

7 V 7 D E F E N D O W N H A L F

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 support player joins in to help a teammate defend
- When players are focused on the current task
- 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?
- Sustained focus
 - Can we (coaches) be clear and concise?
- It is OK to make mistakes!

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
- Where is the best place to force our opponent? More defenders or away from goal.
- What are some cues that we can pressure close or try to win the ball? Bad touch, bad pass in, flighted ball, bouncing ball
- If our forwards go to pressure, how can you help support them?
- When the ball moves how does our shape change? Where should we pressure now? Who is pressure and who should now be supporting?
- When we win the ball, where is the space? Is there space forward?

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

NOTES

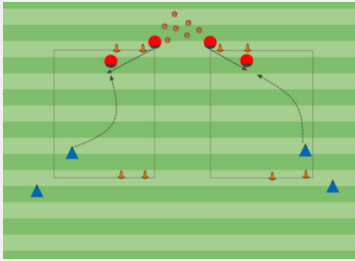
- Use Play-Practice-Play
- Start simple - go complex
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Pressure Defender
 - Immediate pressure
 - Speed of approach
 - Body shape
 - Delay
- Introduce 2nd Defender/Cover
- Psychology
 - Work with a friend
 - Sportsmanship
 - Creativity
 - Sustained focus

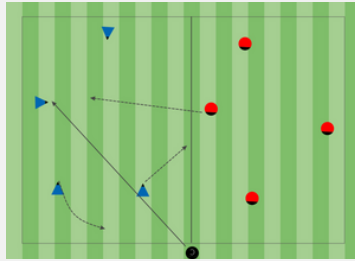
7 V 7 D E F E N D O W N H A L F

D.40 1v1 defending



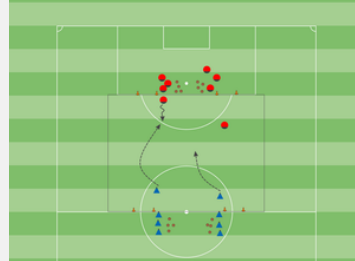
- 2 grids - about 12x18
- 3 lines in each grid
 - One line to play a ball in, one line to attack, one line to defend
- As soon as ball is played, defend
- Can go to 2v2
- Can alter goals for direction of pressure - body position - where to force

D.42 4v1/5v2 transition



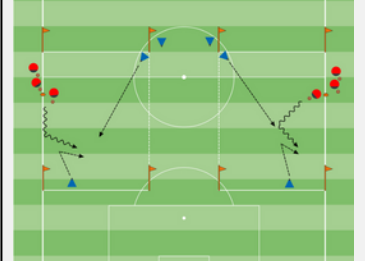
- 2 grids - about 12x18
- 3-5 players in each grid
- Play a ball to one side, then one player goes to defend. If team gets four passes, another player can go. Add until they win it.
- Win a player wins the ball, they play to their side
- Transition quickly
- Can you find space quickly to get in the attack
- Work together to press and cover passing lines

D.44 2v2 central



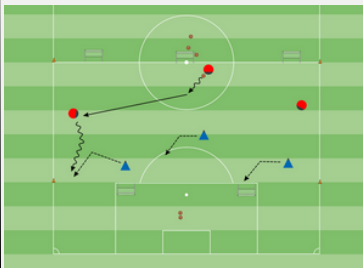
- 2v2 in space as shown above
- Can use third line in attack to play a ball in to cue pressure
- Play to two goals, endlines, or a target to alter difficulty and focus
 - Endline would focus more on keeping in front
 - Two goals would focus on cutting those passing lines
 - Target would focus cutting a moving passing lane

D.402 1v1>1v2 delay



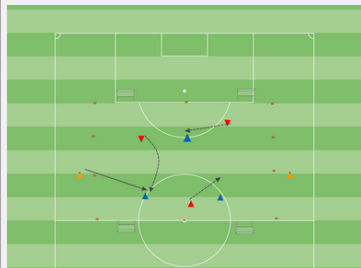
- Field setup as shown
- Ball starts with dribble in from red. As soon as player dribbles in, it is 1v1 with a recovering blue to make it 1v2
- Focus on delay until help arrives
- Who becomes pressure, cover when help arrives?
- Where does pressure force?

D.442 3v3



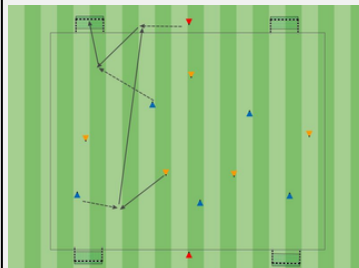
- Field setup as shown
- 3v3
 - Free flowing, but can start balls from half line for more repetition
- Can we force away from central areas
- When we win, can we attack quickly
- Delay, keep in front

D.45 3v3+2 N flanks



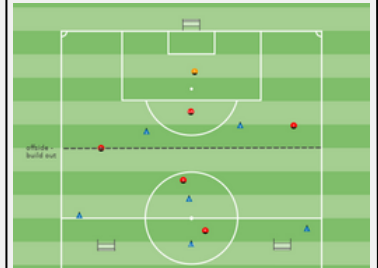
- Area between 18 yard line and the half line.
- Flanks outlined about 5 yards from touchline
- 3v3 or 4v4 and neutrals on the flank
- Teams play to two goals and defend the other two goals
- Focus on cutting supporting options
- Focus on keeping the opposing team on one side
 - Don't let them switch into space

D.46 4v4 + targets



- Defending half of the field
- 3v3 or 4v4 + Targets to Two Goals
- Use area between 18 and half line
- One team scores through one set of two goals and defends the other set of two goals
- Use the target player to create space in transition
- Close down space and passing lanes
- Keep to one side of the field

D.47 6v5+Gk



- Attacking 2/3 of the field
- 6 "coached" players defending big goal
- 5+Gk going to counter goals
- Can we press and cut down supporting passes?
- Can we transition quickly to goals?
 - Can add neutral player as target
- Ball played from where it went out including corners, goal kicks, throw-ins.