



01 / U18G - Prevent Opponent From Advancing - Apply Pressure on the Ball Carrier-Attempt to Win Ball

Category: Technical: Defensive skills
Difficulty: Difficult | **Start Time:** 06-Feb-2019 11:50h

Am-Club: Rio Rapids Soccer Club
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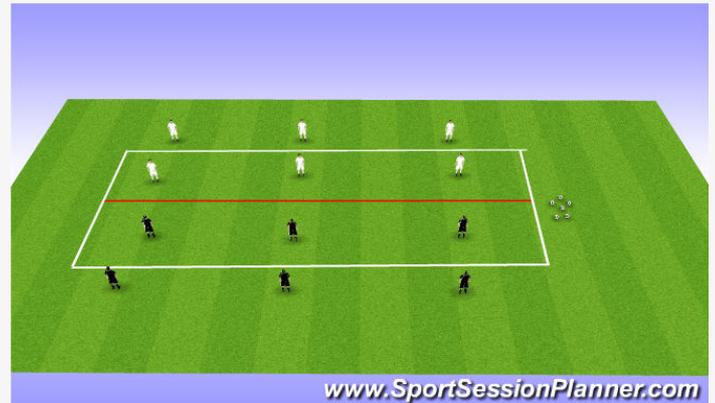
3v3 + (30 mins)

DESCRIPTION/ORGANIZATION:

40x30 yard grid
3v3 to endlines
Coach plays a ball into one team
Both teams score by dribbling across the endline
If ball is played backwards, that player can join the game as well as a player from the opposing endline
Ball can be played back to have all players join the game, making it 6v6 to endlines
When a team scores or their ball goes out, the players who began on the endline become the new 6 in the middle and ball starts with the coach from the sideline
Variation: ball can only be passed back from the opposing teams half

COACHING POINTS:

Apply pressure on the ball carrier
Drop and protect the line until you are organized
Closest player then provides pressure
Get them to become indecisive, put their head down and then win the ball
Win the ball in a way that you keep possession of the ball



1v1

DESCRIPTION/ORGANIZATION:

1v1, 10X10 yard grid
Coach plays the ball into 1 of the 3 players and calls out a number to go defend
That player applies direct pressure and attempts to win the ball.
Once they win the ball they can play it to one of the 4 players on the endlines to score a point.
Attacker scores by dribbling the ball across the opposite endline

COACHING POINTS:

Apply pressure in a way that suits the angle you are coming from
-stop the direct path as you apply pressure
-fast approach and slow small steps as you get closer
If coming from an angle, do not let them cut you
Win the ball in a way where you can keep possession



3 v 2 Transition (20 mins)

DESCRIPTION/ORGANIZATION:

White team has ball 3v2 and scores by dribbling across the endline opposite them.
Black team try to win ball and dribble out of area on any side.
If black team does this, a black player dribbles/passes in to join the 2 black players to make a 3 vs 2. Whoever made the mistake on the white team is off.
If either team scores while they have 3, the player who scored is off and a new player dribbles/passes in to make a 3v2.
Defender stays on until they win the ball and dribble out of a side

COACHING POINTS:

Defenders try to position yourself to make it a 1v1
Apply pressure in a way to block off one attacker and force the ball one way, make attacker play that way and the other defender applies immediate pressure and tries to win the ball.
Get attackers head down and make them indecisive.
Win the ball in a way where you can dribble out of a side
-get your body between the defender and the ball
3 ways to win when you have the ball. (dribble, pass-dribble, combination)



3v3 + Functional (20 mins)

DESCRIPTION/ORGANIZATION:

Full width X 30 yard

GK Starts with the ball. Ball must begin by being played into a black. Black team can use supporting players until they get the ball into the 2 or 3

Once the ball is played into the 2 or 3, the corresponding 7 or 11 applies pressure and the 4v4 game is live.

Black scores by dribbling across the red cone line

If white wins it, they score by playing the ball to the 4 or the GK (on the ground or in the air)

If ball is played to opposite side black, the black and white player who were on must return to their starting position.

Variation: If ball is played to opposite side, game continues 5v5

COACHING POINTS:

Apply pressure to the Ball Carrier

Attempt to win the ball

