

Tactical-Defending Training Sessions Table of Context

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Tactical-Defending Training Sessions

BASICS

Session – Defending the Dribble and Defending After Losing Possession

Ultimate Dribbler (Not Pictured)

Organization:

- 3 boxes 30x15
- 1 defender in the middle box.
- Dribblers on the left box.

Instructions:

- Dribblers will try and dribble across the middle box into the third box without losing the ball.
- If defender takes the ball away or gets it out, the dribbler will become one of the defenders.
- Last dribbler to survive wins.

Coaching Points:

- Pressure from defender.
- Body shape sending dribbler to a side.
- Dribbler's head looking for space.

Progressions/Regressions:

- P. Smaller size.
- R. No balls just tag.



Ultimate defender (Picture Above)

Organization:

- 25x15

Instructions:

- Everybody with a ball except two defenders.
- Players will dribble and not let the defender take the ball away.
- Defender who takes the ball away the greatest number of times in a certain time will win.

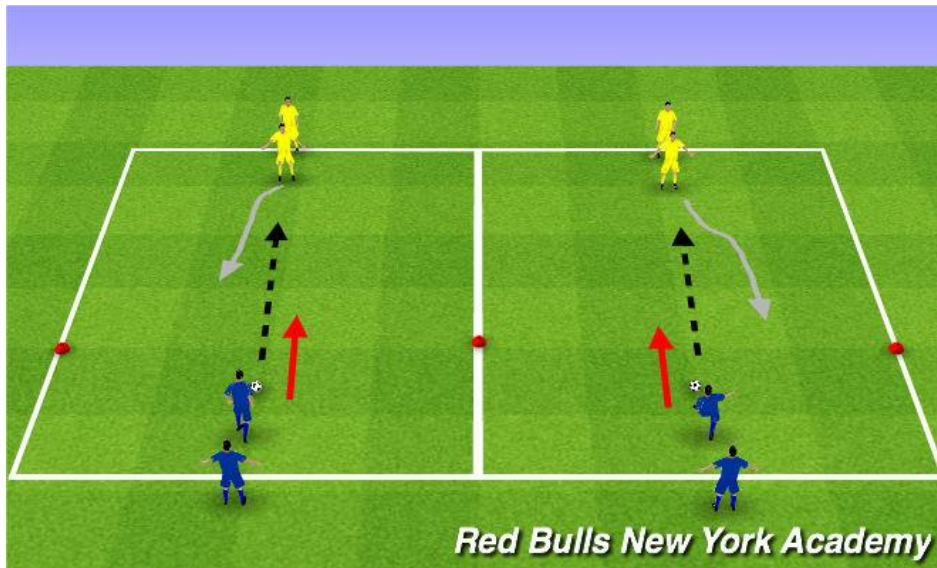
Session – Defending the Dribble and Defending After Losing Possession (Continued)

Coaching Points:

- Approach of defender to take the ball.
- How to keep our head up while dribbling.
- How to trap dribblers in a corner.

Progressions/Regressions:

- P. Another defender.
- R. Only 1 Defender.



Defending after losing possession (Picture Above)

Organization:

- 4 Groups of players
- 2 boxes 30x20

Instructions:

- Blue plays ball to Yellow. Yellow tries to dribble through the gate and score.

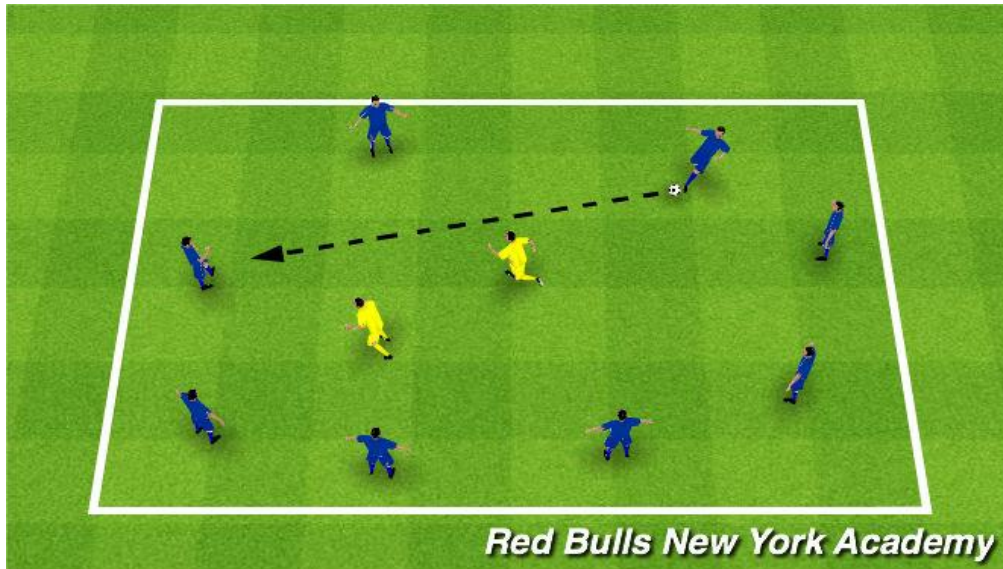
Coaching Points:

- Pressure from defender.
- Body shape sending dribbler to a side.

Progressions/Regressions:

- P. 2v1
- P. Smaller size.
- P. Attacker now passes it to the next player behind the defender.
- R. Attacker starts with the ball.

Session – Defending the Dribble and Defending After Losing Possession (Continued)



Monkey in the middle (Picture Above)

Organization:

- 20x20 box
- One big circle around 2 players (Defenders)

Instructions:

- Complete 5 Passes to get a point.
- Whoever losses the ball or gives a bad pass becomes the monkey in the middle (Defender)

Coaching Points:

- How to be ready to pass the ball and get a good touch.
- How to be ready in case the ball comes your way.
- Penetrating the middle defenders.

Progressions/Regressions:

- R. Less defenders in the middle.
- P. More passes to get the point.
- P. Only 1-2-3 touches.
- P. 1 players from the outside could become a passing point to get more points.

Session – Defending the Dribble and Defending After Losing Possession (Continued)



Scrimmage (Picture Above)

Organization:

5v5 - Adjust to numbers

Instructions:

- Scrimmage
- FIFA Rules

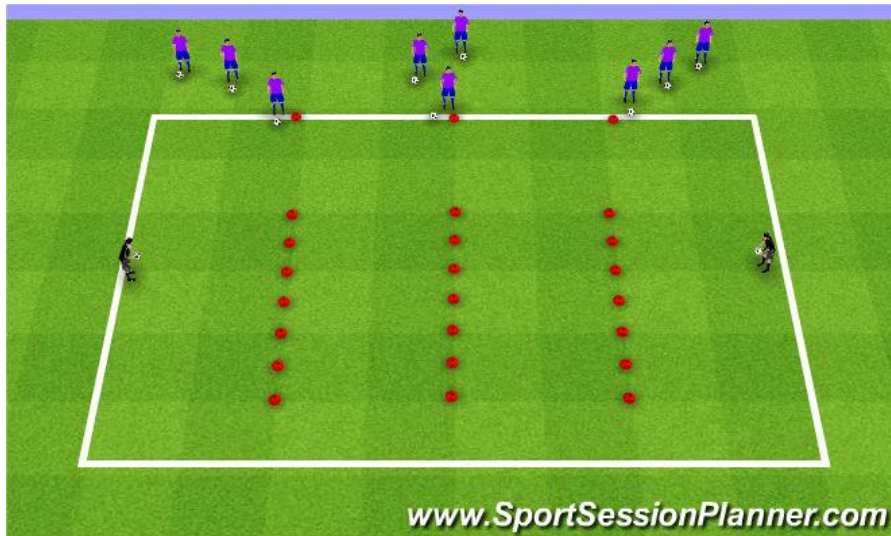
Coaching Points:

- Attacking and defending principles of play.

Progressions/Regressions:

P. Limited touches.

Session – 1V1 Defending



Dribbling Warm Up

Set Up

Set up three lines

- 1- In and out using best foot
- 2- In and out using weak foot
- 3- In and out using both feet
- 4- In and out using outside of foot only
- 5- In and out using inside of foot only



Dribbling and 1v1

Set up two grids, 25m x 10m with a goal at either end.

Structure

One Attacker, One defender. The attacker with the ball is placed slightly ahead of the defender. The Attacker must dribble through the cones while the defender must run around the outside cone. Ensure all players have a turn in being the defender.

Emphasis

Session – 1V1 Defending (Continued)

Defender must close the attacker down quickly when the ball is moving
Can the defender intercept the ball?
Defender to be touch tight. low and balanced
Defender must watch the ball
Defender to be patient and under control, forcing the attacker backwards
Correct timing of the tackle



3v3 Scrimmage

Set up

Players placed on a field 35m x 20m into teams of 3v3 or 4v4

Procedure

If the ball goes out of the field players can make the decision to either pass or dribble in, Once the ball has been saved or gone out for a goal kick, the defensive team must retreat to the halfway line, Allow the players to play

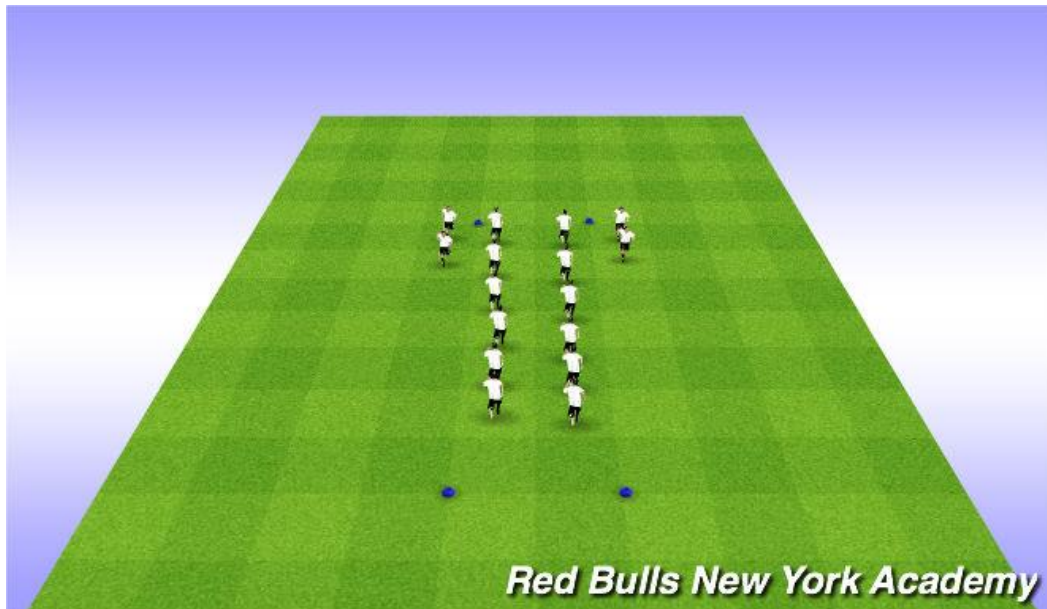
Emphasis

Dispersal
Support/Depth
Mobility
Penetration
Individualism
High Tempo

Session – Introduction to Pressure/Cover

Learning Outcomes:

- Learning who applies pressure, who applies cover.
- Angle of approach to close down attackers, force towards help.
- Communication from player applying pressure "I got ball", and player providing cover "force inside/outside".



Dynamic Warm Up

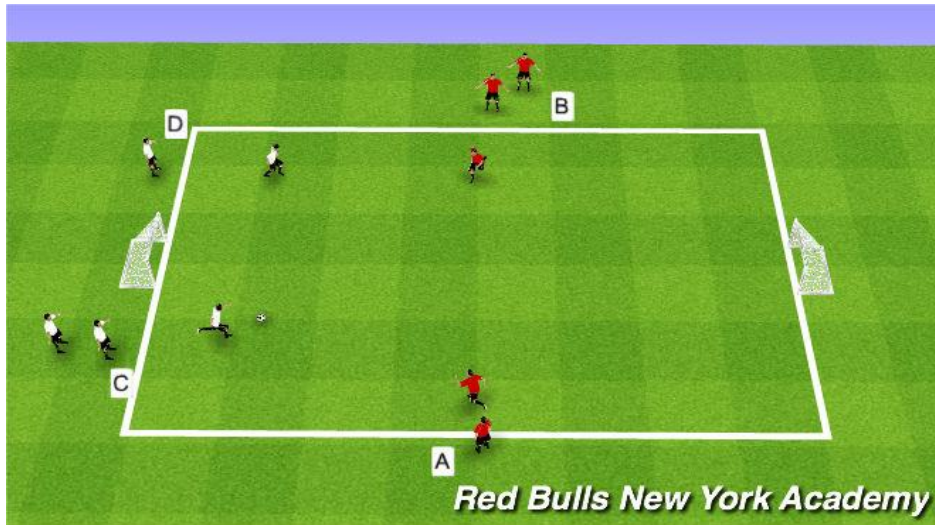
Organization:

- Two lines led by captain and a different player each game/ practice.
- Dynamic warm up out. jog back.

Dynamic Movements:

1. Jog
2. Skip
3. High Knees
4. Heel Flicks
5. Lunges
6. Toe Swipes (Calf, hamstring)
7. Side Lunges- Right foot forward (Groin)
8. Side Lunges- Left foot forward (Groin)
9. Headers
10. Low Jockey forward
11. Low Jockey backward
12. Lunge with a twist
13. 75% sprint
14. Headers
15. 100% sprint

Session – Introduction to Pressure/Cover (Continued)



Conditioned Game (Picture Above)

Organization:

As above

Instructions:

Red (A) passes the ball to White (C). Two white players (C and D) look to attack and score in small goal. (A) and (B) defend, if they steal the ball, they can score in the counter goal. Play until a goal is scored or ball goes out of bounds.

Coaching Points:

Role of defenders:

- Deny direct penetration (get between the ball and the goal).
- Defender closest to the ball is the 1st defender and applies pressure "I got ball".
- 2nd defender drops off at an angle close enough to cover their partner if they get beat on the dribble.
- When to tackle (poor touch, out of feet)

Progressions:

Switch attackers and defenders every 2 minutes.
Play 3 rounds each, most goals win.

Session – Introduction to Pressure/Cover (Continued)



Hits It Gets It (20 mins)

Organization:

- Two fields of 4v4.
- Six cones on perimeter of the field with soccer balls on top of cone
- Play 5 minutes games then rotate teams until all have played each other.

Instructions:

- If a player shoots and misses, that player must run and get the ball and place it on the empty cone.
- As soon as the ball goes out the team whose possession it can take any ball off the cone and play.

Coaching Points:

- Delay when players down. Tackle when even.
- Can the players figure out how to use the rules to their team's advantage.

Session – Introduction to Pressure/Cover (Continued)



5v5 Game (Picture Above)

Organization:

1-3-1 both teams.

Coaching Points:

1. Movement off the ball. Player on the ball should always have three options.
2. Winger stay wide when in possession.
3. When ball is on the wing, weak side winger shouldn't be higher than the ball.
4. Play backwards to keep possession.

Progressions:

1. One touch finish equals two points.
2. Limit touches. (Two touch) (one touch)
3. Six passes before going to goal.

Session –Pressure-Cover



1v1 Activation (Picture Above)

Players will be split into two groups and the 1v1's will start with the defenders playing the ball across to the attackers, and the attackers will try to score by dribbling across the oppositions line. Each team will attack for 4 minutes and then they will switch roles.

Coaching Points:

- 1) Distance and Shape of the defender
- 2) If the attacker is facing his own goal make sure you do not let him turn
- 3) don't stab into tackles slide your feet when the attackers move the ball side to side



Session –Pressure-Cover (Continued)

2v2 introduction (Picture Above)

Second phase 2v2

Players will be practicing the movement of pressure and cover. It'll be a continuous cycle, players in white will play the ball across to players in blue and depending on where the ball is at it will dictate which player pressures and which player covers. Once the players in blue pass the ball side to side to each other a couple of times they will then play the ball across and showcase the pressure and cover themselves against the players in white.

Coaching Points:

- 1) make sure player closest to the ball starts the pressure
- 2) make sure player providing cover is covering the goal/passing lane and the distance between him and the player providing pressure is not too big.
- 3) make sure players don't cross over



2v2 to goal (Picture Above)

Players will play 2v2 to goal and each team will defend for 7-8 minutes.

Coaching Points:

- 1) make sure player closest to the ball starts the pressure
- 2) make sure player providing cover is covering the goal/passing lane and the distance between him and the player providing pressure is not too big.
- 3) make sure players don't cross over

INTERMEDIATE-ADVANCED

Session – Tactical Defending

Overall Coaching Point

As soon as you lose the ball, get small (compact, implode).

Don't get beat by thru balls. Close the space

Don't get beat-get on surfboard. Let the player come at you and don't let them behind you. Slow them down.

Force the other team to go backwards so you can press with the forward

Cover the middle.

Warm-up (Picture Below)



Set-up: (Picture Above)

24x15yd grid split into two 12x15yd halves. 2 teams of 6 players in each half.

Description:

Teams pass the ball around in different ways as coach commands.

Progressions:

1. One ball each team, passing to own team in own grid
2. Two touches
3. First team to 10 or 20 passes
4. Cannot pass to player who gave it to you. First team to 10 or 20 passes
5. 2 touches. First team to 10 or 20 passes

Session – Tactical Defending (Continued)

Small-Sided (same set up as before)

Set-up:

24x15yd grid split into two 12x15yd halves. 2 teams of 6 players in each half. Balls with coach on the outside.

Description:

Coach plays a ball into one team, who try to possess as long as they can. 2 of the other team's players enter the opposing half and press to win the ball. If they win it, they are to try get the ball back to their team and the game transfers over to the other half. The team possessing must try preventing the defenders getting the ball back to their team. Team pressing scores by winning the ball and getting it back to their team. Team with ball scores by connecting 5-7 passes.

Progressions:

1. 2 defenders' press
2. 3 defenders' press
3. First team to 7 points



Expanded Small-Sided (Picture Above)

Set-up:

18 to 18 width and length field with big goals on top of 18yd boxes. 2 teams of 8 in one half, 1 team of 8 in the other half.

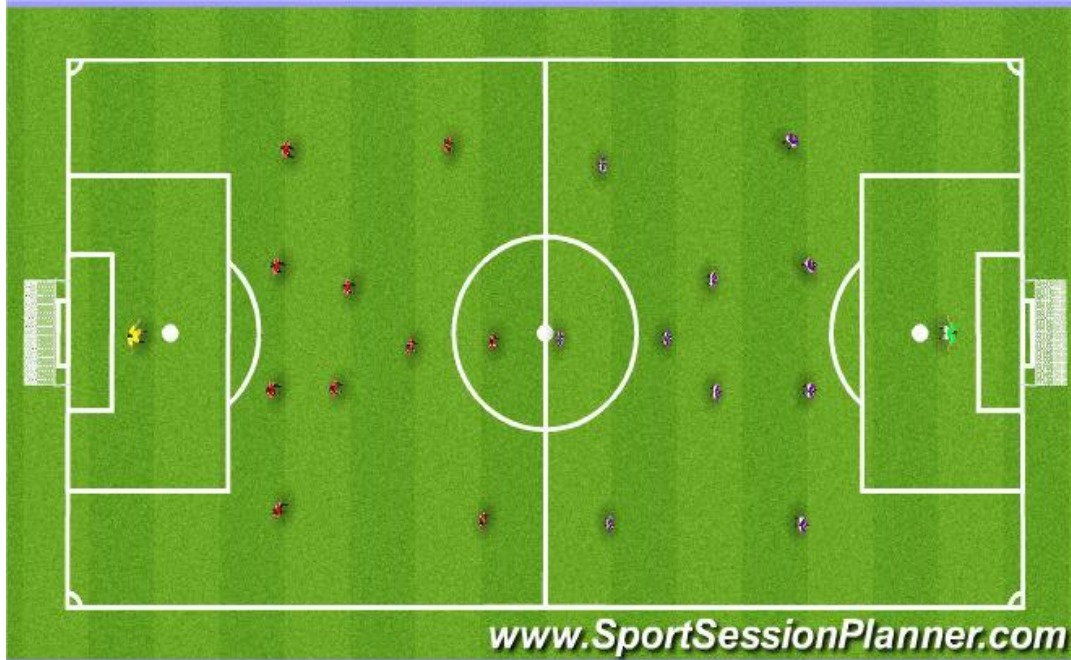
Description:

One team attacks the big goal in one half of the field in a 4-1-3 formation. If they lose the ball, they are to press immediately to win it back. One team defends the big goal on one half of the field in a 4-4 formation. When they win the ball, they are to try get over the halfway line. If they get over the whole team must transfer to that half, and they become the attacking team in the opposite half. The team that was attacking remain in that half and set up to be the defending team once the game transitions back to that half. The team waiting on the opposite half must start on the 18-yard line. As soon as the game transfers to their half, they step out into a 4-4 formation to defend their goal.

Session – Tactical Defending (Continued)

Progressions:

1. Team attacking the goal 2 touches
2. Unlimited touches
3. First team to score 2



Final Game (Picture Above)

Set-up:

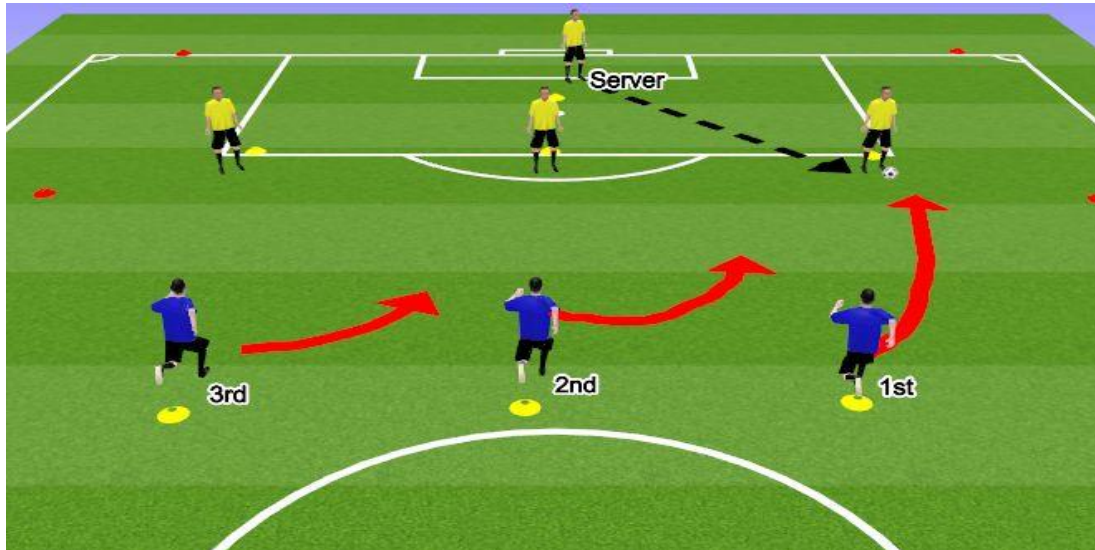
Full field with big goals. 11 v 11 with a 4-2-3-1 formation.

Description:

Teams play 11 v 11 on full field. Both teams must try get into other half and get all players into that half and try to score. If they lose the ball, they must immediately press for 6 seconds to try to win it back. If they don't win it within 6 seconds, they are to drop off and get their shape in defensive half. Line of confrontation then becomes the halfway line

Session – Pressure-Cover Balance

Teaching how to defend as a unit and the roles of the 1st, 2nd, and 3rd Defender.



Warm-Up (Shadow Play) (Picture Above)

Instructions:

Players move in relation to where the ball is. Establishing the shape between the 1st / 2nd / 3rd defender. Server passes the ball out to the left side, right side, or center. After the ball has been passed out the defenders apply pressure, cover, and balance, the player on the ball passes it back to the server.

Coaching Points:

Movement as the ball is traveling
Role of each defender
Distance from one another to stay compact
Communication
Re-establishing group shape after each pass



Session – Pressure-Cover Balance (Continued)

Main Activity (Picture Above)

Instructions:

Players Play 2v2s

Defending Team Protects 2 goals

If they win the ball, can they quickly counter and score on big goal

Coaching Points:

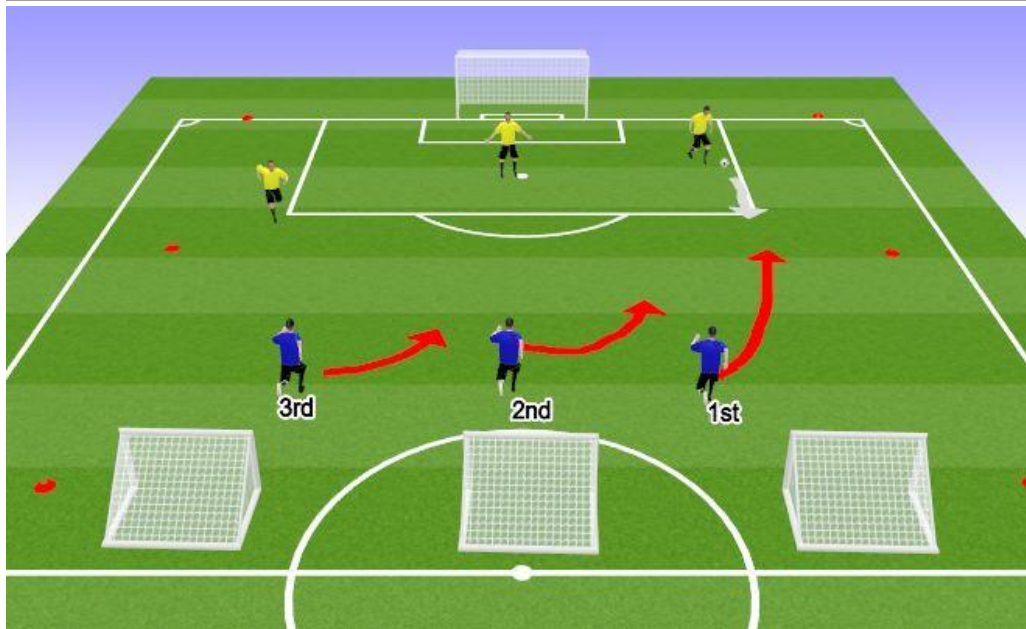
Movement as the ball is traveling

Distance from one another to stay compact

Communication (Press, Force Left/Right)

1st Curve run to protect the goal and provide pressure to delay attacker

2nd defender provides support



Main Activity 2 (Picture Above)

Instructions:

Players Play 3v3

Defending Team Protects 2 goals

If they win the ball, can they quickly counter and score on big goal

Coaching Points:

Movement as the ball is traveling

Distances from one another to stay compact

Communication (Press, Force Left/Right)

1st Curve run to protect the goal and provide pressure to delay attacker

2nd defender provides support

3rd defender provides balance to the group (Closes down any gaps to deny penetrating pass)

Session – Pressure-Cover Balance (Continued)



Game (Picture Above)

Instructions:

Defending Team Protects 2 goals

If they win the ball, can they quickly counter and score on big goal

Coaching Points:

Movement as the ball is traveling

Distance from one another to stay compact

Communication (Press, Force Left/Right)

1st Curve run to protect the goal and provide pressure to delay attacker

2nd defender provides support

3rd defender provides balance to the group (Closes down any gaps to deny penetrating pass)

The rest of the players also create balance to the entire team