



## 08 / U10G - Defending in Pairs

Category: Tactical: Defensive principles

Difficulty: Beginner | Start Time: 25-Oct-2017 16:30h

Am-Club: Rio Rapids Soccer Club  
Ray Nause, Albuquerque, NM, United States of America

### Description

Defending in Pairs

Phase: Deny Scoring Chances and Win the Ball

Principle: Player Positioning to Protect the Goal and Win the Ball

### 2v2 to Small Goals (WHOLE) (20 mins)

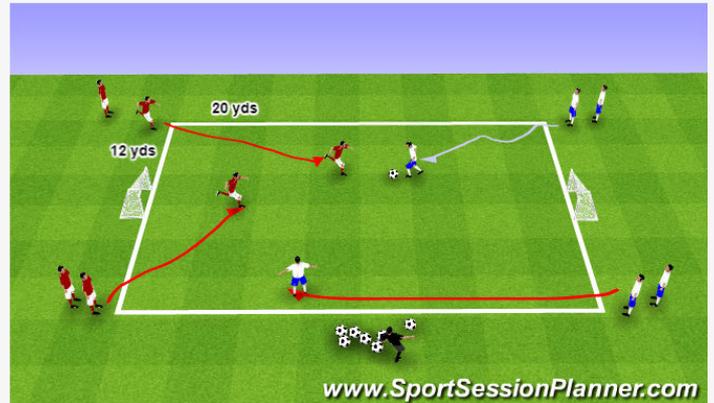
#### DESCRIPTION/ORGANIZATION:

- \*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: 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



### 1v2 to 2 Small Goals (PART) (20 mins)

#### DESCRIPTION/ORGANIZATION:

- \*1v2 to 2 small goals on 12-15 yd long x 20-25 yd wide field
- \*defender passes ball to attacker and closes down the ball
- \*defending teammate may move in front of either goal outside of field to help pressuring defender
- \*attacker plays 1v2 and tries to score on one of the 2 goals
- \*when defenders win the ball the second defender can enter field to create a 2v1 and they score by stopping the ball on the opposite endline

#### COACHING POINTS:

- \*as pressuring defender closes down the attacker, their teammate should choose one of the goals to defend and tell the pressuring defender to force the attacker in that direction
- \*pressuring player angles/bends their approach to deny shots or dribble penetration on the undefended goal and to force the attacker to their help defender
- \*pressuring player must keep the attacking player from getting around them towards or having a clear path to the undefended goal



## 2v2 Street Soccer (WHOLE) (20 mins)

### DESCRIPTION/ORGANIZATION:

- \*2v2 to small goals on 15 yard wide x 25 yard long field
- \*Play as street soccer - each player is assigned a number and then randomly matched up with different teammates and opponents for each game
- \*Play 3 minute games - 3 points for a win, 1 point for a tie and 1 point for a shutout
- \*Players determine rules that they will play by on each field

### COACHING POINTS:

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

