

9 V 9 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 and delays for help
- When a defender identifies a good 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 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 a player identifies when a shot or cross will occur and blocks it
- When a defender in the box sets up to see the field and win the ball going away from their own goal

COACHING POINTS

- Defending
 - Pressure - As ball moves
 - Cues to press close/far
 - Bad pass, bouncing ball, bad touch
 - Body Shape
 - Side on, force away from goal
 - Patience
 - Tackle when we can win it
 - Prevent cross/shot
 - Introduce Role of 2nd Defender
 - Where are we forcing - how can we set up to support that?
 - Where are passes going to
- Systems of Play
 - Who is responsible when ball goes wide?
 - Who defends centrally?
- Teamwork and Intrinsic Motivation
 - Can we work together to win the ball

QUESTIONS

- Should we pressure when the player gets the ball or when the ball is played?
- How can you approach to force the attacker away from goal? side on
- What is the best way to defend crosses/shots? Block them or don't let them occur in the first place
- 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 or goalkeeper get in to win it
- What are some cues that we can pressure close or try to win the ball? Bad touch, bad pass in, flighted ball, bouncing ball
- How should our body shape be if preparing for a cross? Open to field, able to see ball and attacking runners, able to win the ball going away from goal
- If it is on one side, how can we cut out supporting players and decrease space for attackers?

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
 - Prevent cross/shot
- Role of 1st Defender
 - Force (where to?)
- Role of 2nd Defender
 - Where support?
- Delay
 - Roles when numbers down
 - How long until help? Who should be helping?
- Systems of Play
 - Who, when and where do we force
- Teamwork - win the ball back as a unit
- Desire/Motivation

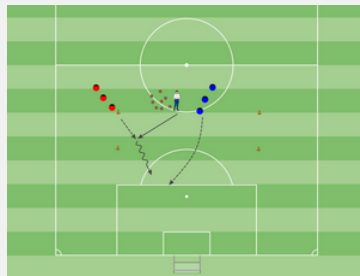
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D.50 1v1 (mini goals)



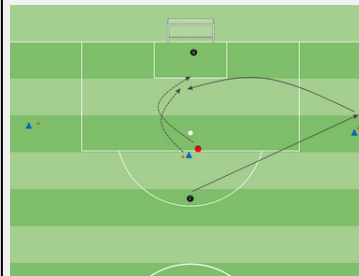
- 1v1 to small goals
- Goals 15 yards apart
- Player plays ball across then defends
- Immediate pressure when ball is played
- Switch lines
- Outer boundary
 - Next ball is played as soon as ball is out
- Focus on pressure defender technique
- Focus on forcing one way and keeping them there
- Focus on cues to stopping a shot

D.51 Recover to 1v1



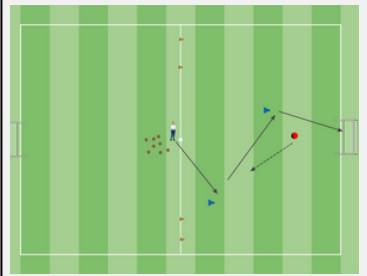
- Central area in front of goal with goalkeeper
- Ball is played in by coach (or player) to player into space
- As soon as ball is played, defender recovers
- Next ball is played when ball is out
- Players switch lines - include goalkeeper
- Focus on keeping the player wide of goal, reducing cutbacks
- Cues to when player will shoot - prevent shot

D.52 Defending Crosses



- Four lines - rotate through
- Coaches can play balls in or players can if service can be OK
- Ball is played in to outside player, touch towards goal, then service in.
- Player from one of the top two lines runs wide then attacks ball/goal
- Focus on defending crosses
 - Eye on player making run and ball
 - Body open to field
 - Win ball going away

D.53 Delay



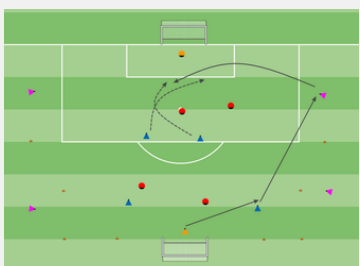
- 20x30 yard grid to goal
- 2v1 with ball played in from coach
- Use to teach offside
- Use to teach about 2v1 defending with goal
 - Delay
 - Force away from goal
 - Prevent cutbacks
- Goalkeeper keep eye on both player with ball and player without
 - Stay connected to attack ball if played through

D.54 4v3(or2) to Goal



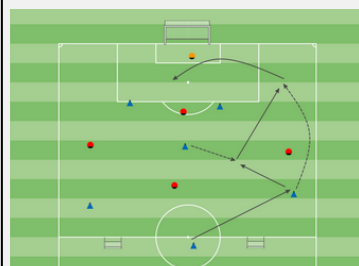
- Just smaller than width of 18, but a tad longer.
- 4v3 or 4v2 (if needing more shots) to goal
- Ball can be played in from coach or CM player
- Defending team plays to target CM
- Can do three counter goals
- Focus on pressure, cover and keeping compact close to goal
- Pressure should be closer as we get closer to goal
- Prevent shot
- Use offside

D.55 4v4 + Flank N



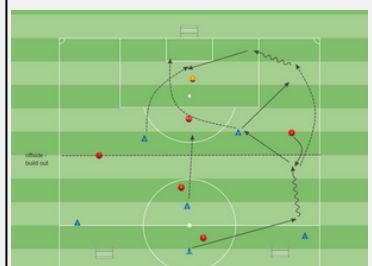
- Fields about the size of two penalty boxes
- Flanks on sides (one or two Neutrals on each side)
 - If two are used, just stay on one half
- Flank player - limit touches - and can take a touch inside to goal for a late cross on ground
- Focus on preventing cross if it gets wide
 - Who goes to defend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

D.56 6v4+Gk



- Defending half of the field
- 6v4 + K 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 6v5+Gk to Goal



- Defending 2/3 of the field
- Five "coached" players going to counters
- 6v5+GK going to 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