

Topic: Preventing opponents buildup out of their own half

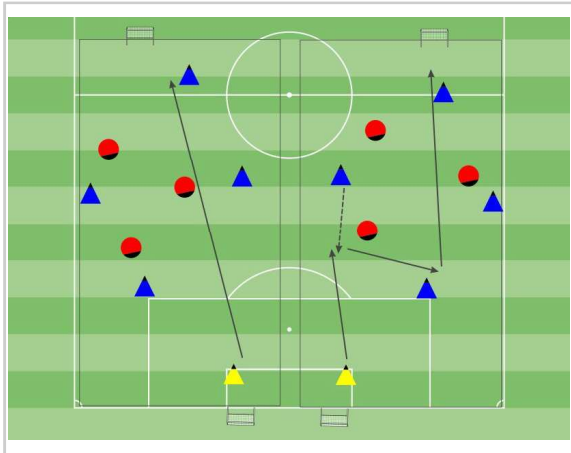
Objective: To score more goals by winning the ball in the opposing half

Player Actions: Defending (pressure and cover), dribbling, passing, shooting



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 prevent opponents buildup to create more chances to score goals

Organization:

Two 25w x 35l grids with larger goal on one end with GK and small goal on other end (can play to target as well)

Ball starts with GK

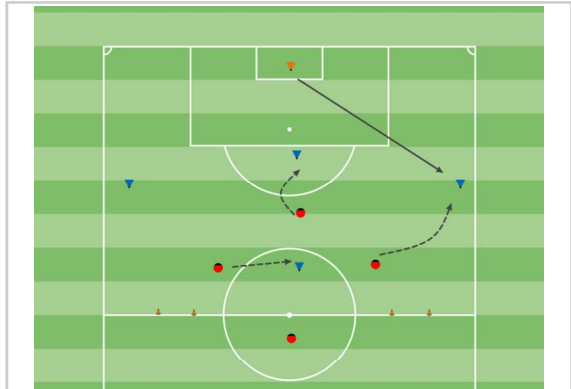
Coaching Points/Guided Questions

When should we pressure? As soon as GK plays it

Where should we go when GK plays it? Each player has a role

TO THE ATTACKING TEAM: If they are pressing us high can we find the target early instead? What will that cause them to do? Back up

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Organization:

Width of field to half line

3v4 on the field with GK and support player

GK starts with ball, but let play flow as well with rules of the game sometimes starting with the support player to keep motivation high.

Coaching Points/Guided Questions

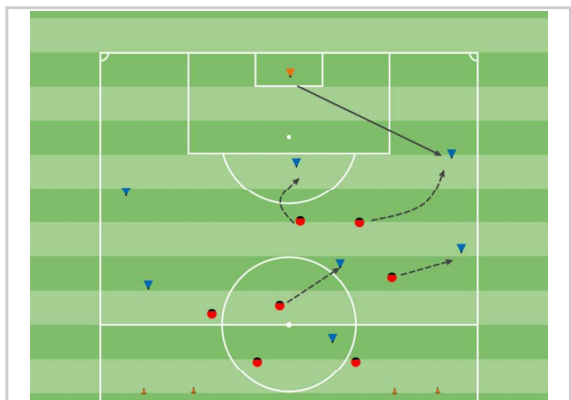
When should we pressure? As soon as GK plays it

Where should we go when GK plays it? Each player has a role

Where do we force them? Can we prevent the opponent from moving the ball forward?

The cue of when to move to defend is extremely important

AGAIN TO ATTACK: IF THEY PRESS ALL OF OUR BACKS, CAN WE PLAY IT OVER?



Objective: To prevent opponents buildup to create more chances using large numbers

Organization:

Width of field to other side of center circle

7v8 on the field with GK

Allow this to be more free flowing - Balance ratio of GK start to free flowing trending towards free flowing.

Coaching Points/Guided Questions

Roles of players as the ball moves - who goes where and when

Focus should be on prevention of the opponent moving the ball forward

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

Play 7v7 to gain understanding in smaller sided - Best to play a 1-3-2-1 or 1-2-3-1

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: Defending in opponents half

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