



04 Burgundy / U14G - Prevent Penetration - Defensive Numerical Superiority

Category: Tactical: Defensive principles

Am-Club: Rio Rapids Soccer Club

Difficulty: Moderate | Start Time: 20-Oct-2017 17:15h

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Description

Phase: Prevent Penetration and Win the Ball

Principle: Defensive Numerical Superiority - Providing Pressure, Cover and Balance as a Group

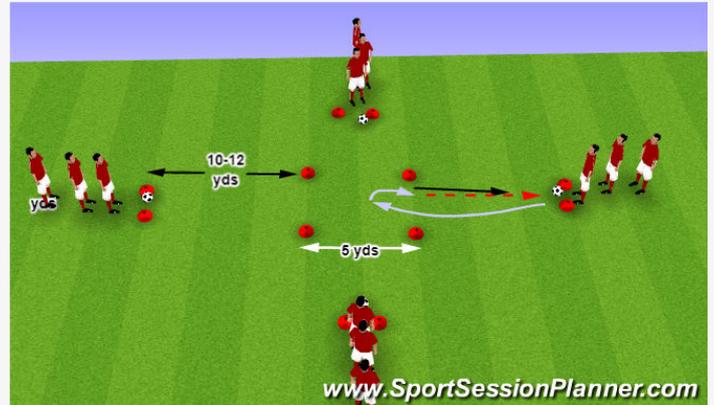
Rapids Box - Defending (WARMUP) (15 mins)

DESCRIPTION/ORGANIZATION:

1. Dribble into box, dribble turn, pass to teammate, close them down and maintain good defending distance as they dribble into grid - leave and return to line just before central box
2. Same as #2 with 2nd player in opposite line communicating which way to force game as the pass is played
3. Same as #2 with defender now live and trying to prevent dribble penetration into box

COACHING POINTS:

- *1v1 defending - 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, communication from covering defender, front foot poke tackling
- *Communication from teammate about where to force play to make it predictable



9v5 to Targets (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

- *44 yard long x 30 yard wide grid
- *Team of 9 plus targets scores with 8 consecutive passes.
- *Team of 5 scores to either target

COACHING POINTS:

Team of 5 defending:

- *work together and communicate to put together plan for making play predictable and winning the ball
- *recognize when you can reduce the space and numbers the attacking team can play with to create defensive numbers up
- *recognize when you can press to win the ball and when to regroup

*Defend as a group - give specific information to teammates

Team of 7 defending:

- *Immediate shape change in transition to deny direct path to goals (targets)
- *Recognizing how to press and recover the ball with numbers up around the ball and marking



6 Goal Game Flying Changes (PART) (25 mins)

DESCRIPTION/ORGANIZATION:

- *4v4 Six Goal Game in 44 yd wide x 30 yd long field - 2 yard wide cone goals
- *Coach initiates game by playing in to one team who attack their opponent 4v4
- *Teams score by passing or dribbling through any of the 3 goals they attack
- *When a goal is scored or the ball crosses the endline, the defending team is immediately replaced by a new group of 4 players who fly on in the attack

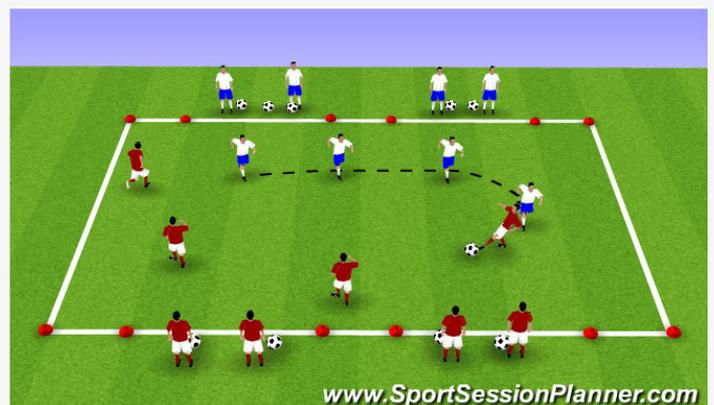
*Team that scored can press immediately

*Throw-in if ball goes out of bounds on a sideline

Variations: Attacking team can use the players in their own goals to maintain possession (2-touch restriction). Both teams replaced in flying change when ball goes out of bounds on the side.

COACHING POINTS:

- *Get immediate pressure on the ball with vocal communication - "I've got ball"



- *Teammates communicate if they want pressuring player to press the attacker, stand them up or force play in a direction
- *Nearest teammate(s) provides appropriate cover to prevent split for goal or penetrating pass and to be able to defend attacker if teammate is beaten
- *Remaining defender(s) take up a position that shows proper balance between creating numerical superiority between the ball and the goal and being aware of/prepared to defend wide players if ball is played there
- *work to make play predictable and isolate some attackers from the play to create numerical superiority around the ball
- ***Rapid transition between attack and defense, defense and attack

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

DESCRIPTION/ORGANIZATION:

7 (3-1-3 attacking, 3-3-1 defending) vs 8 (4-1-3) + GK to full size goal

defending team plays to counter goals

COACHING POINTS:

*both teams focused on preventing penetration and winning the ball back by creating numerical superiority around and in the path of the ball

*force the game into an area/make it predictable where you can create defensive numerical superiority

*focus on pressure, cover and balance ideas from earlier activities to create and take advantage of numerical superiority defensively

