

U8 - Challenging/Tackling

Defender passes ball to attacker. Attacker dribbles at defender and tries to beat defender. Defender tries to win the ball with a standing block tackle.

COACHING POINTS:

Approach attacker under control. Try to win ball from the attacker when the ball is away from their foot.

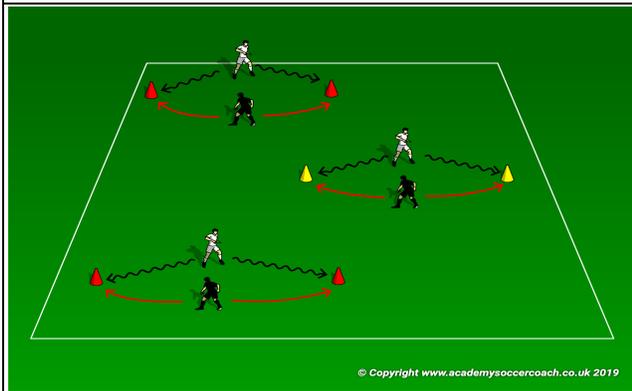
I encourage the saying, "**Quick, Slow, Sideways, Low**"

"**Quick**" to get to attacker and close down space

"**Slow**" to slow down as to not over commit

"**Sideways**" to get in a good defensive posture, force one way

"**Low**" to have a good body shape, bent knees, center of gravity



U9 - Challenging/Tackling

1v1 Shadow: In two's. Attackers dribble ball back and forth to cones, placed 6 yards apart. Defenders must stay on their side of the line, and tries to "shadow" the attacker. 30 seconds of work, 30 seconds of rest

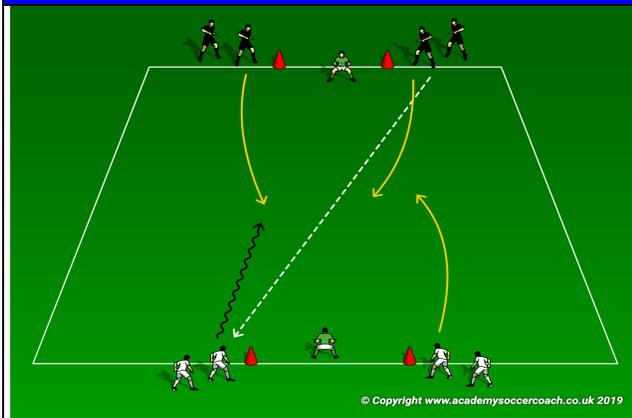
COACHING POINTS:

Keep Coaching Points simple...

Stay in front of attacker, keep feet moving, good body shape and stance.

As I tell my younger players, "**You don't have to win the ball to be a good defender!**"

Can we defend to force the ball negative/back or to the wings.



U13 - Challenging/Tackling

PRESSURE and COVER: 2v2s with Keepers, "Box on Box"

Defender plays ball to one of the two attackers. Two defenders step out and defend

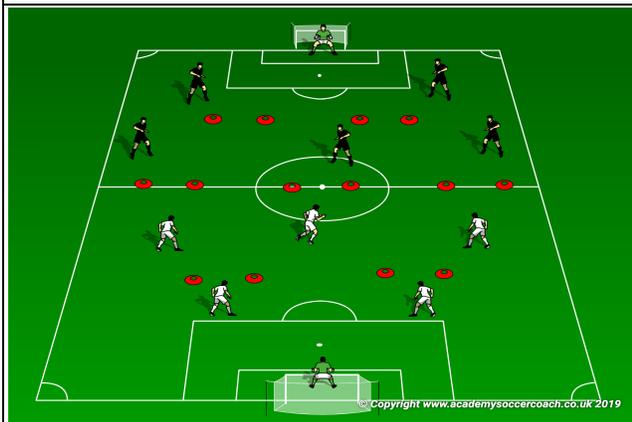
COACHING POINTS:

1st defender must close down quickly and make play predictable.

2nd defender provides cover/support and must communicate with 1st defender.

There must be quick pressure on the ball to prevent shots.

How do you progress 1v1 defending to 2v2, 3v3, etc...



U16 - Challenging/Tackling

Scrimmage with Gates

Gates will act as other ways for attacking team to score goals. Can we defensively "force" the attackers away from the gates that are set up in dangerous areas, i.e. central of the pitch and wide areas that attacking team would exploit.

COACHING POINTS:

Moving from 1v1 to 2v2, to finally 7v7 (or what numbers dictate) .

Can we defend as a full unit with **Pressure, Cover, and Balance**.

Do we use our body shape to make play predictable.