



07 / U11B - Defending - Small Group Defending II

Category: Functional: Defender
Difficulty: Difficult

Am-Club: Rio Rapids Soccer Club
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Description

Prevent Penetration and win ball

Defensive numerical superiority: Pressure, cover, balance

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. Coervers in free space on coach's command. If players can do multiple moves, see if they can do a chain of moves in a specific order one after another.

COACHING POINTS:

Puskas: stop ball with bottom of dribbling foot. Make sure ball stops completely to stop defender. Step past ball with same foot. Push ball forward with inside of other foot. Slow, stop, explode.

Kluivert: Same as Puskas but dribbling foot stops ball and before dribbling foot steps down, other foot comes through ball to explode forward.

Litbarski: Same start as Puskas. 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.

Scissors (Van Basten): Step across ball pretending to take ball with outside of foot, but step over instead. Put all weight on that foot as you step down, sell that direction with upper body as well. Take ball at a 45 degree angle the opposite way with the outside of the other foot. Explode away with ball and next touch to extend away from defender.

Matthews: standing leg planted on the ground. Other foot off the ground. Ball should be on inside of off the ground foot. Standing leg hops away from the ball sideways, as that happens, foot on the ball drags the ball in the direction of the hop. As the hopping foot lands, the foot on the ball stays in the air but switches across the ball so that the foot is now between the hopping leg and the ball with the outside of the foot on the ball. Flick the ball out opposite the direction of the hop at 45 degrees and explode in that direction. Move takes coordination and subtle ankle movements to do it well.

Double Scissors: same as scissors, just two step-overs instead of one.

Cruyff: I prefer to teach it with a fake pass/shot and then pull behind standing leg

The "V":

Zidane:

Fat Ronaldo:

CR7 Chop:



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3 1v1s to 2 goals (20 mins)

DESCRIPTION/ORGANIZATION: From the center of the field, attacking players wait for coach's signal. What coach says "go," all three 1v1s begin. Attacking player must get into end zone before he can shoot. Attacking players can go to either goal. Defenders work hard to defend. If defenders win the ball, they can go score at other end--defender gets a point if he scores. First attacking player to score gets the point. After series of 5 or 10 attacks, defenders and attackers switch.

COACHING POINTS: defending--body position, knee bend, weight over feet, no stab, stay in front. watch ball and man simultaneously, push player to weaker foot/side, then look for opportunity to win ball. Turn and run with player, read the player and ball, timing of challenge, strength of challenge.



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1v2--use of cover (10 mins)

DESCRIPTION/ORGANIZATION:

1v2 in 20x25 yard grid

1 - 2v2 over lines. later use goals

COACHING POINTS:

*Closest player pressures ball

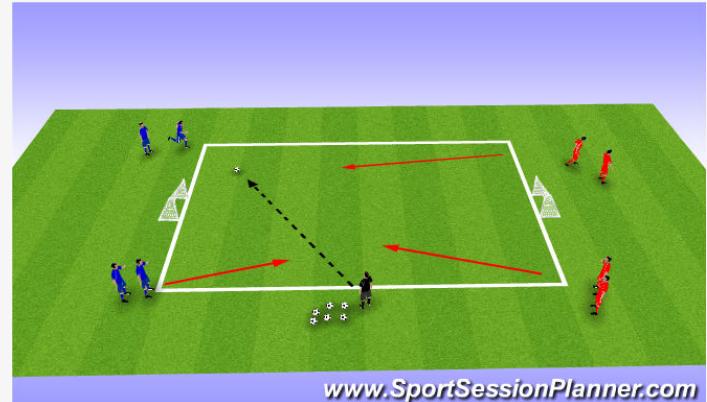
*Force to your help

*Close ball and bend run to force one way

*Last step forward is first step back in delay

*Speed of approach (big steps to small steps - fast and then slow as you get close to attacker), body shape, footwork, proper defending distance and balance, front foot poke tackling

*Communication by covering player



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4v4v4 3-zone game (15 mins)

DESCRIPTION/ORGANIZATION:

30 x 30 Team in middle cannot tackle ball of outside players unless ball crosses line. Deny ball being played in-between players. To score must play ball below shoulder height to team on opposite side of grid (this counts as a point against the team in middle). Team in middle stays for 3-5 min (or until they win ball once, twice, or three times) to work on shape. Side to side passes can be one touch, but through pass may not be on first touch.

Variation: allow defending team to press if there is a cue to press on (cues: poor pass/touch, ball too close to line, long pass, slow pass, player facing wrong way. When defending team win ball, they must establish possession in the zone where the team they dispossessed is. Once they've done that, they take the place of the team they dispossessed.

COACHING POINTS:

*Closest player pressures ball

*OK to sit back in shape if can't get to ball in time to apply decent pressure or if ball is deep in the possession zone.

*Prevent through pass, ready to react with both feet (side by side)

*Speed of approach (big steps to small steps - fast and then slow as you get close to attacker), body shape, footwork, proper defending distance and balance

*Make sure 2nd Def tuck in behind 1st def.

*Wide defender protect against sideline pass. Central defenders prevent pass in gaps.

*All defenders ready to react to pass and pick it off.



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4v4 to Big Goal (25 mins)

DESCRIPTION/ORGANIZATION:

1/2 field and build up into 6v4 or 7v4 or 8v5 game by adding players.

Number each line, so that each player goes to the next number for the next rep. After in line 4, go to line 1.

Play with offside

Use counter goals

COACHING POINTS:

Back 4 works together to stay compact.

*Prevent chances in the middle, force everything around the back 4.

*Must close down once in shooting range

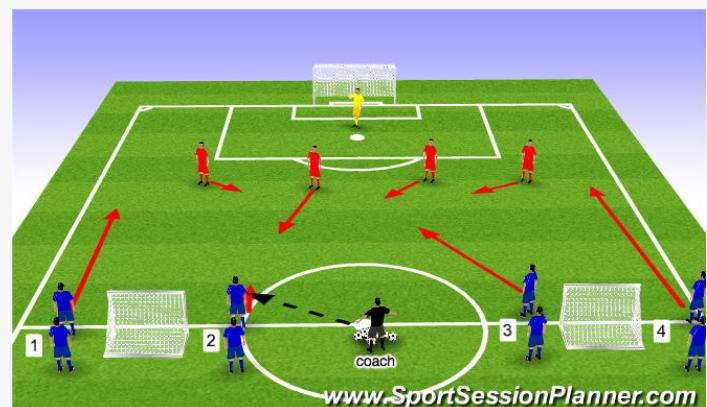
*Closest player pressures ball

*Force to your help

*Speed of approach (big steps to small steps - fast and then slow as you get close to attacker), body shape, footwork, proper defending distance and balance, front foot poke tackling

*Make sure 2nd Def tuck in behind 1st def.

*Nothing thru, nothing over, nothing round (in that order)--gk'er plays big role in this



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