



## 08 Premier / U11G - Defending in Small Groups

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 05-Sep-2018 16:45h

Am-Club: Rio Rapids Soccer Club  
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### Description

Phase: Prevent Opponent from Advancing and Win the Ball

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

### 2 Zone Transition Game (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*2 adjacent 20 yd L x 15 yd W grids

\*4 players from each of two attacking teams in the separate grids - 4 defenders in one grid

\*When ball enters one half - two defenders must enter that grid to try to win the ball and dribble out of the sides of the grid (but not line between grids) or force opponent to play ball out of bounds

\*Attacking team scores by passing ball to teammates in opposite grid

\*Remaining 2 defenders can stay in the opposite grid or join their teammates to 'press' the opponent in one half to win the ball

\*Coach plays ball into opposite grid whenever ball goes out of play

\*Rotate each team of 4 after 2 minutes of play

#### COACHING POINTS:

*Numbers down defending-*

\*Deny the direct path to goal before trying to win the ball - importance of angle of approach to deny pass to other grid and make next pass predictable for teammate

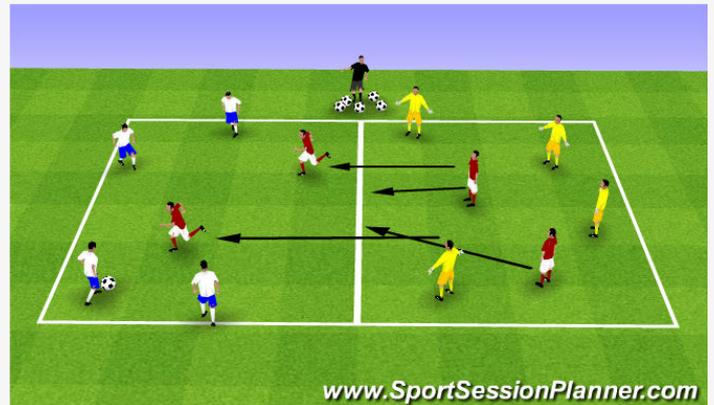
\*Recognize opportunities to win ball/win it off their touch - poor touch, touch too far from body, slow pass, attacker head down, attacker turns back to teammates

\*Recognize moments to defend each grid with 2 and deny forward scoring pass and when to 'press' with more defenders to win the ball back - attacker aggressively defended with head down, attacker facing backwards or sideways, slow or poor pass, poor first touch or body shape

*Defending by attacking teams-*

\*Quick reaction in transition moment to prevent defenders from dribbling out of the grid

\*Aggressive defending/tackling with numbers to win the ball back



### 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 forwards or having a clear path to the undefended goal

\*connect to idea of winger and 9 forcing play into middle



## 6v6 to Full Size Goals (WHOLE) (20 mins)

### DESCRIPTION/ORGANIZATION:

\*6v6 to Full Size Goals with Goalkeepers

\*35 W x 50 L Field

\*A goal scored off of winning the ball in the attacking half is worth 3 points - all other goals are worth 1 point

### COACHING POINTS:

\*Recognizing moments to press and win the ball in the attacking half

\*Pressing as a team when you decide it is on - being connected and aggressive

\*When opposing GK is in possession - denying ball behind and inviting short pass to set up press

\*Rapidly finding a way to get a shot/score a goal when you win the ball near the opponent's goal

