



Defending

Category: Tactical: Defensive principles

Difficulty: Beginner

Gordon Ferguson, Blaine, United States of America



Description

Field Set Up/Arrival Activity (10 mins)

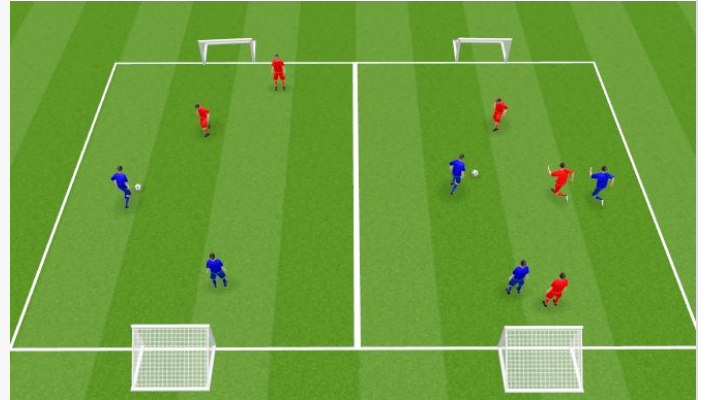
Arrival Activity - 10min

As players arrive, have them join one of two games, it may be 1 v1, 2 v1 2 v2 etc.

Objective: start identifying and rewarding positive defensive behavior, delaying, good tackles, body positioning, closing the space, touch tight, etc - have fun!

Organization: set up two fields, each 18x15, adjust to players needs.

Equipment: Pug nets, balls, pinnies, cones.



Attack and Defend Tag (10 mins)

Organization: Create 2-4 sets of 2 sets of triangles about 10-15 yards apart based on numbers and skill level.

Have players split into two teams, each team line up behind the back end of the triangle.

When coach says GO, have red (attacker) try to cross into the blue triangle.

During this time, blue (defender) will try and stop the attacker from crossing into their triangle by tagging them.

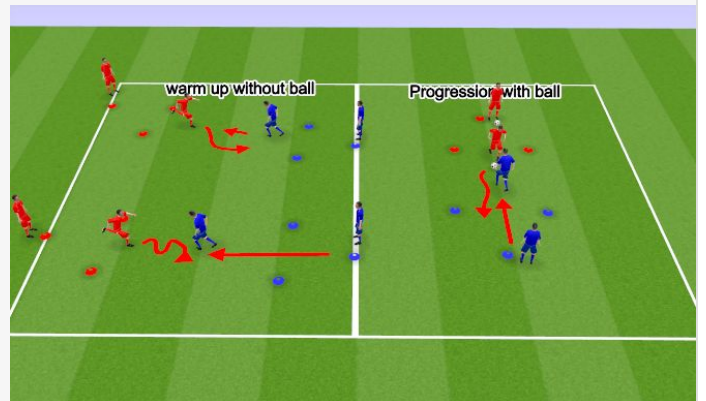
Focus on the fundamental defending principles, can we get touch tight, side on, low center of gravity (knees bent in a half/quarter squat), can we be patient, delay, and

wait for the right opportunity to tag our opponent. Switch roles after a few minutes

PROGRESSION: Introduce a ball to the attacker. Instead of running into the opposite zone, players must now dribble into the zone. If defender wins the ball, can they now carry the ball into their oppositions triangle.

Focus stays on the same fundamentals, it is now just more game realistic with a ball introduced.

Objective: start identifying and rewarding positive defensive behaviour, delaying, good tackles, body positioning, closing the space, touch tight, pushing ball away from danger zones.



1v1 Defending (10 mins)

Organization: Two fields 20 x 12, balls, bibs, pug nets.
3 min 1 min work/rest 15 min activity - 4 sets

Defending 1 v 1

Attacker (Blue) starts with ball on red cone and attacks the net with with speed.

The defender (Red) runs out to meet the attacker, who is responsible for looking to keep the attacker away from the goal and win the ball. If the defender wins the ball, he is looking to dribble and score in the opposite goal.

If attacker loses the ball, then attacker must defend and look to win the ball back.

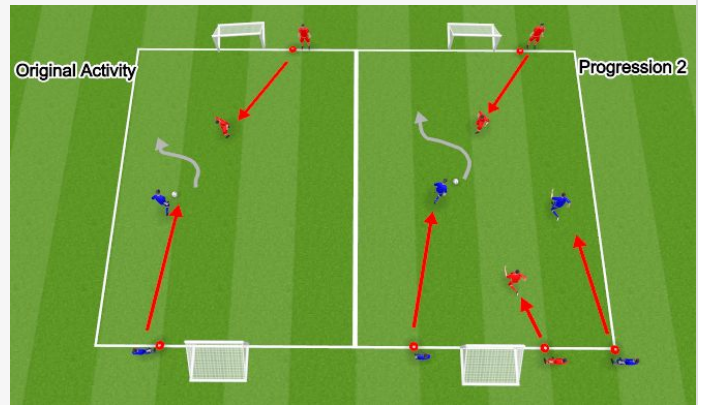
Coaching points - move to the attacker with speed, angle of approach, Delay, body position, knowing when to delay and when to try to win the ball, eyes on ball.

PROGRESSION: Add a time constraint for the attackers, and reward the defenders for successfully delaying the ball.

PROGRESSION: Change to a 2v2 where 2 attackers go at the same time, and one defender starts behind the two attackers for pressure behind their backs with a couple second delay.

Coaching points: Knees are bent and players are in a quarter squat to react quickly to changing speeds and turns.

Touch tight, delay, force ball away from dangerous areas, patience, knowing when to win the ball, eyes on the ball etc



6v6 or 7v7 (30 mins)

Play small sided games.

Start this activity and split your time into two blocks.

The **first 10-15 minutes are used for a guided scrimmage to promote** proper defending fundamentals and techniques.

The last 15-20 minutes are used for the girls to just play.

