



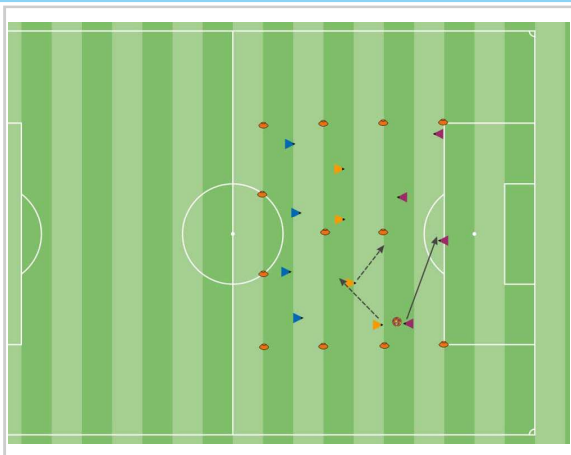
Topic: Defending in own half, centrally

Objective: To prevent scoring opportunities

Player Actions: Defend, 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



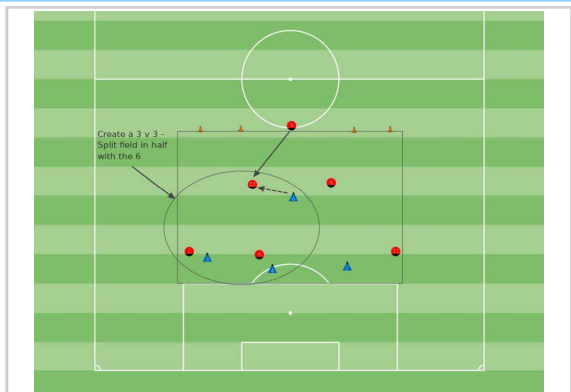
Objective: Win the ball back with organization rather than immediate pressure

Organization:

Three grids 18 box wide and only about 12-14 yards long each. Can place GK behind to give instruction to organize. Three to four players in each grid. If you have 16, you can go four grids and two teams instead of three. Try to split middle team. If you do, get a point. If you lose possession in anyway, middle team switches out. Can keep them if you wish. Originally, no pressure in box... one variation would be to add on pressure defender in the box at a time.

Coaching Points/Guided Questions

Who pressures? zonal defending principles
 What does cover look like? Prevent split, able to pressure if teammate is beaten or ball is played.
 If ball is played away and you were pressuring, what should your response be? Drop and squeeze
 Once pressure is added in box, focus on not having them running back and forth but dropping with someone else coming in.



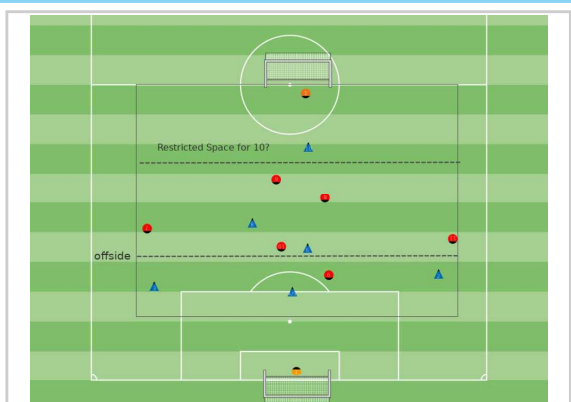
Objective: Win the ball centrally to prevent scoring opportunities

Organization:

Width of 18, length to center circle
 5v4 to large main goal and counter goals. Start with 6 on the opposing side
 Add another 4/5 to help right away, can take away if needed.

Coaching Points/Guided Questions

Can our 6 cut the field in half and prevent the switch?
 If we get split on the outside, can our 4/5 pressure while the 2/3 drops in centrally?



Objective: Defend zonally to win the ball - preventing goals

Organization:

A bit wider than the 18 to the half line.
 6v6 or 7v7 plus keepers. Go with four in the back if needed.

Coaching Points/Guided Questions

Shape and move as ball moves? Where should I be now and where do I need to be next with our team forcing them a certain way? Where is the next likely pass? Can I prevent it? Can I keep from getting split. Is the GK connected where if it is split, they can get it?

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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