

Topic: Introduce Individual and Small Group Defending

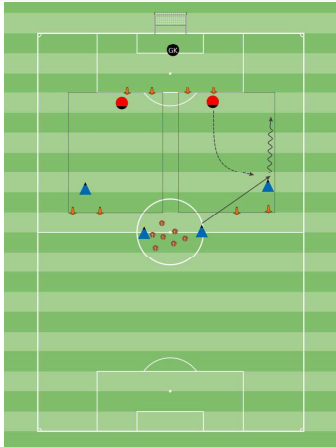
Objective: To win the ball in the defensive half and play into a target

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 15W x 25L yard grid with goals as shown

1v1 - players start in their own goal, ball is played from player off the grid
2 points passing through the goal, 1 point dribbling over endzone

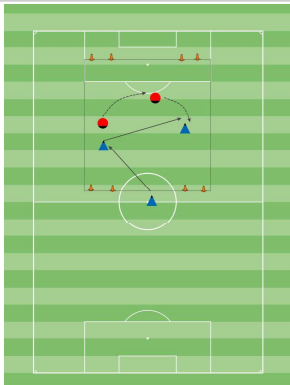
Coaching Points/Guided Questions

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 high point area



Objective: To introduce small group defending - pressure and cover

Organization:

In a 30W x 40L grid - with two counter goals on each end

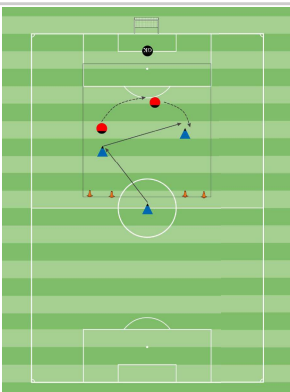
2v2 to two goals

Players start in goals, 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 2v2 with a larger goal to protect

Organization:

Same grid as before

2v2 to large goal.

Ball comes in from outside grid. Defenders start by the six and attackers start just inside grid.

Coaching Points/Guided Questions

Same principles as before

With goal, how does that change? Press must be higher, closer and quicker. If we get beat what does cover do and how quick?

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