

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 7v7 field. 3v3 (4v3 to make it more difficult defensively)
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.

Coaching Points/Guided Questions

To M - Which way do you want to force the M for red? To the small side/away from his help.
When the ball is played? How can we move to create numbers up?
Can we move when the ball is played?
When we win the ball, where should we look first?

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

Organization:

Field as shown on a 7v7 field
If needed, add a defender (this is more difficult to defend) - more space, and opponents
Same idea as stage 1

Coaching Points/Guided Questions

How can we create a 3v3? 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

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

Organization:

Field shown on a 7v7 field
6v5+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?
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?

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

Play 7v7

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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