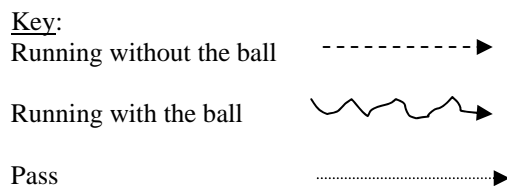
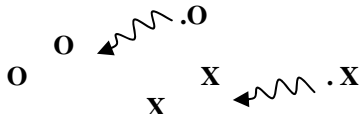
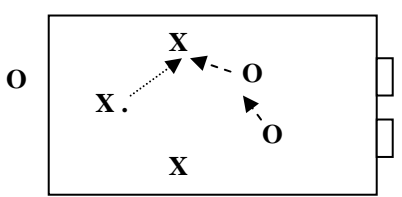
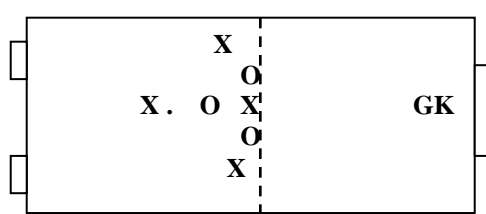
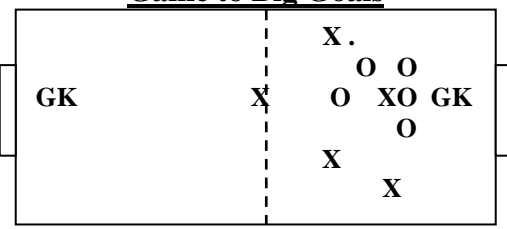


**TOPIC: Principles of Defending in Small Groups**  
**(with attention to pressure and cover working together)**

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<u>Technical Warm-Up</u>	<u>Organization</u>	<u>Key Coaching Points</u>
	<p>Free space</p> <ul style="list-style-type: none"> <li>• Groups of 3 with ball, passing and moving</li> <li>• On coach's call, play 1v2 with attacker trying to "split" defenders</li> <li>• When defender wins ball or attacker beats both defenders return to passing in 3s</li> </ul>	<ul style="list-style-type: none"> <li>✓ Communication btw defenders ("Ball" and "Push left or right")</li> <li>✓ Speed and angle of pressure (low and slow final approach; show one way)</li> <li>✓ Angle and distance of cover (off shoulder; close enough to win ball if 1<sup>st</sup> def beaten)</li> </ul>
<p><u>Small Sided Activity</u></p> 	<p>30x20</p> <ul style="list-style-type: none"> <li>• 3v2 to 2 small goals w/ counter target</li> <li>• Switch team roles after certain time or score</li> </ul>	<ul style="list-style-type: none"> <li>✓ "Protect" goals; "Press" when possible (#'s up or even in small area)</li> <li>✓ Speed and angle of pressure</li> <li>✓ Angle and distance of cover</li> <li>✓ Communication ("Ball," "Left/Right," "Step," "Hold," "Squeeze," "Drop")</li> <li>✓ Transition (instant change of roles as ball turns over)</li> </ul>
<p><u>Expanded Small Sided Activity</u></p> 	<p>40x30</p> <ul style="list-style-type: none"> <li>• 4v4 (incl GK) to big goal w/ counter goals</li> <li>• Switch team roles after certain time or score</li> <li>• Halfline for offsides</li> </ul>	<ul style="list-style-type: none"> <li>✓ Pressure/cover (control space around ball)</li> <li>✓ Communication, incl. GK</li> <li>✓ Compactness (stay connected to limit space between defenders)</li> <li>✓ Cues to press and possibly win ball (weak pass, poor 1<sup>st</sup> touch, ball in air, attacker facing backwards or touchline)</li> </ul>
<p><u>Game to Big Goals</u></p> 	<p>60x44</p> <ul style="list-style-type: none"> <li>• 6v6 incl. GKs</li> </ul>	<ul style="list-style-type: none"> <li>✓ Team defensive shape</li> <li>✓ Balance (3rd defender "splits the difference" to mark space and attacker)</li> <li>✓ Cues to step/slide/hold/drop together and communication</li> <li>✓ Transition (use defense to create offense; balance to prevent counter attacks)</li> </ul>