

Topic: Prevent opponent from building in our own half

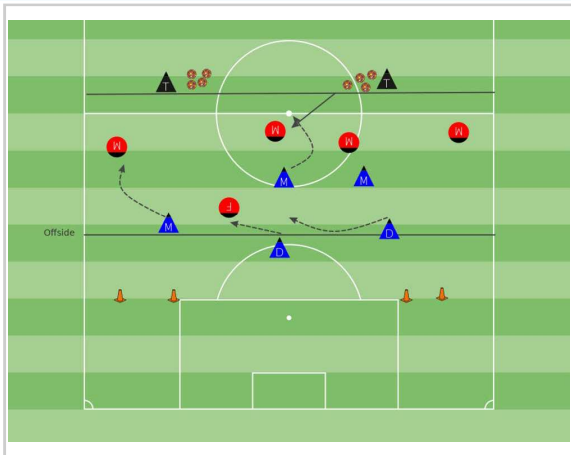
Objective: To prevent scoring opportunities by prevent the ball from moving forward in our own half

Player Actions: Defend, dribble, pass



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: Prevent the opponent from moving forward and win the ball

Organization:

Grid as shown on a 11v11 field. 5v5 or 6v5

Ball is played from one of two targets. Targets can be used as neutrals for red if needed.

Blue midfielder (M) tries to split field in half and make it compact.

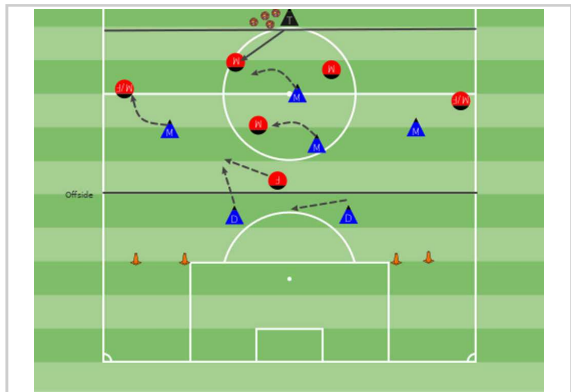
Goal is 4v4 or 4v5 on one side - go to goal quickly when win it

Coaching Points/Guided Questions

How can we create a numbers up defensively? Force one way.

If the outside player has the ball, why is the other outside player so open? Can we get there when the ball does if they play the ball across? yes

Make it compact, keep it compact... if they switch it, drop centrally and then pressure to keep on opposite half.



Objective: Win the ball in our own half to prevent scoring opportunities

Organization:

Field shown on a 11v11 field

6v6 to target (used as neutral for red) and two counter goals

Ball is played from coach

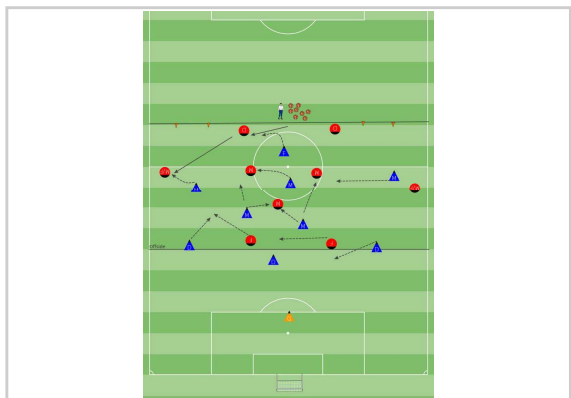
Coaching Points/Guided Questions

Can we press to keep them on one half? Make it compact and keep it compact

Which players are we leaving open as the ball moves? Why?

Can we make sure everyone is marked within support of the ball?

Where do we go when we win the ball?



Objective: Prevent the opponent from going forward and win the ball

Organization:

Field shown on a 11v11 field

9v9 or 9v8 +GK to large goal and two counter goals

Ball is played from coach

Coaching Points/Guided Questions

Can we press to keep them on one half? Make it compact and keep it compact

Which players are we leaving open as the ball moves? Why?

Can we make sure everyone is marked within support of the ball?

Where do we when we win the ball?

GK - Can they stay connected? What are they communicating?

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

Play 11v11 - 1-3-5-1 or 1-4-2-3-1 (4-3-3)

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 we are defending in our own half

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