



# Scorpions 05 Boys - Prevent Penetration - Prevent Passes/Dribble

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

Am-Club: Rio Rapids Soccer Club  
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## Description

### Warm Up (10 mins)

#### DESCRIPTION/ORGANIZATION:

1 - Partners standing ~15 yards away. Play ball to your teammate and close them down defensively. No tackling ball but shadow defending (Delay). Dribbler zig zag to make defender move and change the way they force. Then switch

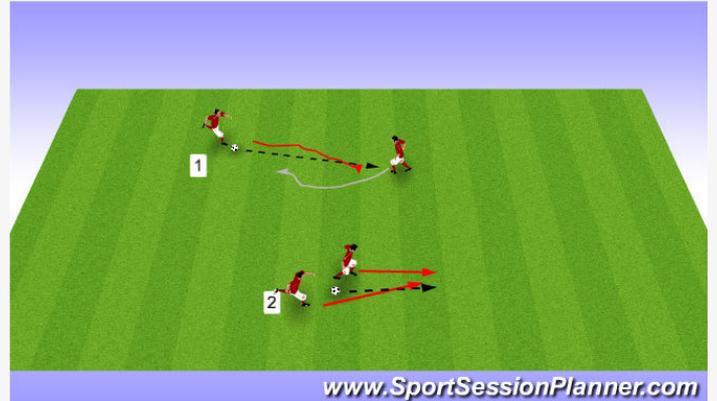
2 - Partners stand next to each other. Defending partner play balls 5 yards away so attacker go and gets ball and tries to turn. Defender closed down to prevent turn

#### COACHING POINTS:

\*Close Ball and bend run to force one way

\*Last step forward is first step back in Delay

\*Speed of approach (big steps to small steps - fast and then slow as you get close to attacker), body shape, footwork, proper defending distance and balance, front foot poke tackling



### 4v4 to targets (30 mins)

#### DESCRIPTION/ORGANIZATION:

40x30 yard grid

2 teams play to targets

#### COACHING POINTS:

Closest player pressures ball

Force to your help

When 1v2 double when player shields and turns away from goal

\*Close Ball and bend run to force one way but not so much as you allow a penetrating pass

\*Last step forward is first step back in Delay

\*Speed of approach (big steps to small steps - fast and then slow as you get close to attacker), body shape, footwork, proper defending distance and balance, front foot poke tackling

\*Communication by Covering player



### 1v1 Defending (15 mins)

#### DESCRIPTION/ORGANIZATION:

18x12 or smaller depending on the age

1v1 over line with counter line if defender wins the ball

#### COACHING POINTS:

\*Close Ball and bend run to force one way

\*Last step forward is first step back in Delay

\*Speed of approach (big steps to small steps - fast and then slow as you get close to attacker), body shape, footwork, proper defending distance and balance, front foot poke tackling



## 1v2, 2v2 Defending (30 mins)

### DESCRIPTION/ORGANIZATION:

1v2 in 30x25 yard grid

1 - Coach plays to any line and that player goes alone and tries to score over opposite line. Opposite team have players come out of both lines to make it 1v2. Later use goals

2 - Same game but now 2v2 over lines. later use goals

3 - Play 2v2 with players coming out of same side. later use goals

Variation - Teams are on same side rather than Diagonal

### COACHING POINTS:

Closest player pressures ball

Force to your help

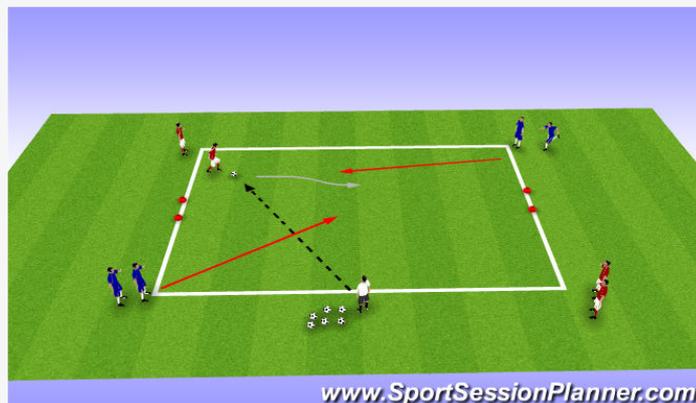
When 1v2 double when player shields and turns away from goal

\*Close Ball and bend run to force one way

\*Last step forward is first step back in Delay

\*Speed of approach (big steps to small steps - fast and then slow as you get close to attacker), body shape, footwork, proper defending distance and balance, front foot poke tackling

\*Communication by Covering player



## 3v2 + GK (25 mins)

### DESCRIPTION/ORGANIZATION:

3v3 - Defending team plays with a GK 35x30. When team wins ball free pass back to GK who now becomes a feild player. New defending team now has player become a GK (rotate) and defends 2v3.

### COACHING POINTS:

\*Force to Help

\*Stay close to GK so GK is the cover player for both defenders.

\*Close Ball and bend run to force one way

\*Last step forward is first step back in Delay

\*Speed of approach (big steps to small steps - fast and then slow as you get close to attacker), body shape, footwork, proper defending distance and balance, front foot poke tackling

\*Communication by Covering player

