



## 04 Burgundy / U14G - Deny Scoring Chances / Anticipate Play - Prevent/Block Shots - Time Tackle

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 15-Sep-2017 17:30h

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

### Description

Defending

Phase: Deny Scoring Chances and Win the Ball

Principle: Anticipate the Play, Prevent/Block Shots and Timre Your Tackle

### 5v5+4 to Full Size Goal (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*Field size - 2 penalty boxes

\*5v5+4 with perimeter players limited to 2-touch

\*Yellow team attacking goal to start with white bumpers/outside players available to support play

\*When burgundy team wins the ball, they must successfully complete a pass to an outside player - when they do, they transition to attack with yellow transitioning to defense

\*Make it - take it

Variation: 3-team flying change-when defending team plays to outside players they immediately enter to attack with the ball, defending team replaces outside players and attacking team immediately defends

#### COACHING POINTS:

\*Defensive team making sure that there is immediate pressure on the ball

\*Marking other dangerous scoring options tightly

\*Providing cover for player defending the ball - close enough to deny shot if teammate beaten

\*Anticipating play by reading the body and eyes of the player on the ball - where are they looking? what is their body shape and where they facing? Has head gone down to look at ball and leg brought back to prepare to shoot?

\*Anticipate shots by reading first touch of attacker or neutral player - out from body and towards goal

\*Recognizing when to block shots and when to tackle

\*Aggressively pressuring (hunting) attacker when they take a poor touch or face sideways/backwards



### 1v1 to Line/Target (PART) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*2 Equally Sized Teams - one at center line of grid as defenders and other team split equally between ends of grid

\*Attacker 1 passes to attacker 2, defender may enter field as soon as ball is struck

\*Attacker 1 must remain on endlines but may move side to side

\*attacking team scores by passing to attacker 1 or dribbling across mid-line

\*point for defending team if they win possession of the ball

\*attackers switch end after each play

\*attackers and defenders switch after each go 1/2 times

Variation: attackers can score by passing across to teammate or dribbling across center line

#### COACHING POINTS:

\*angle of approach to deny attacker from playing penetrating pass to teammate

\*staggered feet, angled hips and low center of gravity

\*maintain same front foot - try not to pivot

\*closing at speed to defend as far up field as possible -slowing as you get close to the attacker (big steps to small steps and last step forward is first step back)

\*anticipating penetrating pass when attackers head looks forward - touch out to side - leg comes back: prepare to block pass with back leg

\*when to poke tackle ball away with front foot or separate attacker from ball on poor touch

\*aggressively pressuring (hunting) a player who turns sideways/backwards with the ball



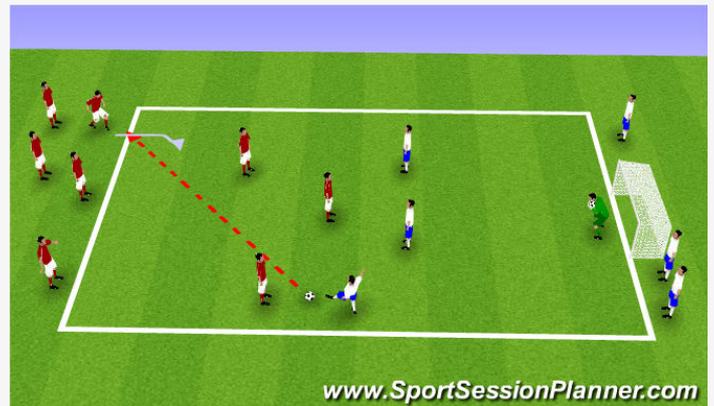
## 3v3 to Full Size Goal (PART) (25 mins)

### DESCRIPTION/ORGANIZATION:

- \*36 yds long x 30 yds wide
- \*3v3 to full size goal with GK
- \*defending team plays to targets to score who come on as flying change for previous attackers
- \*rotate defending team every 2-3 minutes to keep fresh

### COACHING POINTS:

- \*Defensive team making sure that there is immediate pressure on the ball
- \*Proper cover and balance positions with awareness of mark from other 2 defenders to deny shots if teammate is beaten or if pass is made
- \*Defending as a group as far from goal as possible - squeeze the space the opponent has to play
- \*Anticipating play by reading the body and eyes of the player on the ball - where are they looking? what is their body shape and where they facing? Has head gone down to look at ball and leg brought back to prepare to shoot?
- \*Anticipate shots by reading first touch of attacker - out from body and towards goal
- \*Recognizing when to block shots and when to tackle
- \*Aggressively pressuring (hunting) attacker when they take a poor touch or face sideways/backwards or when a slow/bouncing/poor pass is made



## 7v7 + GK Phase of Play (WHOLE) (25 mins)

### DESCRIPTION/ORGANIZATION:

- 7v7 + GK to full size goal
- defending team plays to counter goals

### COACHING POINTS:

- \*both teams focused on anticipating play, preventing/blocking shots and timing tackles based on coaching points in previous activities

