

Topic: Prevent opponent from scoring from central areas

Objective: To prevent goals

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 scoring

Organization:

Grid as shown on a 11v11 field. 1v1 with ball coming through from line on top. Rotate lines through all three spots, quickly after shot. Players play on first pass. Defender plays to top line if they win it... or GK. Switch so the attacker goes from both sides to shoot

Coaching Points/Guided Questions

Recovery toward goal instead of at player
Force backwards and deny shot. How close is pressure? Goalkeepers role in cutting angle and adding pressure on first ball.
Can teach starting position for that forward player and playing the first touch to goal making it a more realistic experience.

Objective: Prevent goals

Organization:

Field shown on a 7v7 field
2v2 plus a support that doesn't enter field
Small goal central for defense to play to
Ball starts with support player at top

Coaching Points/Guided Questions

Pressure/Cover - How much tighter in this space?
If we get split, how should GK be supporting? How to be ready for this GK.
How tight should we pressure?

Objective: Prevent goals

Organization:

3v3 or 4v3 to make it more difficult. Defense has a GK and attack has a support
Ball starts with support player at top.

Coaching Points/Guided Questions

How tight should we pressure? Deny all shots!
Keep them in front... don't get beat!
How does GK support?

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

Play 9v9 or 11v11

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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