



# Defending in Own Half

Date: **Sep 08, 2024**

Duration: **90 MIN**

Team: **U14 Cambridge Youth Soccer**

Intensity: ● (1/10)



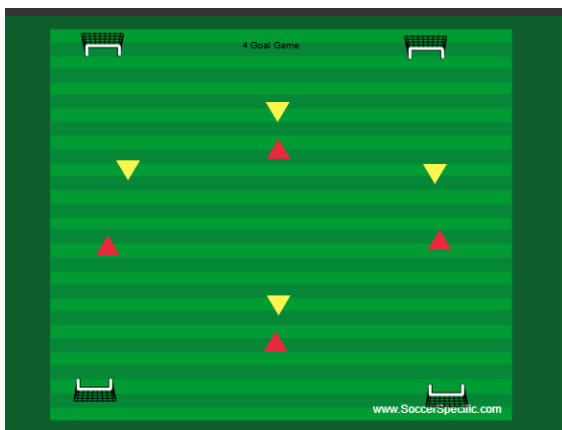
1

**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.



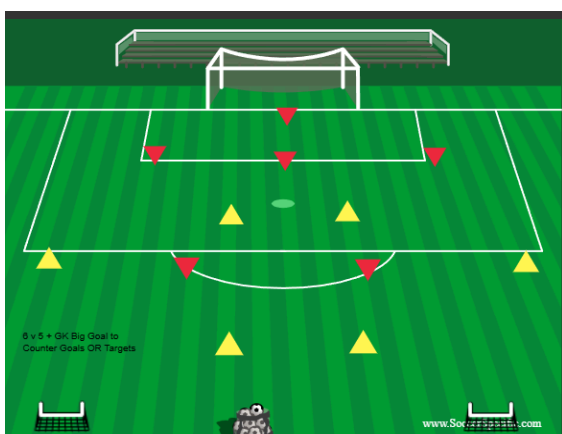
2

**Setup:** 4 GOAL GAME (3v3-4v4)

In a field that is wider than longer 35 wide and 25 length.

**Instructions:** Players defend 2 small goals and attack 2 small goals. A point is scored when ball is played into a goal. Goals do not have goalkeepers.

**Coaching Points:** Defending: Players must identify which player pressure the ball (1st defender). Team must stay compact while identifying who is the "least dangerous attacker" (usually attacker furthest from ball) that they will give more space to. As ball circulates do they adjust roles while maintaining compactness, pressure on ball and organization? Players must communicate verbally and through visual cues.



3

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

In half of 11v11 field, set up a 54Wx40L playing area with a regular goal and two 8 yard dribbling gates as shown.

**Instructions:** The 6 yellow players: 2 midfielders 2 wingers and 2 strikers against 6

Red players: 1 GK, 3 defenders and 2 midfielders. Yellow team scores in the regular goal. Red scores

by scoring through one of the small counter goals. All Laws of the game in effect. If the yellow team

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

**Coaching Points:** Defending: Players identify which player pressure 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.



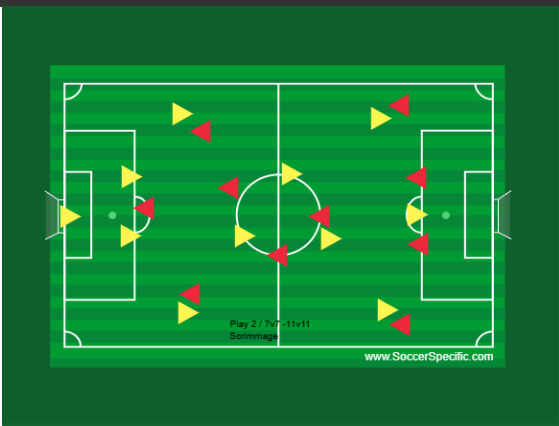
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Date: **Sep 08, 2024**

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Team: **U14 Cambridge Youth Soccer**

Intensity: ● (1/10)



**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.

