



06 White / U12B - Defending in Pairs

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 07-Sep-2017 17:30h

Am-Club: Rio Rapids Soccer Club
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Description

Defending in Pairs

Phase: Prevent Penetration and Win the Ball

Principle: Prevent Dribble Penetration and Forward Passes

2 Zone Transition Game (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*2 adjacent 15 x 15 yard grids

*2 teams of 6 begin in each grid

*When ball enters one half - defenders enter in pairs to win ball and connect to team on opposite side

*Each pass across to the opposite grid earns your team a point

*Coach plays ball into opposite grid whenever ball goes out of play

COACHING POINTS:

Numbers down defending-

*Aggressive mentality to win back the ball

*Speed of approach: slow as you get close to the attacker, big steps to small steps, last step forward is your first step back, slow down as attacker takes a touch

*Recognize opportunities to win ball - poor touch, touch too far from body, slow pass, attacker head down, attacker turns back to teammates

*Separate attacker from the ball by getting body across line of attacker - use of body/arms

*Make play predictable - force play to defending partner when you aren't in a position to win the ball

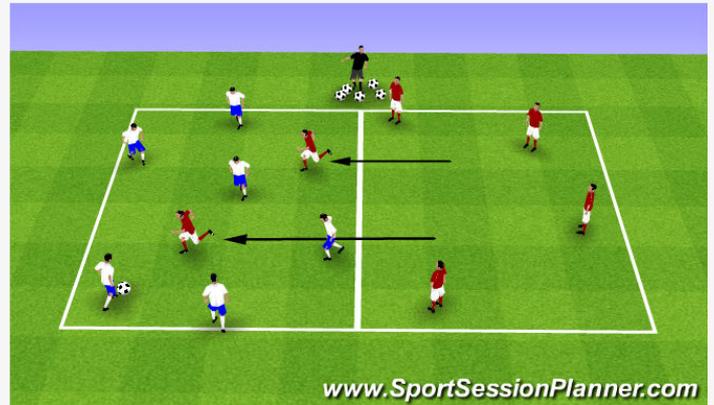
*Recognizing when you and your defending partner aren't working together - regroup centrally

*Recognizing opportunities to double team and win the ball

Numbers up defending-

*Quick reaction in transition moment to prevent pass to other side/angle of approach - get between ball and goal through the combined action of a player pressuring the ball and covering defenders denying forward passes on both sides of that player

*Aggressive defending/tackling with numbers to prevent ball from advancing to other grid - recognizing opportunities to double team and win the ball



Defending in 2's (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*Groups of 6/8

*2 defenders work for 1 minute in middle

*White Team try to get ball from A to B either directly, or via C and D.

*Burgundy scores point every time they win the ball and loses point every time ball gets from A to B, or B to A

COACHING POINTS:

*Stop direct pass from A-B first by getting compact to deny forward pass with pressure and cover

*Immediate pressure on C/D to prevent turn with defending partner covering to deny forward pass - force negative pass or try to win ball

*Focus on defending footwork and body shape (quick small steps, last step forward is the first step back, tall to small, with a surfer shape)

*Specific, actionable and loud communication between defenders - I've got ball, where to force the attacker to make play predictable

*Rapid transition between pressure and cover and vice-versa - don't get split



2v2 to Small Goals (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Players equally split between 4 corners of 12 x 20 yd grid
- *Coach plays ball into one player and that team attacks 2v2
- *Score by passing or dribbling through goal
- *If defender wins the ball they can counter-attack to score at opposite endline
- Variations: 1) begin with only 1 defender entering to defend 1v2
- 2) place teammates at opposite corners of grid to include recovery runs of defenders

COACHING POINTS:

- *Immediate pressure on ball to deny penetration - when to try to win ball back (good cover or attacker cues- head down, facing back, indecisive) or delay (attacker in good possession or lack of good defensive cover from teammate)
- *Covering player distance, angle and body shape (attacker can't see your jersey #)
- *Specific, actionable and loud communication between defenders
 - I've got ball, cover defender communicating where pressuring
 - player should force game - to help or to side
- *Rapid transition from pressure to cover as ball moves - don't chase ball as pressuring player
- *Recognizing opportunities to double team and win the ball



2v2 Flying Changes (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *2v2 Flying Changes to Full Size Goals with GK's on 30 yard wide x 36 yard long field
- *Divide teams into 2 equal sized teams
- *Teams line up behind their goal line each on one side of the field with soccer balls
- *If a ball crosses an endline (via a scored goal or out of play), two new attackers immediately enter with a ball to attack while the previous defending pair exits

COACHING POINTS:

- *Look for and emphasize defending in pairs/pressure-cover ideas presented throughout session

