



## Week 8 - Group Defending

**Category:** Tactical: Defensive principles

**Difficulty:** Beginner

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### Individual Footskills (10 mins)

#### Set Up:

Every player inside a large coned area

Every player has a ball.

Each player dribbles the ball around avoiding contact with other players.

On the coach's signal, the players perform the foot skills that was demonstrated.

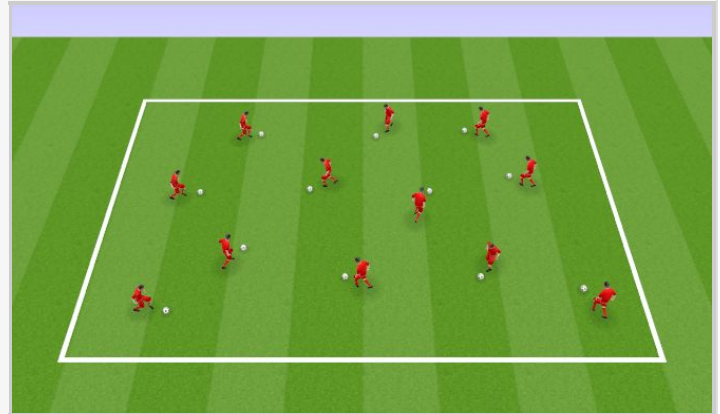
Every time a player does a skill encourage them to try to dribble to split two other players, if they perform the skill and dribble between two other players they get a point.

If they bump into somebody else or lose control of their ball they lose a point.

- Skills to work on: Patterns: Zig-Zag, Roll. Turning: Pullback, inside & outside Chop. Forward: Stab Push, Scissors, 1-Foot V-Pull, 2-Foot V Pull,

#### Coaching Points:

- Always looking for space when dribbling
- Accelerate into space after doing the skill move
- Keep ball close in your personal space when dribbling



### 2v2 Plus Goalkeeper (Large Goals) (15 mins)

#### Set Up:

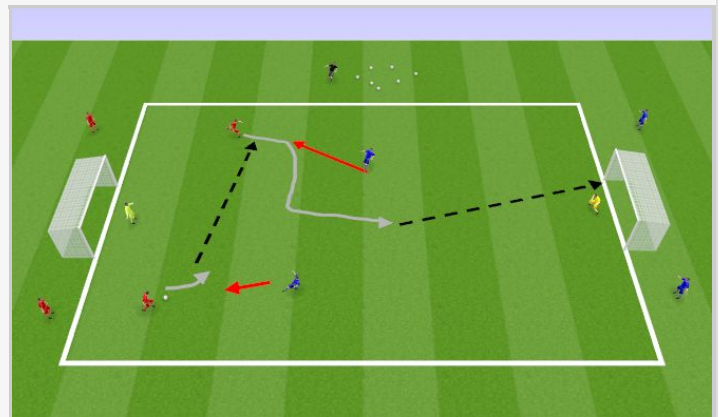
Play 2v2 in a 25x20 grid, with each team defending a full size goal.

When the ball goes out, a goal is scored, or time goes to long – new players for each team enter the field.

Have the players initiate the game with a pass across to the other team or coach could serve a ball in.

#### Coaching Points:

- **When do you close down the attacker?** While the ball is travelling to him/her
- How can you give the attacker less options? Angle body to direct attacker one way
- What should you do if your teammate is providing pressure? Cover your teammate at a good angle
- Where do you want to force the attacker? Away from goal; toward the sideline; towards cover
- When the ball moves do we always have the same defensive job, or do they change? We talk to each other, and whoever becomes closer pressures, further covers



## 3v3 Outta Here (20 mins)

### Set up:

Play 3v3 in a 30x20 grid, with each team defending big goals.

When the ball goes out, a goal is scored, or time goes too long – new players for each team enter the field.

Have the players initiate the game with a pass across to the other team or the coach serves a ball in.

### Coaching Points:

- **When do you close down the attacker?** While the ball is travelling to him/her
- **How can you give the attacker less options?** Angle body to direct attacker one way
- **What should you do if your teammate is providing pressure?** Cover your teammate at a good angle
- **Is it possible to have more than one cover defender at the same time?** Yes. Usually when the defender in the middle is providing pressure. (See diagram)
- **Where do you want to force the attacker?** Away from goal; toward the sideline; towards cover
- **When the ball moves do we always have the same defensive job, or do they change?** My role may change as the ball gets passed, person closest will now put pressure on the ball



## 7v7 (20 mins)

Play 7v7 at the end.

Focus on general game play and positional responsibilities with increased focus on the defensive responsibilities.

### Coaching Points:

- **What are the two defensive roles we have focused on this week?** Pressure and cover
- **Who should put pressure on the ball?** The player closest to the ball (e.g. on a goal kick the defending team's forward puts pressure on the ball first)
- **Who should provide cover?** The teammate (or 2 teammates) closest to the player providing pressure on the ball
- **When the ball moves do we always have the same defensive job, or do they change?** My role may change as the ball gets passed, person closest will now put pressure on the ball
- **How should the overall team shape look when the other team has the ball?** Should we be spread out or more compact? More compact, we should get a little closer to give the opposition less space to go to goal

