



# 05B/U14 - Prevent Opponent From Advancing - Recognize Cues to Step & Win Ball

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

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## 7v7 transition Box (15 mins)

### DESCRIPTION/ORGANIZATION:

1 defender for 1st 3 passes. then 2 defenders. Then 3.

### COACHING POINTS:

1st defenders role - impact more than one player. Force play towards where support will come

2nd defender. Working together. Don't get split

3 defenders. Cues to step, keep play locked in, pressure/cover/balance



## 5v5 defending #'s down (20 mins)

### DESCRIPTION/ORGANIZATION:

20x30 yrd area

5v5 to start. If a team dribbles/passes over end line, other team loses a player. Plays 4v5

If team scores again, lose another player, play 3v5. If team playing down men wins ball and scores, they get players back and other team loses players

### COACHING POINTS:

Defending as 5:

Person at fwd dictates where game is played. Keep predicatble

4's:

More patient, protect space in behind

Pick moments when to step and press (cues from earlier)

Can still play with forward trying to cut field in half

3's:

Protect end line. Make other team work to beat you. Slow game down (relate to real game when you are slowing game down to allow team mates to recover)



## Part: Defending in two's (15 mins)

### DESCRIPTION/ORGANIZATION:

Groups of 6

2 defenders work for 1 minute in middle

Blue Team try to get ball from A to B either directly, or via C and D.

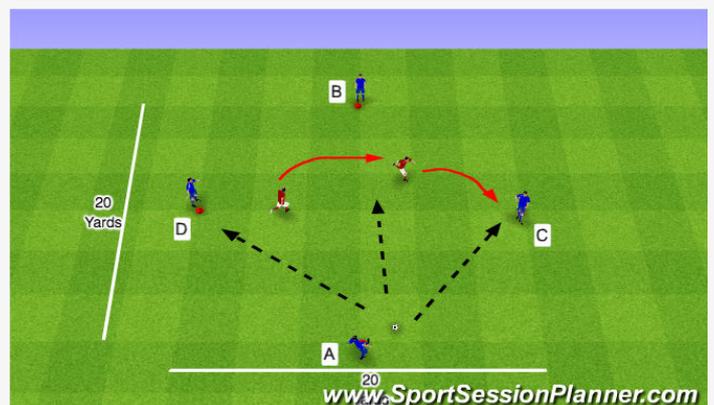
Red loses point every time ball gets from A to B, or B to A

### COACHING POINTS:

Stop direct pass from A-B first by getting compact

Have one player slightly higher than other in order to show game to one side

Immediate pressure on C/D to prevent turn - Force negative pass or try to win ball



## 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

