



01 / U18G - Prevent Penetration - Prevent Dribble Penetration and Forward Passes

Category: Tactical: Defensive principles

Difficulty: Moderate | Start Time: 13-Jan-2019 12:30h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Phase: Prevent Penetration and Win the Ball

Principle: Prevent Dribble Penetration and Forward Passes

1v1 Shadow Defending (WARMUP) (15 mins)

DESCRIPTION/ORGANIZATION:

*15 yard grid

*Defenders initiate play with a pass across the grid to the attacker who tries to dribble penetrate the end-line across from them or attacker begins with ball and defender a few yards away

*Defender should apply pressure and keep between the ball and their end-line - must try to be within tackling distance at all times

*The defender does NOT try to win the ball - attacker does try to get past defender

*If the ball passes over the end-line before the defender, the attacker earns a point

*If the defender passes over the endline before the ball but within tackling distance the defender earns the point.

Variation: 1v1 - Defenders initiate play by passing across the grid to the attacker. Players score by dribbling across the end-line. Play for two minutes, then switch starting roles. Players should keep score individually. Coach should reward the player with the highest number of points to foster a competitive spirit in all players.

COACHING POINTS:

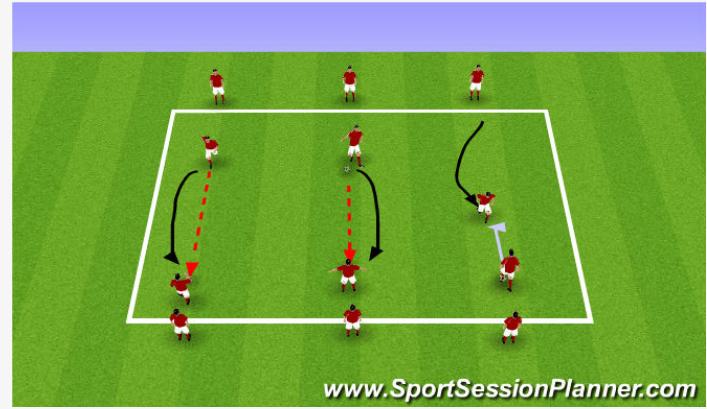
*Speed of approach: slow as you get close to the attacker, big steps to small steps, last step forward is your first step back, slow down as attacker takes a touch

*Defending body shape and footwork: staggered stance, knees bent with low center of gravity, small quick steps, tall to short, quick step back as you arrive at attacker to balance your body, don't reach out or lean onto front foot

*Keep feet moving and show patience

*Recover back defensively when beaten on the dribble

*Win it off their touch



www.SportSessionPlanner.com

7v6 to 2 Small Goals and Counter Target (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

7v6 with 2/3/4, 7/11 and 6/8 in burgundy playing to two small goals

- 9/7/11 and 3 center mids playing in white to GK target

*focus on defending of front 6 to force game to outside backs, deny pass into wingers and pressing pockets/decision making

*GK is target for white team and supports attack underneath like 2nd center back for burgundy team

*Any ball that goes out of play restarts with GK

Variation: burgundy can also score by penetrating the line on the dribble around and between goals

COACHING POINTS:

*Coach white team

*Front 3 denies penetrating pass into wide players, prevents dribble penetration of back 4 and funnels ball into center midfield area where we have numbers

*9 denies dribble and direct central penetration encouraging center backs to play into outside backs and then funnels ball into central areas by not allowing switch

*7/11 deny passes into wingers and then press outside backs when appropriate - if you can't get appropriate pressure on outside backs, then drop in to front opposing wingers and kill the space behind you

*center mids-mark tightly in center mid and arrive before or as ball does when it is funneled into center mid area. Opposing center mids can't have any time to collect and get comfortable on the ball. Must deny the ability for outside backs to play into center mid who plays out to winger bypassing our 7/11

*Overall - deny dribble penetration and forward passes - force sideways or backwards passes



www.SportSessionPlanner.com

1v1 to Line/Target (PART) (20 mins)

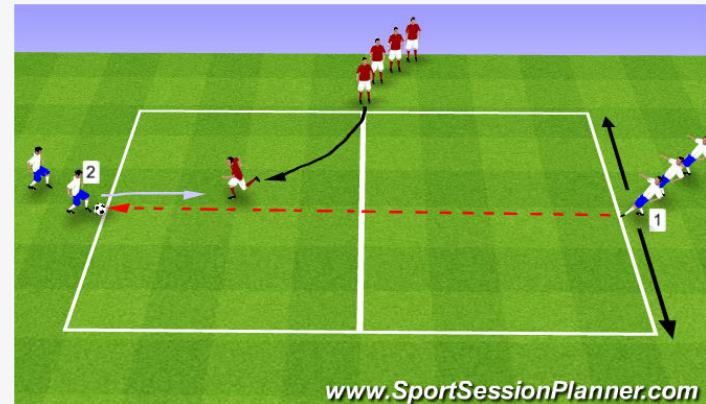
DESCRIPTION/ORGANIZATION:

- *2 Equally Sized Teams - one at center line of grid as defenders and other team split equally between ends of grid
- *Attacker 1 passes to attacker 2, defender may enter field as soon as ball is struck
- *Attacker 1 must remain on endline but may move side to side
- *attacking team scores by passing to attacker 1 or dribbling across mid-line
- *point for defending team if they win possession of the ball
- *attackers switch end after each play
- *attackers and defenders switch after each go 1/2 times

Variation: attackers can score by passing across to teammate or dribbling across center line

COACHING POINTS:

- *angle of approach to deny attacker from playing penetrating pass to teammate / direct path
- *staggered feet, angled hips and low center of gravity
- *maintain same front foot - try not to pivot
- *closing at speed to defend as far up field as possible -slowing as you get close to the attacker (bigs steps to small steps and last step forward is first step back)
- *poke tackle ball away with front foot or separate attacker from ball on poor touch
- *win it off their touch and separate the attacker from the ball
- *Deny both passing and dribble penetration



www.SportSessionPlanner.com

7v8 Phase of Play (30 mins)

DESCRIPTION/ORGANIZATION:

7v8+GK to full size goal

burgundy team plays to full size goal

white plays to 2 small counter goals

COACHING POINTS:

Focus on the defending shape and plan of the front 6 on the burgundy team as covered earlier in the session

In the moment that each team loses the ball:

- *can immediate pressure be applied to win the ball back without risk of the ball being played forward
- *if not prevent ball from penetrating (shot, pass, dribble) and try to encourage a sideways or backwards pass while teammates reorganize defensively
- *know your purpose when you go to defend the ball- to press/win it, to nag, to delay/deny penetration



www.SportSessionPlanner.com