



03/U15 - Deny Scoring Chances & Win Ball - Player Positioning to Protect Goal & Win Ball

Category: Tactical: Defensive principles
Difficulty: Difficult

Am-Club: Rio Rapids Soccer Club
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4v4 6 goal game (20 mins)

DESCRIPTION/ORGANIZATION:

4v4 6 goal game

Neither team can cross halfway line. Session set up on top of box (44x30)

Red team Back 4

Blue team midfield 4

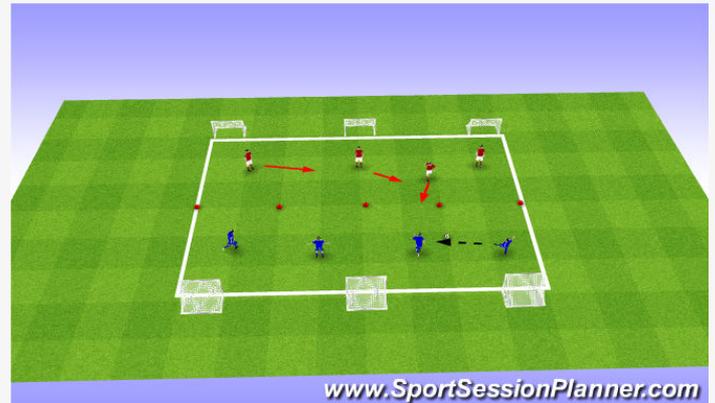
Must play below knee height

COACHING POINTS:

Communication - who is stepping

Prevent team playing forwards into goals

Sharpe movement, front studs



8v8 Playing thru Zones (20 mins)

Description: PLAYING THROUGH ZONES

8v8

Red tries to play to red thru blue zone

Blue tries to play to blue thru red zone

Below knee height

Coaching Points:

Defending team attempts to stay compact - Force team in possession to play sideways

Defenders on "different lines", one pass can't beat all 4 players

Progression:

*If recognize right moment (bad touch, head down, bad pass), one defender can step across line to win ball



Defending crosses (20 mins)

DESCRIPTION/ORGANIZATION:

A and B play a wall pass, A delivers into the area marked at top of box.

Defenders defend the ball, then touch orange line, ready to deal with ball from D (D completes wall pass with E while defenders running)

Once they touch Orange line again, they drop into 18 yard box to deal with low driven ball from C. Once they deal with that they must touch red cone line then deal with low driven cross from F.

C and F complete wall passes before delivering crosses with B and E respectively.

Different delivery types from each wide person (high hanging, low/driven)

Progression:

1) Once they are better at dealing with crosses, go thru all 4, either in order or from coach shouting out a number - very hard work with the pushing up inbetween.

2) Added players with colored cones (yellow). The yellow player furthest from where the cross is coming holds up different color cones. Defenders have to check their shoulder and call out the color of the cone.

3) Added a forward to attack the low crosses only.

COACHING POINTS:

Attack the ball



Communication while ball is traveling

Pushing up immediately then seeing where next cross is coming from

Body shape to see ball and runs from attackers