



08 Premier / U11G - Defending in Small Groups

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 31-Aug-2018 17:00h

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: Recognizing Cues to Press as a Group and Win the Ball

Game Situation: Pressing off Goalkeeper Possession / Goal Kicks

6v6 Half Width Phase of Play (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

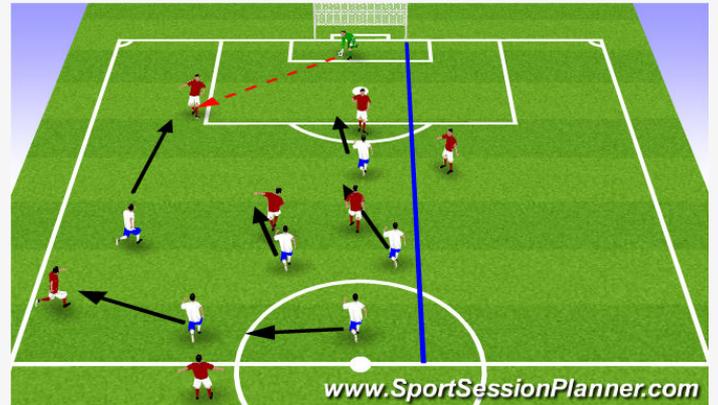
Half field from the far goal post to the sideline

*6v6 with team building out of the back scoring to two targets or by dribbling over the midfield line and pressing team scoring to full size goal

*once pressing team loses ball - game restarts with goalkeeper

COACHING POINTS:

- * starting positions to invite opponent to play short pass out of the back
- * movement of winger to force ball inside & 9 to keep it on that side
- * CM and 6 mark and win ball in center of field
- * OD marks winger & CD shifts across to that side to prevent
- * force ball into funnel and win it - don't allow opponent to play to opposite side of field
- * Quick attacks on goal once ball recovered. Try to end all attacks with a shot on target



1v2 to 2 Small Goals (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*1v2 to 2 small goals on 12-15 yd long x 20-25 yd wide field

*defender passes ball to attacker and closes down the ball

*defending teammate may move in front of either goal outside of field to help pressuring defender

*attacker plays 1v2 and tries to score on one of the 2 goals

*when defenders win the ball the second defender can enter field to create a 2v1 and they score by stopping the ball on the opposite endline

COACHING POINTS:

- *as pressuring defender closes down the attacker, their teammate should choose one of the goals to defend and tell the pressuring defender to force the attacker in that direction
- *pressuring player angles/bends their approach to deny shots or dribble penetration on the undefended goal and to force the attacker to their help defender
- *pressuring player must keep the attacking player from getting around them towards or having a clear path to the undefended goal
- *connect to idea of winger and 9 forcing play into middle



8v8 Phase of Play - Pressing (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

8v8 on full width and 45 yards long

*GK+7 field players score to either small goal or #9/target

*8 field players score to full size goal as quickly as possible when they win the ball

*rotate two teams half way through

COACHING POINTS:

- *recognize moments that you can press the opponent close to their goal: off of goalkeeper possession/goalkicks & when defenders have the ball deep near their goal
- *take up starting positions to invite short pass from GK
- *force ball into funnel and win it - don't allow opponent to play to opposite side of field



