



01 / U18G - Prevent Penetration - Defensive Numerical Superiority

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 17-Jan-2019 16:15h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Prevent Penetration and Win the Ball

Principle: Defensive Numerical Superiority - Providing Pressure, Cover and Balance

1v1 to Cones (WARMUP) (10 mins)

DESCRIPTION/ORGANIZATION:

- 1v1 to beat opponent to cone (cones 3-5 yards apart)
- *players may not cross line between the cones
- *one player designated as attacker and one as defender for each round of game
- *if attacker stops ball or foot next to cone before foot of defender, they score a point
- *player for 30-60 second rounds
- *switch roles each round
- *make game competitive by keeping score

Variations:

- *attacker has a ball, attacker does not have a ball

COACHING POINTS:

- *Small quick steps on the balls of your feet as the defender
- *Don't cross legs over each other - prevents you from changing direction



7v6 Phase of Play (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

- 7v6+GK to full size goal
- burgundy team plays to full size goal - 2 & 3 may not penetrate the cone line
- white plays to 2 small counter goals

COACHING POINTS:

- Focus on the defending shape and decision making of white representing back 6
- *back 4 defend as a block to create numerical superiority
- *center backs defend together
- *identify and call out marks - when do you stay with a mark and when do you pass them on? (always stay with a player who has the ball)
- *outside backs recognizing when they should step into space to press wide players and when to drop off/stay connected to their back 4
- *defending as one line when no one is pressuring the ball and as 2 lines when a defender is pressuring the ball
- *get pressure, cover and balance right to create numbers around and between the ball and the goal
- Burgundy team- focus on numerical superiority around the ball (pressure/cover/balance) when you lose it



6 Goal Game Flying Change (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *4v4 Six Goal Game in 35-44 yd wide x 30 yd long field
- *Back 4 in white - two teams of 4 attackers in burgundy
- *GK
- *Burgundy scores on the 3 small goals - defenders score by passing ball to team waiting to fly on
- *When a goal is scored by the white team or it crosses the burgundy end line - 4 new burgundy players fly on to replace current attacking group
- *When a goal is scored by the burgundy team or it crosses the end line with the goals - a new ball is played into the currently attacking burgundy group to attack again
- *Throw-in if ball goes out of bounds on a sideline

COACHING POINTS:

- *Get immediate pressure on the ball with vocal communication - "I've got ball"



*Teammates communicate if they want pressuring player to press the attacker, stand them up or force play in a direction

*Nearest teammate(s) provides appropriate cover to prevent split for goal or penetrating pass and to be able to defend attacker if teammate is beaten

*Remaining defender(s) take up a position that shows proper balance between creating numerical superiority between the ball and the goal and being aware of/prepared to defend wide players if ball is played there

*work to make play predictable and isolate some attackers from the play to create numerical superiority around the ball

*back 4 should defend with no more than 2 lines

***Rapid transition between attack and defense, defense and attack

11v11 vs 00/01G (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

11v11 game with 01G in burgundy in 4-3-3 and 00/01G in white

*any time the ball goes out of play for a corner kick or throw-in, the 00/01G restart play with a throw-in about 35 yards from their own goal (see piles of balls in diagram)

COACHING POINTS:

*01G focused on preventing penetration, creating defensive numerical superiority and decision making of outside backs regarding when to step to wide players in gap

*00/01G focused on opening up opponent to penetrate - penetrating the opponents back line

