



05B/U14 - Deny Scoring Chances & Win Ball - Anticipate play/block shots & Time Tackles

Category: Tactical: Defensive principles
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
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3v2 Transition (15 mins)

DESCRIPTION/ORGANIZATION:

Red team has ball 3v2 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 3 players vs 2 red going to line opposite their players.

If either team scores while they have 3, next red comes on. Player who did not score the point for red stays on to creat 3v2.

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



5v5+5 (20 mins)

Box on Box 36x44 yds with the corners cut off for neutrals.

Two touch limit for neutral players.

GK's must distribute in own half only.

If you score, your own GK begins the next ball.

Coaching Points:

Relentless defending around goal

Stop shots

No Fouls around goal and in box

Move feet, stay big

Start counter attack



2v2 Flying Changes

DESCRIPTION/ORGANIZATION:

36x44 (2xpk box)

2v2 Flying Changes

COACHING POINTS:

Relentless defending

Stop Shots

No Fouls near the goal

Stay big while defending shots



4v4 in the Box

DESCRIPTION/ORGANIZATION:

4v4 in the box.

6 Neutrals

When you win possession you must play neutral before going to goal

Progression: Neutrals can score

COACHING POINTS:

Prevent shots

Force team to play negative if you cant win it

Be brave when defending, be big when blocking shots

No fouls, move your feet



5v5+5 (25 mins)

5v5+5

Winner stays on. If your team scores your gk starts with the ball.
Team off the field transitions on quickly.

