



05B/U14 - Prevent Penetration & win ball - Defensive Numerical superiority, providing pressure.....

Category: Tactical: Defensive principles
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
Chris Hurst, Albuquerque, United States of America

Whole: 7v7+ 2 Target Game (15 mins)

DESCRIPTION/ORGANIZATION:

40x50

7v7 plus 2 Targets

Teams score by playing to target

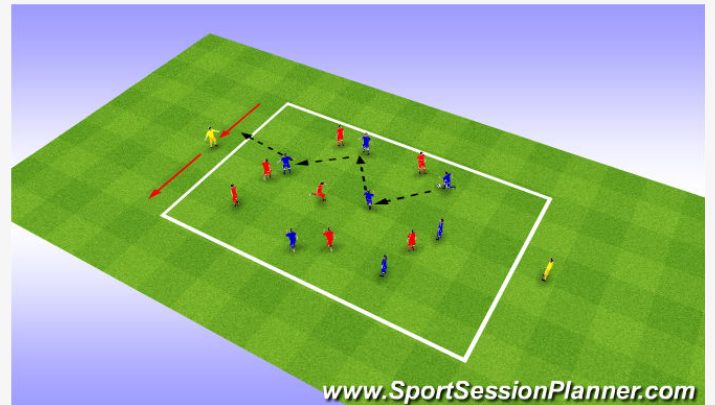
Neutrals then play to defending team and attackers transition to defence

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.



7v7 transition Box (15 mins)

DESCRIPTION/ORGANIZATION:

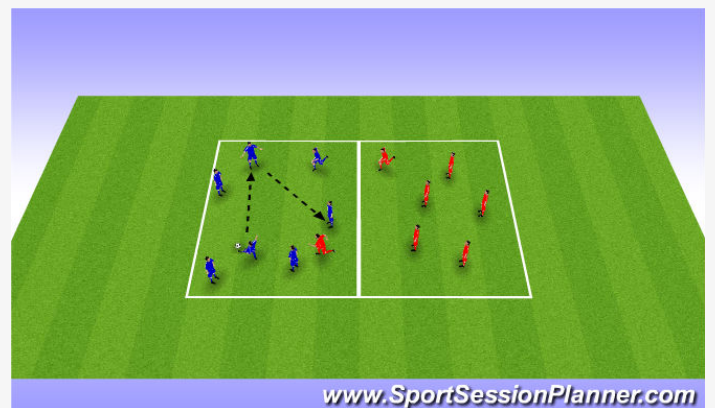
1 defender for 1st 3 passes. then 2 defenders. Then 3.

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



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



final game (20 mins)

DESCRIPTION/ORGANIZATION:

7v7 Final game

COACHING POINTS:

