and not to get split to targets. The biggest mistake most of our kids make in pressure and cover is when the ball is played away, they follow it. Can we get them to drop and cover to prevent the split?



Objective: To defend 4v4 with a larger goal to protect

Organization:

Grid as shown

Red plays to goal, blue plays to target or counter goals (blue target is not in play)

Goal would be to either force central and win there with numbers or force wide and prevent balls back in the middle and up to 7 or 11 and target - win the ball there then attack

Coaching Points/Guided Questions

Same principles as before - even numbers so we should all have someone to pressure

With goal, how does that change? Press must be higher, closer and quicker. If we get beat what does cover do and how quick?

DO NOT GET SPLIT TO TARGET OR 7/11

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 6v6 - 7v7 (U10) or 7v7-9v9 (U11 and up) - with this session, it would be best to play with even backs as forwards or close to even numbers in the defensive end.

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4 7v7 9v9 11v11

Moment: When opponent has the ball

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