

Small Group Defending - Pressing

Date : 24/Jun/2014

Duration : 1:30 hour

Time : N/A

Age/Level : U11 - U18

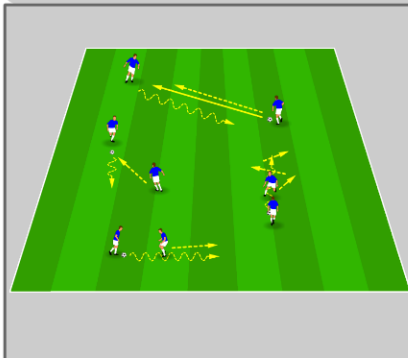
Session

-Increase the teams ability to regain

Objective:

possession

1v1, 2v2 Defending Warm-Up



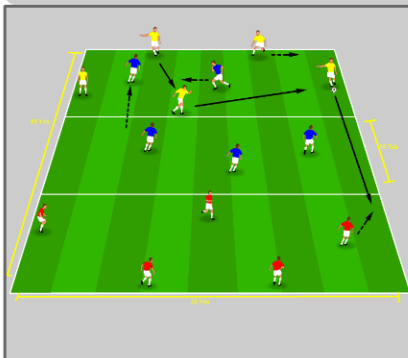
Description :

Each player has a partner in which they start passing and moving around the grid with. After a couple of passes the player that plays the ball in will follow his pass and become a passive defender against the attacker. The attacker will dribble at the defender and move them side to side so they get used to the movement of delaying the attacker. After a couple of yards they will go back to passing and moving.

Coaching Points :

- Approach at an angle
- Athletic stance (knees bent with body weight over balls of your feet)
- Force one direction
- Arms length away
- Open hips when moving side to side

3 Zone Possession - Small Group Defending



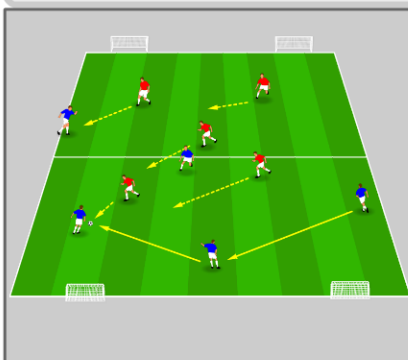
Description :

Split the group into 3 teams of 5 with different colors. Set up two of the teams on the outside zones with 4 in the back and a holding midfielder. Team in the center zone is defending. Defending team sends 2 defenders to try and win the ball from the Attacking team while attacking team tries to maintain possession and shape to score by playing a penetrating ball into the far zones. If defending team wins the ball they play to opposite zone and become the attacking team in the zone in which they won the ball. Attacking team becomes defenders.

Coaching Points :

- Recognition of who should be the 1st defender
- Apply pressure towards your support
- How quickly can we win the ball back
- Quick clear communication of where to apply pressure.
- 1st Defender makes the play predictable

5v5 to Bownets / Small Group Defending



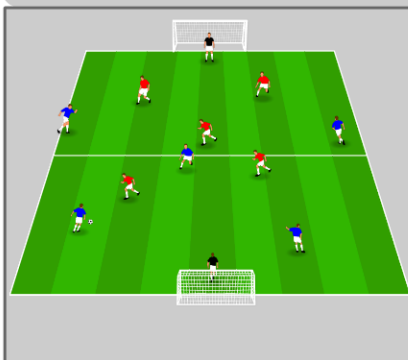
Description :

Two teams of 5 play 5 v 5 to 2 bownets each.

Coaching Points :

- 1st Defender makes the play predictable.
- If the 1st defender is tight everyone else must be as well.
- Retreat to the middle once pressuere is broken.
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5v5 to Bownets / Small Group Defending



Description :

Two teams of 5 play 5 v 5 to 2 bownets each.

Coaching Points :