

U 1 1 / U 1 2

W E E K 5 A N D 6 - D E F E N D

REINFORCEMENTS

- When a defender pressures as ball is moving
- When a defender approaches side on to force one way
- When a defender keeps the attacker in front (patience)
- When a defender chooses the right time to win the ball
- When a defender uses the inside of the foot with body behind the ball to win (block tackle)
- When a defender pokes with front foot keeping balance
- When a defender challenges side on or steps in front of a bad touch to win the ball
- 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

COACHING POINTS

- Defending
 - Pressure
 - As ball moves
 - Cues to press close/far
 - Bad pass, bouncing ball, bad touch
 - Body Shape
 - Side on, force one way
 - Patience
 - Tackle (block tackle) when you can win
 - Role of 1st Defender
 - Force (where to?)
 - Introduce Role of 2nd Defender
 - Where are we forcing - how can we set up to support that?
- Systems of Play
 - Who is forcing where and when
- Teamwork and Intrinsic Motivation
 - Can we work together, win the ball, score

QUESTIONS

- Should we pressure when the player gets the ball or when the ball is played? Played
- How can you approach to force the attacker one way? Bent run
- 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)
- If the opponent takes a bad touch, can we win it? How? Step in between the ball and opponent when bad touch occurs
- What are some cues that we can pressure close or try to win the ball? Bad touch, bad pass in, flighted ball, bouncing ball
- Where is the best place to force our opponent? More defenders or sideline?
- If it is on one side, how can we cut out supporting players and decrease space for attackers?
- When the ball moves how does our shape change? Where should we pressure now? Who is pressure and who should now be supporting?

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

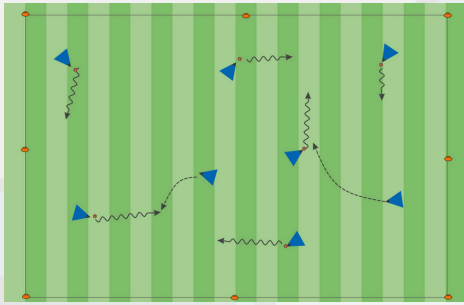
NOTES

- 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

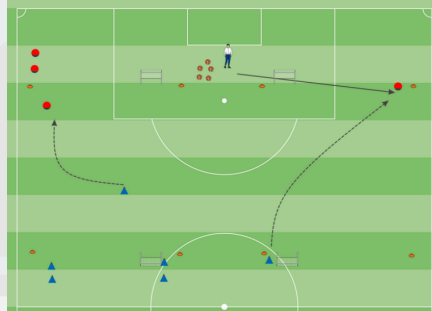
- Defending
 - Pressure
 - Speed of Approach
 - Body Shape
 - Patience
- Role of 1st Defender
 - Force (where to?)
- Role of 2nd Defender
 - Where support?
- Delay
 - Roles when numbers down
- Systems of Play
 - Who, when and where do we force
- Teamwork - win the ball back as a unit
- Desire/Motivation

Defending to Win It



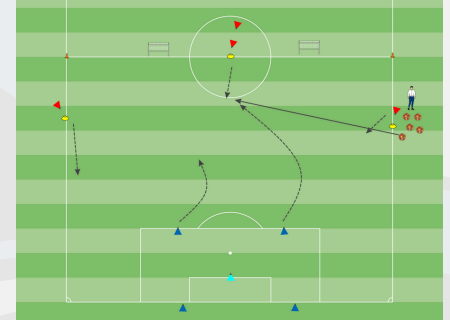
- Open space within one half of field
- All players with a ball except 2-3
- Players keep the ball - find space away from defenders
- Defenders, try to win it
- Defending to win it
- Repetition of winning the ball
- Force players into smaller areas - Easier or harder to win the ball?

1v1- Ball Played In



- 1v1 - Field as shown
 - Can alter goal locations
- Pressure as soon as ball is played
- Attacking team scores by passing through goal or dribbling across end line
 - Higher point amount for passing through goal
 - Force attacker to dribbling option down line
- Defender scores in the same way
 - Passing through central goal - emulate penetrating pass into attacking third
 - Dribbling across endline - emulate preparing for wide play

3v2+K - Large Goal



- Half field - a little bigger (if needed)
- 3 short lines at cones yellow cones
 - Attacking players go to big goal with goalkeeper
- 2 lines at goal posts
 - Defenders start each rotation at edge of goal box
 - Alter as needed for level of ability
 - Go to counter goals
- Coach plays ball in
 - Can go free flowing and use kick-ins if repetitions can occur
 - Defenders pressure/cover WHEN ball is played

Week 5 Guide

Defend to Win (20 minutes) - 1v1 (20 minutes) - Play (20 minutes)

Week 6 Guide

1v1 (20 minutes) - 3v2 (20 minutes) - Play (20 minutes)

Standards

- Defending
 - Pressure defender - technique - high/fast then low/quick, bent run, surfing/riding the wave
 - Move/pressure when ball is played/moving
 - Be in position when touch is made
 - Force one way - help teammates behind the ball know where you are forcing them
 - Cues to win the ball - bad touch, bad pass, head down

Focuses

- Rules, focus, concentration, routines - Get back in a routine
- Set a high standard!
- Group players appropriately
- Pressure when ball is played - read the game