



## Team Defending and Pressing

**Category:** Tactical: Defensive principles  
**Difficulty:** Moderate

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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 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. Ensure that all players experience the 2v2 and 3v3 game.

#### **Coaching Points**

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



### 5v3 - Preventing Penetration (20 mins)

#### **Set up**

Two 35x25 fields as shown.

#### **Organization**

Play 5v3 (+3). White start with the ball against 3 defenders. White's aim is to break out of the square into the second field. Black's aim is to win the ball and counter to the two small goals. If black scores they get to switch out of defense (with the exception of one player). If white can get through both fields they stay as attackers. There is no pass restriction they just can not score for field one.

#### **Coaching Points**

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



### 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

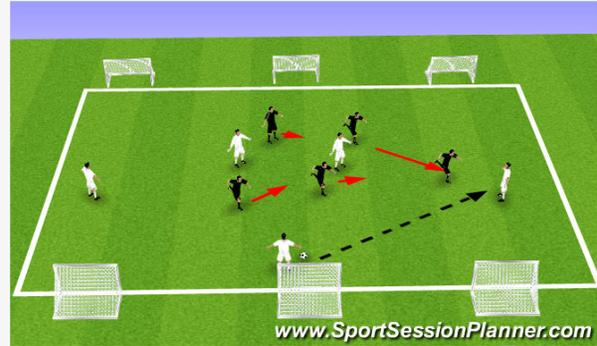
45x35 grid with 6 goals as shown

### 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 5 v 5 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.

