



## 03/U15 - Prevent Opponent From Advancing & Win Ball - Close/Compact Space Between Ball & the Goal

**Category:** Tactical: Defensive principles  
**Difficulty:** Moderate

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### 2v1 Transition (15 mins)

#### DESCRIPTION/ORGANIZATION:

Red team has ball 2v1 to end line opposite them.  
Blue team try to win ball and dribble out of area on any side.  
If blue team does this, they become team with 2 players vs 1 red going to line opposite their players.  
If either team scores while they have 2, next red comes on. Player who did not score the point for red stays on to creat 2v1.  
Defender stays on until they win the ball.

#### COACHING POINTS:

3 ways to win when you have the ball. (dribble, pass-dribble, combination)  
Defender try to make it a 1v1. Then win personal battle



### 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  
New 4 players come on from behind goals if scored on.

**Progression:** Allow 1 player to cross 1/2 line when they recognize a time to step and win ball.

#### COACHING POINTS:

Communication - who is stepping  
Prevent team playing forwards into goals  
Sharpe movement, front studs



### 1v1 defending Refresher (5 mins)

#### DESCRIPTION/ORGANIZATION:

Blue team play pass to red. Red attacks end line at blue end. If blue win counter to red line

#### COACHING POINTS:



## 2v2 defending

### DESCRIPTION/ORGANIZATION:

2v2 to end lines

Winners stay on

### COACHING POINTS:

Establish pressure and cover

Showing play into 2nd defender

keeping play locked to create 2v1



## Back 6 defending

### DESCRIPTION/ORGANIZATION:

Back 4 + #6 & #8 Defend goal and counter to 2 small goals.

New ball always starts from coach.

**Progression:** Add outside backs to blue team

### COACHING POINTS:

Pick moments to step

Do not allow blue team to play thru you, force wide or negative

Staying compact in middle of field

Pass runners on (Zonal)

