



Basic Principles & Roles of Defending

Category: Tactical: Defensive principles

Difficulty: Difficult

Forrest Randall, Richfield, United States of America
Individual-Young Member

Description

Objective:

Who? Defenders nearest to the ball (5,4,2,3 primarily)

What? Small Group Defending

Where? Defensive and Middle 1/3

When? Opponent has clear possession of the ball

Why? Prevent opp. forward service or deny penetrating dribble, cause an inaccurate pass and/or a ball that is difficult to control

Visual Cues for Pressure (10 mins)

Unopposed Technical Warmup

Organization:

- Players in groups of 3, 1 soccer ball
- Using any size area of the field preferred

Action:

- Players begin by passing and moving around designated area, must be vocal and provide direction
- Coach introduces visual cues for pressuring the ball, then has group mimic for 60 seconds
- Attacker attempts to split the 2 defenders on the dribble

Pressuring Visual Cues

- As ball is traveling
- Head down, ball stopped
- Bad touch
- Ball/player going backwards/sideways
- Ball in the air



1v1 Defending (15 mins)

Opposed Technical Warmup

Objective:

Who? Pressuring Defender (5,4,2,3 primarily)

What? Small Group Defending, anticipation, closing angles, control

Where? Defensive and Middle 1/3

When? Opponent has clear possession of the ball

Why? Prevent opp. forward service or deny penetrating dribble, cause an inaccurate pass and/or a ball that is difficult to control

Organization:

10x15yd grid x 2 w/ 5yd gap

Attacking team w/ 1 target player

Action:

- Coach begins activity with a pass to attacker in either grid
- Defending team sends one player to defend in 1v1
- Attacking Team Scores 3pt - Pass to target within 2 touches
- Attacking Team Scores 1pt - Dribble passed the endline
- Defending Team Scores 3pt - Pass back to coach
- Defending Team Scores 1pt - Deny scoring opportunity

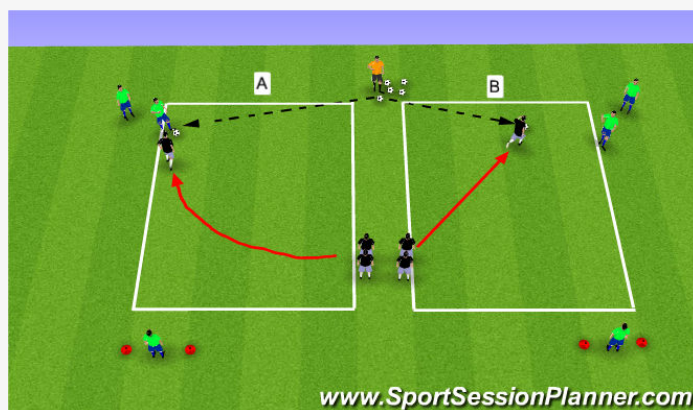
Guided Questions:

How do we want to press the ball?

Where is your teammate trying to force the ball?

How can we intercept the pass?

When is a good time to tackle the ball?



2v2 Defending (20 mins)

Orientation Phase

Objective:

Who? Pressure and Cover Defenders (5,4,2,3 primarily)

What? Small Group Defending, Pressure, Cover, Compactness, Control, depth

Where? Defensive and Middle 1/3

When? Opponent has clear possession of the ball

Why? Prevent opp. forward service or deny penetrating dribble, cause an inaccurate pass and/or a ball that is difficult to control

Organization:

25x20yd grid w/ 5x5yd box w/ target player

Equal teams lined up as shown in picture

Action:

- Coach begins activity with pass into either of 2 attackers
- Defenders enter from the sides and must defend pass into target or dribble endline
- Attacking Team Scores 3pts - Pass into target within 2 touches
- Attacking Team Scores 1pts - Dribbling the endline, playing into target after 2 touches
- Defending Team Scores 3pts - Dribble opposite endline
- Defending Team Scores 1pts - Denying scoring opportunity

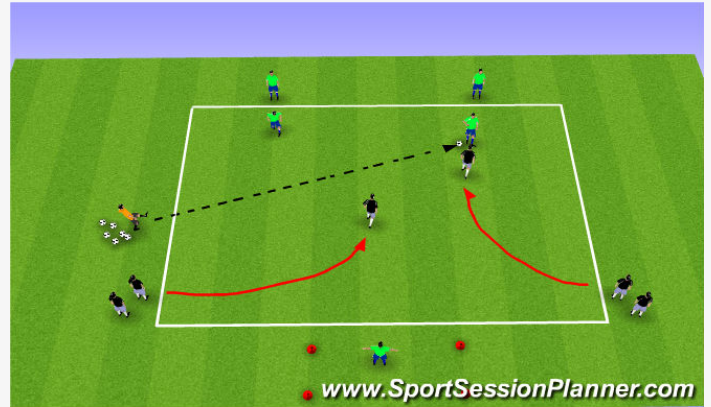
Guided Questions:

How do we get the players head down on the ball? Why?

What kind of communication is required when defending?

What does a recovery run look like? Why is it important?

What does the shape of our run look like?



3vs2 Overloads (20 mins)

Learning Phase

Objective:

Who? Delay, Pressure, Cover, Depth, Balance, Compactness, Control (5,4,2,3 primarily)

What? Small Group Defending, Pressure, Cover, Compactness, Control, depth, delay

Where? Defensive and Middle 1/3

When? Opponent has clear possession of the ball

Why? Prevent opp. forward service or deny penetrating dribble, cause an inaccurate pass and/or a ball that is difficult to control

Organization:

35x40 grid w/ big goal

Action:

- Coach plays ball into any 3 attacker
- Attackers go to big goal in a 3v2 initially
- Coach counts down to 3 before 3rd defender can enter into grid
- Defending must score by playing into coach
- Rotate defenders every 2 rounds

Guided Questions:

Can the central defender move the line-up to condense the space available for attackers?

How does the team work together zonally when attackers interchange positions?

When should we delay vs press?

How should we communicate in numbers down situations? Numbers up?



Scrimmage (20 mins)

Implementation Phase

Objective:

Who? Pressure, cover, balance, delay, compactness (5,4,2,3 primarily)

What? Small Group Defending

Where? Defensive and Middle 1/3

When? Opponent has clear possession of the ball

Why? Prevent opp. forward service or deny penetrating dribble, cause an inaccurate pass and/or a ball that is difficult to control

Organization:

35x50 grid w/ 2 big goals

Black in 1-2-3-1 formation

Green in 1-3-2-1 formation

Action:

6v6 + GK Scrimmage

Focus:

Denying central options by staying compact, pressure/cover/balance in all areas of field, making play predictable, provide numerical advantages defensively, immediate pressure on the ball in transition to defending, forcing play centrally in attacking/middle 1/3, forcing wide as they enter the final 1/3

