



TOPIC: Coaching Defending Principles in a 4 v 4 Small-sided Game (U12)

| STAGE | ORGANIZATION (DIAGRAM + RULES) | OBJECTIVES | KEY COACHING POINTS |
|---|--------------------------------|--|---|
| <p>TECHNICAL WARM-UP</p> | | <ul style="list-style-type: none"> •In 3's •Play ball then close down, attacker takes on defender a few steps (Pressure) •Cues: (1) stop ball, (2) let ball role (3) turn away from pressure <p>OBJECTIVE: Create a mindset to defend</p> | <ul style="list-style-type: none"> •closing down/pressure •angle of approach •body shape, foot position •delay •deny turn •decision to tackle |
| <p>SMALL-SIDED ACTIVITY</p> | | <p>(30x40) 4v4 to end zones Prevent opponent from penetrating into the end zone.</p> <p>OBJECTIVE: Defend the line</p> | <ul style="list-style-type: none"> •Isolate the ball carrier and put their head down. •Eliminate passing angle •Control pace and angle of ball carrier •sharing workload/exchanging roles •communication (What information can your teammates communicate to you visually and verbally?) |
| <p>EXPANDED SMALL-SIDED ACTIVITY</p> | | <p>(30x40) 4v4 to small goals</p> <p>OBJECTIVE: Defend the goal in small groups</p> | <ul style="list-style-type: none"> •Pressuring angle determines covering angle and distance (Predictability) •Switching roles (step and drop) •intercept pass/deny turn/delay •Awareness of space in behind •tracking •Can you see the player your marking and the ball? |
| <p>MATCH</p> | | <p>(60x40) 6v6 (2-1-2)</p> <p>OBJECTIVE: Defensive organization</p> | <ul style="list-style-type: none"> •Pressure •Cover •Balance •Compactness •All defenders see all attackers and ball <p style="text-align: right;">CONCENTRATION</p> |