

Topic: Introduce Individual and Small Group Defending

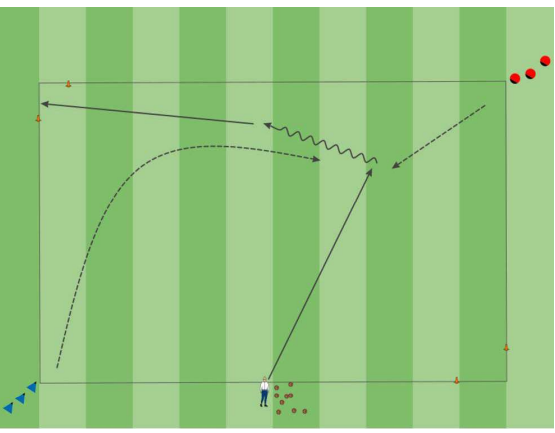
Objective: To win the ball in the defensive half and play into a target

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



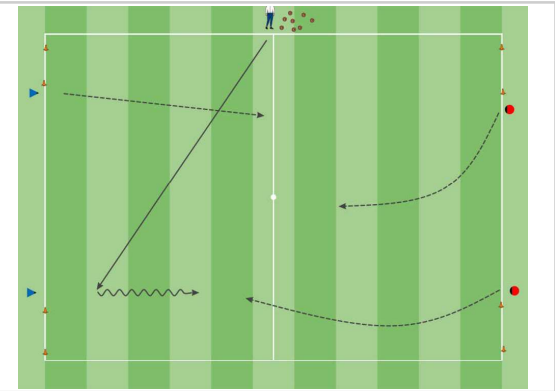
Objective: To win the ball in a 1v1 situation - press to force one way

Organization:

In a 20W x 30L yard grid with goals as shown - this is a fairly large space 1v1 - players start on opposite corners Play ball toward one side - keep score

Coaching Points/Guided Questions

How to pressure - demonstrate bent run, big steps then small
When to pressure - as ball is played in
Cues to press hard - bad touch or bad pass in
Where to press - one way away from goal



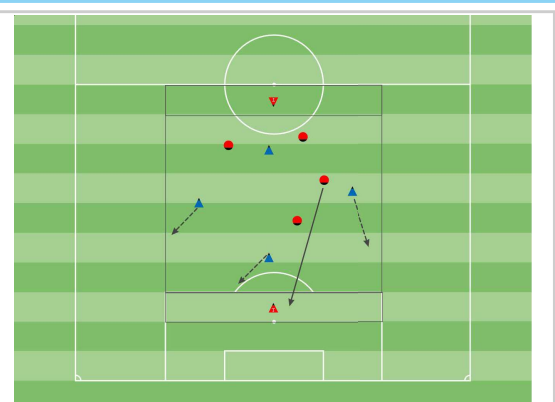
Objective: To introduce small group defending - pressure and cover

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 defend 4v4 with a larger goal to protect

Organization:

Fairly large grid - between half and 18 - maybe a tad longer with targets outside those areas 4v4 to targets - defend one target (don't switch if you score)

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

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 in our defensive third

Created By: Shea Durham

www.rrvunited.org - club@unitedscrrv.org