

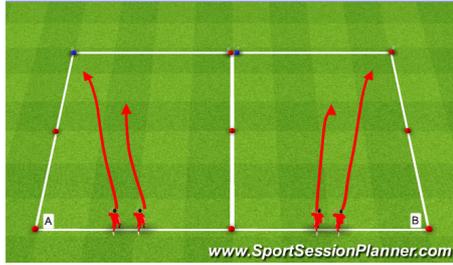


Defend in Pairs

Category: Tactical: Defensive principles
Difficulty: Moderate

Am-Club: Real Colorado
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Main Theme I (10 mins)



Organization:

- 30x20 yard area
- Players go in 2 lines
- Soccer balls on top of cones

Instructions:

- Coach starts practice by clapping hands
- Coach now calls out a color
- Players move to adopt Pressure / Cover position in relation to colored cone

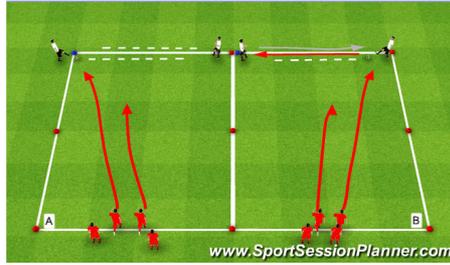
Coaching Points:

- Communication between players 'I got ball' or 'You press'
- Slow down as pressing player gets close to cone
- Cover player judge distance and angle of support based on press
- Support player communicate 'Show inside' or 'Show outside'

Progressions:

- Coach says switch, players move to opposite cone to defend
- Cover player becomes pressing player
- Pressing player drops to become cover player

Main Theme II (15 mins)



Organization:

- 30x20 yard area
- 6 players
- 2 soccer balls

Instructions:

- Players work in pairs
- Press and cover player with ball
- Players on the ball (Blue) waits for defenders to adopt correct shape
- Blue player passes across to partner
- Defenders react and adopt Pressure / Cover as before
- After 2 passes defenders take place on the corners with the ball
- Blue players drop back to start
- Next pair move to defend

Coaching Points:

- Communication between players 'I got ball' or 'You press'
- Slow down as pressing player gets close to cone
- Cover player judge distance and angle of support based on press
- Support player communicate 'Show inside' or 'Show outside'

Progressions:

B

- After 1 pass, blue players can dribble across to opposite side (partner goes other way)

Main Theme III (15 mins)



Organization:

- 30x20 yard area
- 6 players (2 Attackers, 2 Support Players, 2 Defenders)
- Soccer balls

Instructions:

- Objective for White team is to get the ball from one end player to the other
- Blue defenders have to prevent the ball crossing the middle line (blue cones)
- Rotate players after set period

Coaching Points:

- Move quickly to prevent support player passing down the line
- Defenders stay connected to prevent being penetrated - **B**
- Keep attacking players and the ball in front of you

Progressions:

- Make the middle line narrow - **B**

Game (20 mins)



Organization:

Half Field

Cone off from edge of box to midfield on each side

Minimum 8 players at once (12 ideal - 1 resting team)

Plenty of soccer balls

Instructions:

Coach passes ball to defending midfielder (white) who serves to attacking midfielder (red)

Play 4 red attacker Vs 3 white defenders + GK

Objective for red is to score, white is to win the ball back and find the coach

Coaching:

When ball goes wide, is there opportunity to coach 1v1 defending?

Angle/speed of pressure to engage attacker

Body position to force attacker down the line

Early pressure to force attacker to play backwards

Predicting the pass to intercept

Coach 2nd defender, positioning/angle to 1st defender, covering space in behind