



Topic

DEFENDING 1 - PRESSURE AND COVER

Objectives (5 W's)

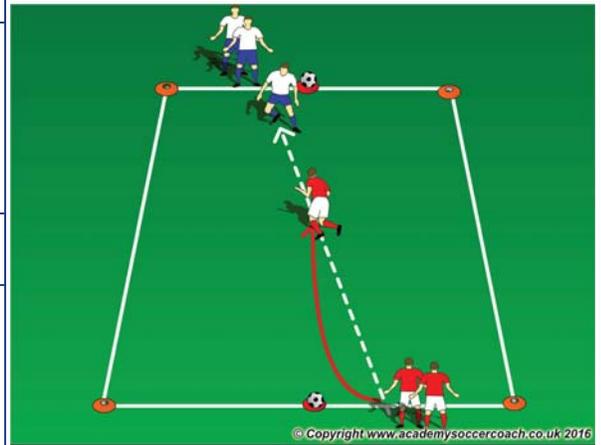
Who: All Players
What: Speed angle and distance of approach, Body shape, Foot work , Type of tackles, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover
Where: In the central and flank channels of the defending half of field
When: As soon as you loss possession of the ball
Why: To deny penetration and shooting opportunities

Organization

Duration Intensity

• Area: 10Wx15L yard grid with a central cone on each end line with a ball in the on the top of the cone. The defenders passes the soccer ball to the attacker. Now the defender will press the ball and delay the attacker. The attacker will dribble the ball and try to knock the ball of the cone.

Warm-up / Orientation 1v1 Defending



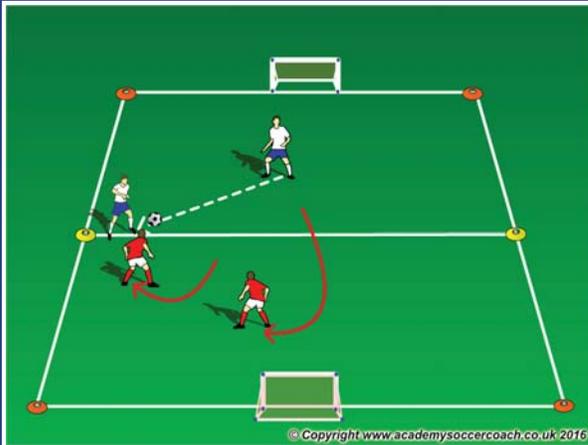
Coaching Points

Activity Time Rest Intervals

What? Technique of Defending:

- ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
- ~ Foot work: Stand, balance and position of the feet

Orientation 2v2 Defending to Small Goals



Organization

Duration Intensity

- Area: In a 15Wx20L yard grid with small goals
- When a player loses the ball the team has to pressure and deny penetration, to win the ball back immediately. Can they win it back in 5-8 seconds? If the Red team plays for 2.5 minutes without giving up any goals they win the round, but if they give up a goal, they lose or their points.

Coaching Points

Activity Time Rest Intervals

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackles (Poke or Block) - Angle , speed and distance of cover
- **Team Tactical Defending Principles** - Press the player with the ball: Who? When? Why? - Make it and keep it compact: Where? When? Why?

Organization

Duration Intensity

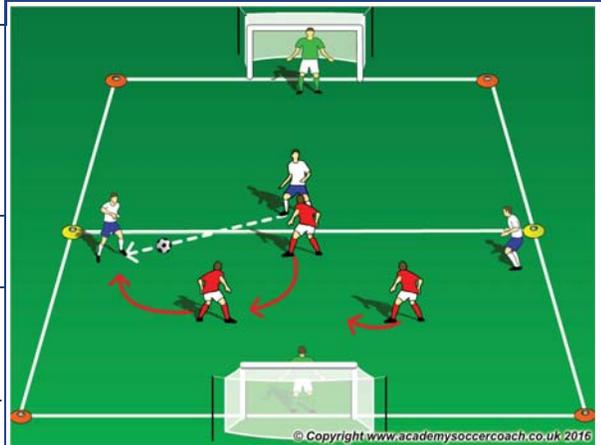
- Area: In a 20Wx30L yard field with goals
- Play to scores in the opponent's goal. All laws apply. When a player loses the ball the team has to pressure and deny penetration, to win the ball back immediately. If the Red team plays for 2.5 minutes without giving up any goals they win the round, but if they give up a goal, they lose all their points.

Coaching Points

Activity Time Rest Intervals

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackle (Poke or Block) - Angle , speed and distance of cover
- **Team Tactical Defending Principles** - Press the player/ball: Who? When? Why? - Make it and keep it compact: Where? When? - Outnumber the Opponent: Why?

Learning 4v4 to Goals



Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

in a 40Wx60L field play 7v7. All FIFA laws apply. Encourage defenders to work together to regain the ball.

Coaching Points

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.