



Team Defending

Category: Tactical: Defensive principles
Difficulty: Moderate

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

Warm-up (10 mins)

Set up

Two 20 X 35 fields with mini-goals/pugs as shown

Organization

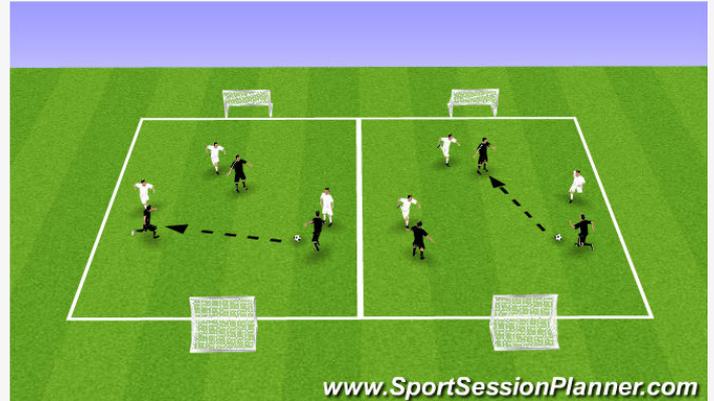
As players arrive for practice get them moving into small sided games early. Build up to two 3v3 games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions

Rotate opponents every 3-4 minutes

Coaching Points

Free play warm up with limited coaching. Enforce no one touch rule



4v2 - Preventing Penetration (20 mins)

Set up

Four 12x12 squares as shown.

Organization

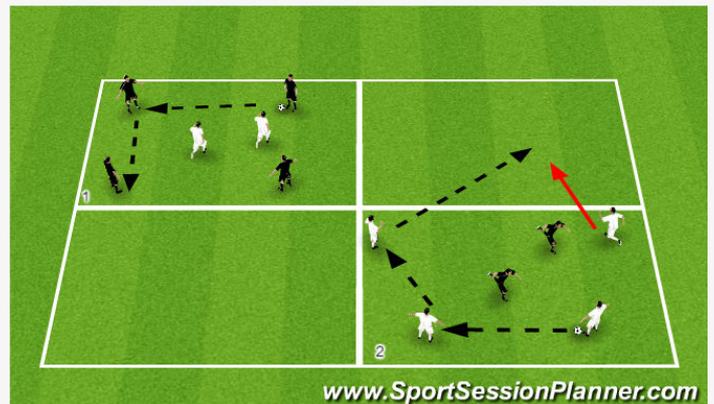
Play 4v2 (or 4v1 with a server) in two opposite squares as shown. Points are awarded for the passes if they can split the two defenders or ca make 5 successful passes in a row. Rotate two defenders every 90 seconds and make drill competitive.

Progressions

(2) - Team of four are now looking to connect 5 passes and can then connect a through ball into square counter clockwise from the one they are currently in. Restart the process in the next square until one group catches the other. Defenders are now trying to protect a penetrating through ball to the next square.

Coaching Points

Pressure of first defender, cover of second defender, prevent penetration pass - no splits, angle of pressure and support, communication between defenders



3v3 +1 (20 mins)

Set up

35 x 30 grid with 4 goals in corner as shown.

Organization

Teams play 3v3. Defending team must prevent the team from scoring by defending as a team and staying connected through pressure (first defender) cover (2nd defender) and balance (third defender). Points are awarded for scoring in the goals.

Progressions

Add in an extra neutral play to make it 5v3 - increases importance of team defending

Coaching Points

Pressure, cover, balance - stay connected, angle of support, knowing when to delay to allow team mates to recover in transition,



6 Goal Game (20 mins)

Set Up

45x35 grid with 6 goals as shown

Organization

Teams now play 5v5 working defending 3 goals

Coaching Points

Prevent penetration, stay connected as a defensive unit, recover behind the ball in transition upon losing possession.



Game (20 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 6 v 6 including Goalkeepers. Regular scrimmage game with emphasis on pthe defensive side of the game. Allow game to be free play but enforce coaching points of the day.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation.

