



07 / U11B - Defending - Defending in Pairs

Category: Tactical: Defensive principles
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
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Description

Deny scoring chances and win ball
Prevent/Block shots and time your tackle

180 degrees Coerver skills (10 mins)

DESCRIPTION/ORGANIZATION

Even though this is not a passing a receiving warm up, the boys need the ball familiarity and the agility that comes with Coerver warm ups, so we are using them consistently right now to be sure that the boys get competency with the ball and also that they get some individualized physical literacy work. Player with ball dribbles to gate 45 degrees off to the right or left, performs a 180 move (Cruyff, squash and turn, squash and hop, peanut butter twist, etc.), and then returns to start, leaves ball for next player. Switch to the opposite gate. 7-9 yards from start cone to gate. 2 yards between cones in triangle.

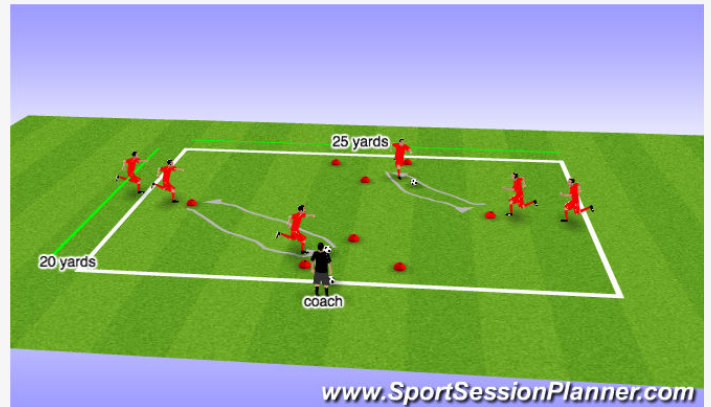
COACHING POINTS:

Perform move and explode out. Make sure to face forward while doing the move. That way when going to the right and going to the left you are performing the mirrored version of the same move (working on both right and left sides of your body).

Litbarski (squash and hop): Dribble forward, stop ball with bottom of foot. Once dribbling foot stops ball, step past ball turning half way to the inside, take the ball in opposite direction with outside of other foot.

Peanut butter Twist: Dribbling back towards own end of field, step across ball as if to play back pass to gker or teammate, turn 180 in opposite direction, take ball up field with outside of same foot that stepped across the ball, explode away or pass on next touch.

Cruyff: pull ball back behind standing leg. Make sure plant foot is in front of ball to create space to pull ball behind. Make sure plant foot is at a 90 degree angle to the run up.

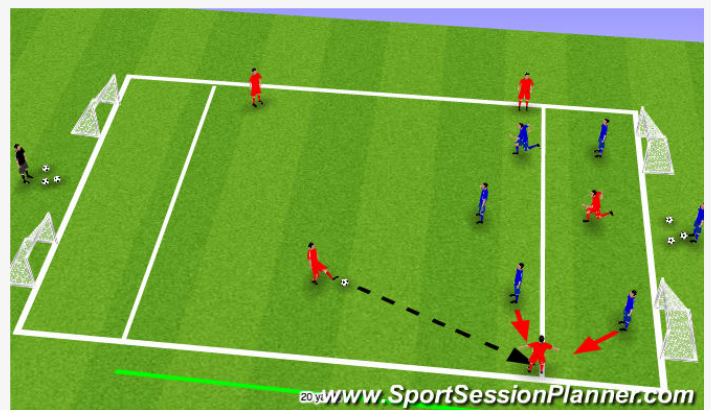


5v5 Formino--Park the bus (20 mins)

DESCRIPTION/ORGANIZATION: 5v5, rules exact same as Funino, must cross 6-yard line before scoring. Instruct players that if they cannot win the ball back right away (i.e. opponent breaks initial pressure via pass or dribble), they must recover to defend deep near own goal(s). 2 left sided players defend deep, one inside the 6 yard line, one just in front. Same on right. Central player can move across to help either side.

COACHING POINTS:

- *Read the game, anticipate.
- *Proper angle of approach to put pressure on ball.
- *Center of gravity low. weight equally distributed across both feet,
- *push player on ball to side-line or towards cover
- *Once proper distance and body position established, ready to move feet to stay in front of the attacker.
- *If ball is passed, drop into covering position. If ball is dribbled, run with dribbler.
- *Block shot with feet/body.
- *Once ball is won, commit 100% to the counter attack (all 5 players)



1v2 to 2v2--defending (20 mins)

DESCRIPTION/ORGANIZATION:

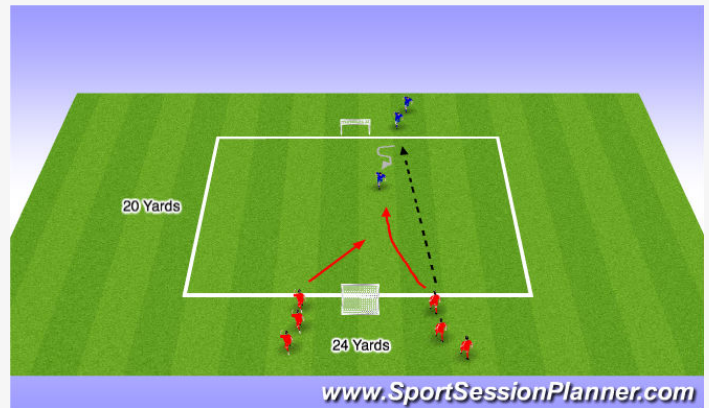
20x24 grid set up and player distribution as shown. Defender passes a ball to the attacker and follows to pressure. Second defender covers. If defenders win the ball they can counter attack the opposite goal.

PROGRESSION 1: 2v2 no transition

PROGRESSION 2: 2v2 Flying Changes to introduce transition

COACHING POINTS:

- * Angle of approach. Speed of approach. Distance from attacking player. Balance. Move your feet. Stay in front. Allow covering player to time challenge. Win ball if ball is shown.
- * Proper distance to support pressuring defender: close enough to challenge if pressuring defender gets beaten. Angle of support compared to 1st defender, compared to goal.
- * Recovery of pressuring defender when beaten
- * Angle of covering defender to block goal channel. Check shoulders at all times to ensure proper angles.
- * Communication
- * Patience of covering defender - Don't get square/flat with pressuring defender. Only need to challenge if pressuring defender gets beaten or ball is shown.
- * When 2v2: How does defensive shape change when the other team passes?
- * Ready to block shot/pass when attacking player looks to play pass/shot



7v7 w/gkers--Shark Tank rules (15 mins)

DESCRIPTION/ORGANIZATION: Whole #2. 50 yards wide X 60 long. 7v7 with goalkeepers. Shark tank rules still apply. If initial attempt to win ball back fails (pressure broken), defending team must recover to own half to defend. Once ball enters half, immediate heads down. Be aggressive.

COACHING POINTS:

- * Read game, anticipate
- * Same as in 5v5 Formino
- * Gker communicate, active participant in defensive tactics.
- * As ball gets deeper into own half, continue to drop.
- * Players in front of ball must be marked, players not in front of ball should be dealt with zonally.
- * When opponent shapes up to serve from own half, def. team drop and squeeze shape
- * First balls, second balls, counter!
- * Anticipate to intercept passes

