

1 1 V 1 1 D E F E N D N E A R O U R O W N G O A L

REINFORCEMENTS

- When a defender pressures as ball is moving
- When a defender approaches side on to force away from goal
- When a defender keeps the attacker in front (patience) or outside preventing a shot or cross
- When lines (forwards) work together to force the opposing team back or outside away from goal
- When a support player joins in to help a teammate defend
- When a support defender wins a pass or steps to pressure when they were supporting
- When we win the ball and counter
- When a player steps in to prevent a shot or cross
- When a player opens body position to win the body going forward
- When defenders make a quality clear

COACHING POINTS

- Defending
 - Role of 1st Defender
 - Force (Away from goal)
 - Role of 2nd Defender
 - Where are we forcing - how can we set up to support that - stay compact - reduce dangerous split passes
 - Role of 3rd Defender
 - Who is tracking who/what?
- Systems of Play
 - Who is forcing where and when
 - Who picks up wide players?
- Individual and Team Discipline
 - Keep patient and keep attackers in front
 - Prevent crosses and shots
- Defending crosses
 - Clearance - where, techniques
 - Goalkeeper inclusion in defending

QUESTIONS

- When the ball is played, can we get to our opponent at the same time or before the ball gets to our opponent? Before (win), Same (50/50), After (delay/get low, force)
- How can you approach to force the attacker one way? Side on, away from goal
- What is the best way to defend a cross/shot? Prevent them from occurring
- How do we know where supporting opponents are? Scanning as ball moves
- Who picks up which attacking players running in the box?
- When the ball is cleared, what should we do? Push up quickly
- When the ball is played wide, what should our shape look like? What are the roles of the players to defend a cross? Where are the attacking runners?
- Where is the best place to force our opponent? If we force to the side, how do we get compact and cut down passes central
- Where is the space for the opponent? How do we prevent them from getting there? What options do they have? Where are they likely to go next?

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

NOTES

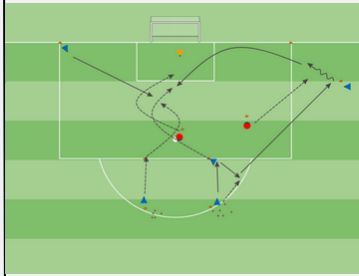
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Defending
 - Technical points of pressuring
 - Role of 1st Defender
 - Force (Away from goal)
 - Player Communication
 - Prevent shots/crosses
 - Counter Attack
- Role of 2nd Defender
 - Where support?
- Role of 3rd Defender
- Systems of Play
 - Who, when and where do we force
- Individual and Team Discipline
 - Defending runners

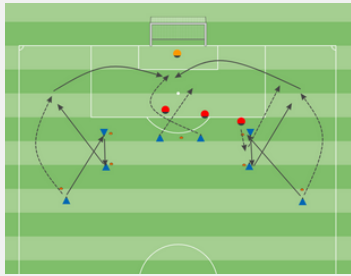
1 1 V 1 1 DEFEND NEAR OUR OWN GOAL

D.52 Defending Crosses



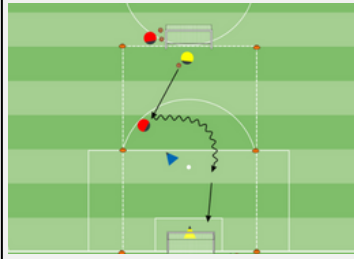
- Four attacking lines - rotate through
- Two defensive cones
 - As soon as ball is played, defend
- Line on right in example
 - Plays pass to player on 18, receives one touch back, then plays wide
 - Player on 18 runs in for a cross
- Line on left in example
 - Runs forward towards cone, then breaks off wide for a ball across goal - one touch score
- Focus preventing the cross
- Focus on defending cross centrally - body shape facing field and clearance

D.522 Def Crosses II



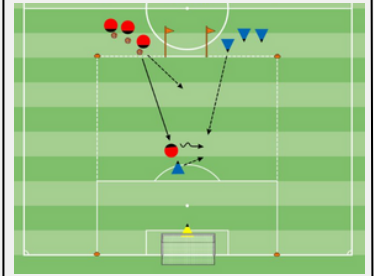
- Area outside box
- Defender central and Outside
- Have each grouping (two outside groups and one inside group) rotate within themselves then switch every few minutes of reps
- Players defend as soon as ball is played into crossing player
- Focus on
 - Preventing cross/shot
 - Facing the field so you can view cross and attacking runs

D.502 1v1 - Central



- Central area in front of goal with goalkeeper
- Ball is played in by coach (or player) to player into space
- Can do "continuous or quick change"
- Next ball is played when ball is out
- Players switch lines - include goalkeeper
- Focus on keeping the player wide of goal, reducing cutbacks
- Cues to when player will shoot - prevent shot

D.53 1v1>2v1>2v2 Delay



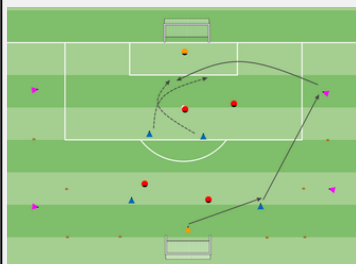
- Central area in front of goal with goalkeeper
- Ball is played in by coach (or player) to player checking
- Once ball is played - additional player enters
- Red recover - blue attack
- Next ball is played when ball is out
- Players switch lines
- Focus on keeping the player wide of goal, reducing cutbacks
- Cues to when player will shoot - prevent shot

D.54 4v3(or2) to goal



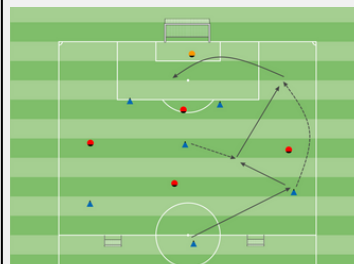
- Just smaller than width of 18, but a tad longer.
- 4v3 or 4v2 (if needing more shots) to goal
- Ball can be played in from coach or CM player
- Defending team plays to target CM
- Can do three counter goals
- Focus on tight pressure, closer to goal, closer pressure
- Focus on staying compact
- Focus on preventing the shot
- Use offside

D.55 Box - Flank Ns



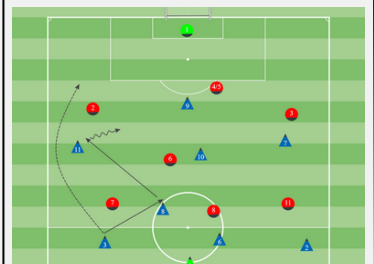
- Fields about the size of two penalty boxes
- Flanks Neutrals on sides (can use 1 or 2 each side)
 - If 2 are used, just stay on one half
- Flank player - limit touches - and can take a touch inside to goal for a late cross on ground
- Focus on preventing cross if it gets wide
 - Who goes to defend
- Focus on defending central areas
 - Win ball going away from goal - Body shape

D.56 6v4+Gk



- Defending half of the field
- 6v4 + Gk to large goal and two counter goals
- Start ball with blue team at half-line
- Focus on
 - Immediate pressure
 - Prevent shots
 - Prevent crosses
 - Win crosses going away from goal

D.57 8v7+Gk



- Attacking 2/3 of the field
- 7+Gk "coached" players going to counters
- 8 going to big goal
- Focus on defensive side of preventing goals
- Ball played from where it went out including corners, goal kicks, throw-ins.
- Can add a supporting neutral if needed