



05 Force / U13G - Prevent Opponent from Advancing - Mark Opponents/Get Numbers Behind Ball

Category: Tactical: Defensive principles

Difficulty: Moderate | **Start Time:** 24-Oct-2017 17:15h

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

Description

Phase: Prevent Opponent from Advancing and Win the Ball

Principle: Mark Opponents and Get Numbers Behind the Ball

7v6 to Targets/Small Goals (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

- *50 yd x 50 yd field with 8 yd endzone
- *7v6 to targets in end zone
- *Team of 7 build out to score to feet of two target players
- *Team of 6 defend, win the ball and transition to two small goals - targets available to support play
- *When a goal is scored to targets - they play into team of 6 to attack opposite direction, when goal is scored or crosses endline - team of 7 gets new ball as quick as possible and attacks to targets

COACHING POINTS:

- *what kind of pressure on the ball is appropriate given the situation - try to win the ball back immediately (defensive numbers around the ball or numbers behind the ball/team shape favorable) or take up a position that limits penetration and buys time for numbers to get behind the ball and mark up
- *getting numbers behind the ball and in a compact shape denying the direct path to goal
- *identifying marks and deciding when to mark tight (pressure on the ball gets attackers head down or facing the wrong direction or play made predictable) or to focus more on blocking the direct path to goal and being in a position to close down your mark while the pass travels
- *particular emphasis on the transition moment from attacking to defending



7v5 to Targets/Goal-Multidirection (PART) (25 mins)

DESCRIPTION/ORGANIZATION:

- 50 yd (goal side dimension) x 35 yd field (target side dimension)
- *Team of 7 + GK scores by connecting pass to one target and then the other without losing possession
- *Team of 5 scores on large goal

COACHING POINTS:

- *what kind of pressure on the ball is appropriate given the situation - try to win the ball back immediately (defensive numbers around the ball or numbers behind the ball/team shape favorable) or take up a position that limits penetration and buys time for numbers to get behind the ball and mark up
- *getting numbers behind the ball and in a compact shape denying the direct path to goal
- *identifying marks and deciding when to mark tight (pressure on the ball gets attackers head down or facing the wrong direction or play made predictable) or to focus more on blocking the direct path to goal and being in a position to close down your mark while the pass travels
- *particular emphasis on the transition moment for both teams when the direction of the game changes - how do you get numbers behind the ball quickly and identify marks



7v7 & GKs to Full-Size Goals (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

50 yd wide x 70 yd long field
7v7 to 2 full-size goals with GK's
Each team in 3-3-1 shape

COACHING POINTS:

All of the coaching points from earlier in session

