



# Defending in Opponents Half/High Pressure

Date: **Sep 08, 2024**

Duration: **90 MIN**

Team: **U14 Cambridge Youth Soccer**

Intensity: ● (1/10)



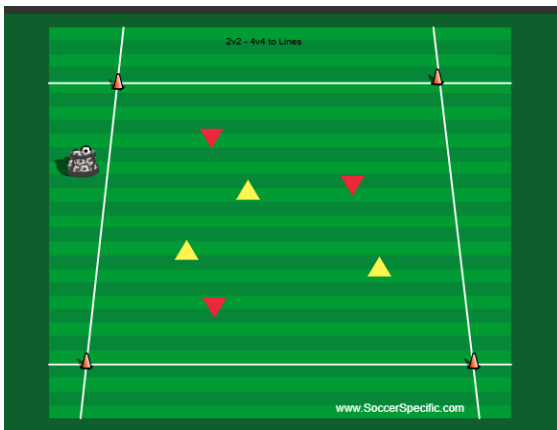
1

**Setup:** PLAY 1 / 1v1-4v4

Small sided game in an appropriately sized space using soccer regulation rules.

**Instructions:** As players arrive they enter into a pick up soccer game. This may begin as 1v1, and gradually move into variations like 2v1, 2v2, 3v2, etc..Game should not go beyond 4v4 at this stage.

**Coaching Points:** In this phase of training (Stage 1) players are arriving and coach is integrating players into a small sided game with variations mentioned above. Game should not be bigger than 4v4. Begin to lightly introduce basic tactical ideas for day's topic of pressure, cover, and balance.



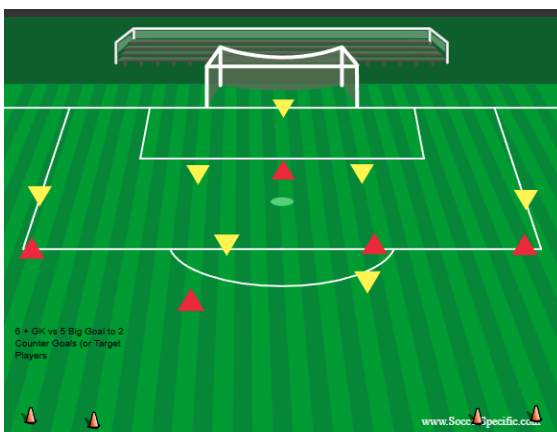
2

**Setup:** 2v2 - 4v4 TO LINES (1st, 2nd, 3rd DEFENDER)

Field is set up about 30 yds length and 20 yds width. Field does not have goals but instead uses end lines as "goals".

**Instructions:** Players play regular soccer except instead of scoring on traditional goals they score by controlling the ball on the end line.

**Coaching Points:** Work on defensive principles of pressure, cover, and balance. Player closest to the ball applies pressure on the ball (1st defender). 2nd closest player (2nd defender) provides cover for 1st defender. All other defender are "balancing defenders" (3rd defenders). Players must communicate (i.e "I got ball!") with each other. 1st defender technique must be coached including approaching quickly and arriving slowly as well as angles of approach.



3

**Setup:** 6 + GK vs 5 BIG GOAL TO 2 COUNTER GOALS OR TARGET PLAYERS (DEFENDING)

Half field 2 three yard counter goals on left and right sides of field at midfield or slightly inside midfield depending on your assessment of which size of space is appropriate.

**Instructions:** The 7 Yellow players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 1 midfielder, 2 wingers and 2 strikers. Yellow team scores by passing into one of two counter goals.

Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Yellow

team gets a goal-kick to restart the game. Rotate players every interval.

**Coaching Points:** Defending: Players must identify which player pressures the ball (1st defender). Team must stay compact while identifying who is the "least dangerous attacker" (usually attacker furthest from ball). As ball moves do they adjust roles? Players must communicate verbally and through visual cues.



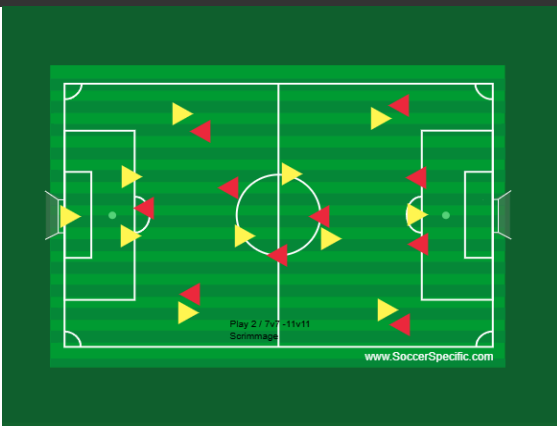
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**Setup:** PLAY 2 / 7v7 -11v11 SCRIMMAGE

2 even teams in an appropriately sized field using regulation soccer rules.

**Instructions:** Scrimmage that resembles as closely as possible the gameday conditions.

**Coaching Points:** Allow players to play without stoppage. Limit coaching to "coaching in the flow" as you would in a gameday environment.

