



# U14/05 SOL - Prevent Opponent from Advancing and Win the Ball - Apply pressure on the ball carrier

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

Am-Club: Rio Rapids Soccer Club  
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## Whole: 7v7+ 2 Target Game (15 mins)

### DESCRIPTION/ORGANIZATION:

7v7 plus 2 Targets

Teams score by playing to target

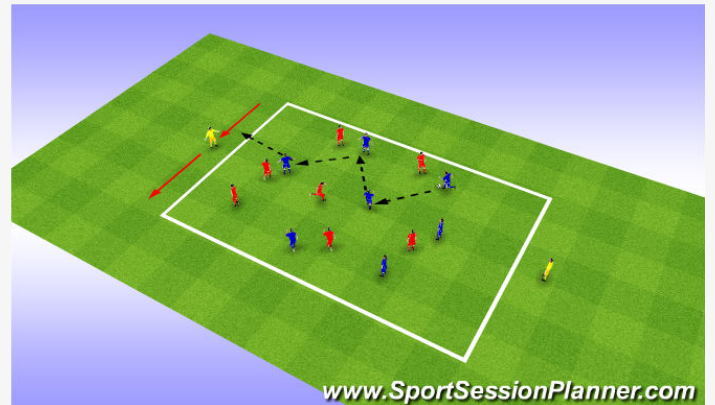
Neutrals then play to defending team and attackers transition to defence

### Coaching Points:

Defending team prevent pass to target early (drop off, get compact). Force team to play sideways or back (not thru/over)

Cues to step - Bad pass, bad touch, ball in air

Defend as a group, if decision is to press, must press as group.



## 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

If team scores, new opposition comes on. If ball goes out of bounds, both teams switch

### COACHING POINTS:

Communication - who is stepping

Prevent team playing forwards into goals

Sharpe movement, front studs

Get head down asap of person in possession



## 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:

Close space quickly

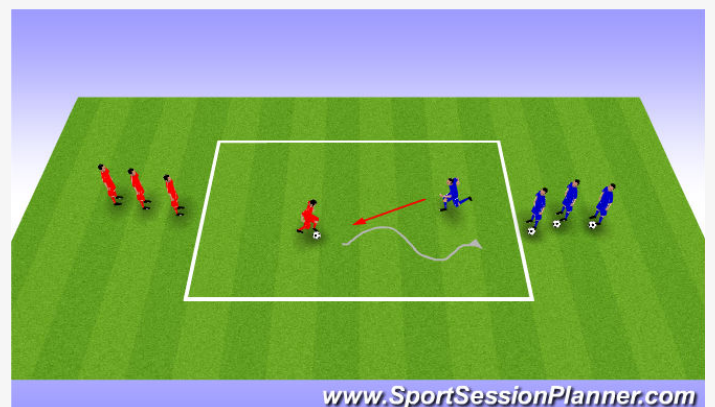
Defensive stance

Dictate direction

Move feet

Commit to tackle when appropriate

Poke tackle, separate from ball, slide tackle, block tackle



## 2v2 defending (10 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:

Same as 1v1

Communication to establish who has pressure on ball carrier

Communication from 2nd defender on direction

When to step, when to drop

Once commit to step step as 2 not individual



## 7v7 +GK's Scrimmage (10 mins)

### DESCRIPTION/ORGANIZATION:

Final game. Keepers can not punt ball.

### COACHING POINTS:

Nearest person to ball pressures.

Take shape from that

