



Defending - 1st & 2nd Defender

Category: Tactical: Defensive principles
Difficulty: Moderate

Continental FC, Philadelphia, United States of America
Individual-Adult Member

Description

1st Defender Role - Press vs Delay. Preventing Forward Penetration.

2nd Defender Role - Cover. Interception vs Tackle. Defensive Transition.

Warm Up : 4v4 or 3v3 (15 mins)

SetUp

Two 20x30 fields with mini goals set up as shown

Organization

As players arrive they get set up into a small sided free play game.
As full squad arrives set up two 3v3 small sided free play games.

Progressions

Rotate players/opponents every 3-4 minutes

Coaching Points

Little coaching but demanding a high tempo



1v1 Defending (15 mins)

SetUp

Two 12x20 areas with 3 gate goals as shown

Organization

One defending team, one attacking team. Play 1 from the defending passes into player two who turns and passes to player 3 of the attacking team. The attacker/3 must score by dribbling past the defender/1. The attacker gets 2 points for a dribble through yellow goals, 1 point for the red goals.

Progressions

If the defender wins the ball they must pass to their player on the outside

Rotate players/opponents every 3 minutes

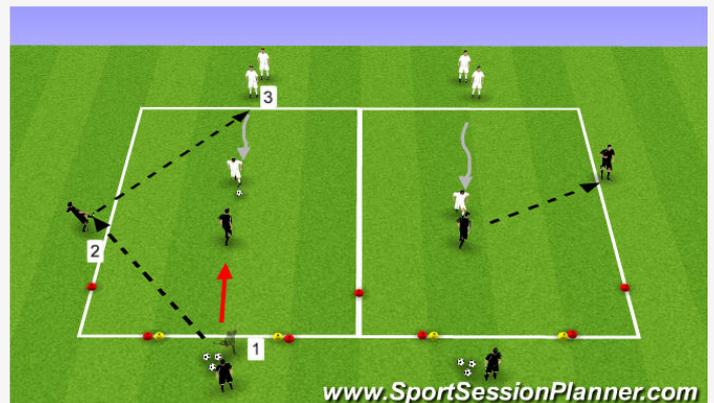
Coaching Points

Close down quickly - pressure the ball

Body position - side on, footwork

Slow down/delay the attacker

Don't dive in - patience, look for triggers



2v2 Defending (20 mins)

SetUp

Two 20x30 fields with mini goals set up as shown

Organization

A) Play 2v2 with 2 players (yellow) resting. Team one starts as defenders and plays a long ball to team 2. Team 2 quickly attack and try to score in the goal. If the defending team wins the ball they try to score in the counter goals. Teams attack-defend-rest.

Progressions

B) Varied starting position. The defending team has one player who starts on the field and another as passer/server who joins to make 2v2.

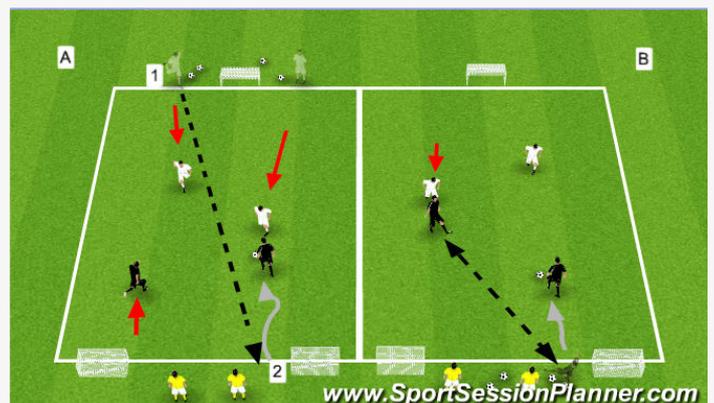
Coaching Points

1st Defender - Close down quickly, pressure the ball. Slow down/delay the attacker

2nd Defender - Provide cover to double up for the dribble, positioning to intercept/block a pass/shot

Communication - Clear, commanding, detailed

Transition quickly



2v3+2 To Goal (20 mins)

SetUp

30x30 Area, full size goal

Organization

Attacking team starts with 3 players, defending team has 4, 2 active & 2 who play as targets. Attacking team must score by dribbling into zone 1 through one of the gates. Defending players can work together to create 2v1 situation with the second defender covering. If the defending team wins the ball they must find a target player.

Progression

Defending team can add another defender to zone 2. Attacking can send two players into zone 1 to make it a 2v2.

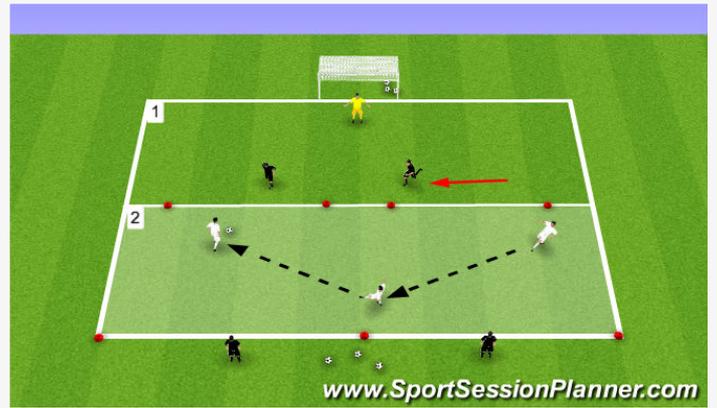
Coaching Points

1st Defender - Close down quickly, pressure the ball. Slow down/delay the attacker

2nd Defender - Provide cover to double up for the dribble, positioning to intercept/block a pass/shot

Communication - Clear, commanding, detailed

Transition quickly



End Game - No Keepers (20 mins)

SetUp

40x60 field with goals

Organization

5v6 Format. One team must start without a keeper. Must defend and work together as a team to prevent penetration. All other rules apply, offside etc.

Progressions

Change team without a keeper.

Remove conditions completely.

Coaching Points

1st Defender - Close down quickly, pressure the ball. Slow down/delay the attacker

2nd Defender - Provide cover to double up for the dribble, positioning to intercept/block a pass/shot

Communication - Clear, commanding, detailed

