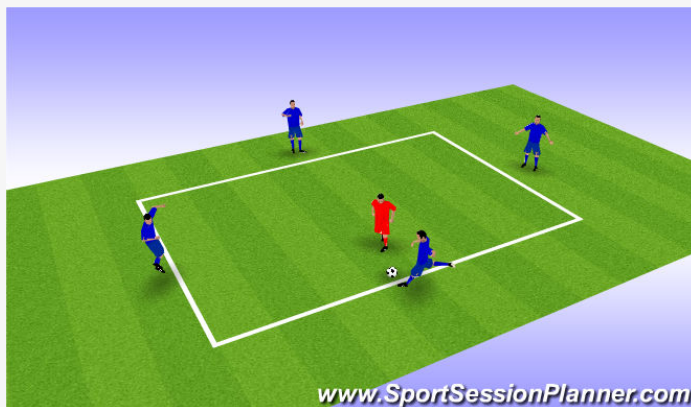


Pressure 1 (10 mins)

Setup and Activity: 5 yard rondo

Coaching: Focus on the lone defender. The player should try to anticipate the pass and pounce on poor first touches. Keep this small, the area shown is too big.



Pressure 2 (10 mins)

Setup:

In a separate space, leave the rondo space available.

Activity:

Play 1v1 lanes. Yellow must pressure the ball, but also keep themselves between the opposition and the goal their defending to prevent the player from simply passing the ball into the net.



Cover 1 (15 mins)

Setup:

Combine 2 rondos into 1. Each player grabs a cone and backs up 1-2 giant steps to increase size.

Activity:

Now 2 defenders work to win the ball. Whichever defender has been in longest gets to leave when the ball is one.

Coaching:

Focus on the covering defender. Read the pressuring defender's position and cover on the side the ball is likely to go to. The approaching angle should be tight enough that a splitting pass would be difficult (though not impossible, you don't want to stack your defenders vertically).



Cover 2 (15 mins)

Activity:

In the same area as the pressure 2, but now its a 2v2+1. Yellow plays for both teams on offense.

Coaching:

The goal of the covering defender is to both provide "cover" in case the pressuring defender is beat 1v1, but also to prevent the most dangerous pass from coming off. Often, the goal is to prevent the pass from happening at all. Thus, forcing the ball backward.



Balance (20 mins)

This may be too abstract or complicated for younger players

Activity: In an area the side size of the penalty box (about 40x20), they will play 3v3+1. To me, a "balancing" defender isn't even necessarily a 3rd person, but a mentality of the non-pressuring defenders. When a blue defender steps up to pressure the red opponent (shaded area), the other defenders must drop backward to cover (shown by the line) while balancing the field (meaning to not let one area of the field be left undefended). A major idea is that the pressuring defender should NEVER be the last line of defense.

