

# U 1 3 +

## W E E K 1 1 A N D 1 2 - 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 lines (forwards) work together to force the opposing team
- When a support line (midfielders) cut off passes to attacking options
- 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
- When we win the ball and counter

### COACHING POINTS

- Defending
  - Technique of Pressure
    - See U9-U12 Curriculum
  - Role of 1st Defender
    - Force (where to?)
  - Role of 2nd Defender
    - Where are we forcing - how can we set up to support that?
  - Role of 3rd Defender
    - Who is tracking who/what?
- Systems of Play
  - Who is forcing where and when
- Individual and Team Discipline
  - What is our plan to win the ball? Do we stay patient with it and press when cues are met? What do we COMMUNICATE?
- Counter Attack
  - When we win the ball in designed areas, what is our plan to get forward quickly?

### QUESTIONS

- **Should we pressure when the player gets the ball or when the ball is played? Played**
- **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? Bent run**
- **How do we know where supporting opponents are? Scanning as ball moves**
- **What are some cues that we can pressure close or try to win the ball? Bad touch, bad pass in, flighted ball, bouncing ball**
- **When the ball moves how does our shape change? Where should we pressure now? Who is pressure and who should now be supporting?**
- **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

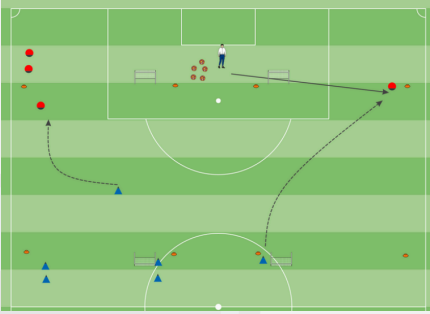
### STANDARDS

- Defending
  - Technical points of pressuring
- Role of 1st Defender
  - Force (where to?)
- Player Communication
- 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

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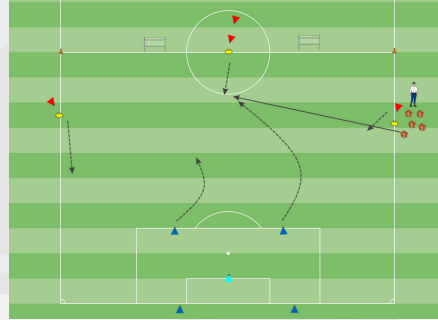
## W E E K 1 1 A N D 1 2 - D E F E N D

### 1v1 - Ball Played In



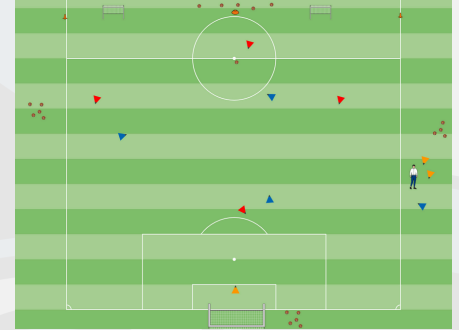
- 1v1 - Field as shown
  - Can alter goal locations
- Pressure as soon as ball is played
- Attacking team scores by passing through goal or dribbling across end line
  - Higher point amount for passing through goal
  - Force attacker to dribbling option down line
- Defender scores in the same way
  -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

### 4v3+K - Large Goal



- 4v3 with GK - Free flowing
  - Kick-ins, goal kicks, etc.
- Attacking team goes to large goal
- Defending team goes to small counters
- Go a bit bigger than half field if possible
- Go 3-4 minutes then rotate teams
- Focus on pressure as ball moves
- Cut out half field if played centrally to keep it one side and make it a 3v3 defensively
- Transition quickly to score or use GK to relieve pressure in transition after winning the ball

### Week 5 Guide

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

### Week 6 Guide

3v2 (20 minutes) - 4v3 (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
- Transition when we win the ball - Use GK to relieve pressure or get forward fast while attack is spread out

### Focuses

- Set a high standard!
- Pressure when ball is played - read the game
- Active pressure - Move while ball is moving - Scan to read the game