



Coaching Clinic Defending

Category: Technical: Defensive skills

Difficulty: Moderate

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Individual-Adult Member

Description

Coch education defending

Warm Up

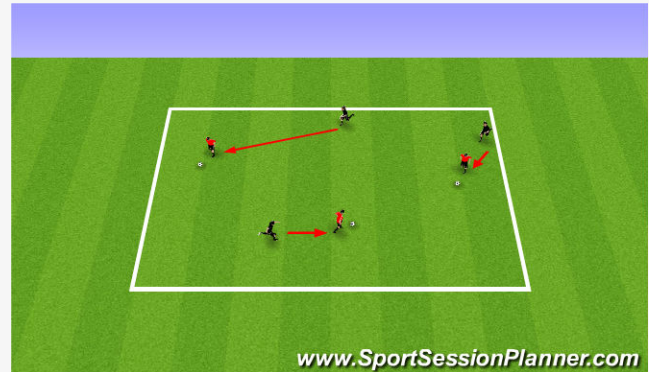
Organization 30 x 30

In Pairs one player has the ball, the other is jogging around at 50% speed.

When coach says pressure - player must quickly get to attacker and put them under pressure.

Switch roles

Increase speed and make it competitive, who can keep the ball?



Defending 1v1

Picture 1 Defending when the player has there back to goal.

Player 1 passes into his teammate.

As the Ball is received, the defending player should be on his way to pressure on the player.

Coaching Points

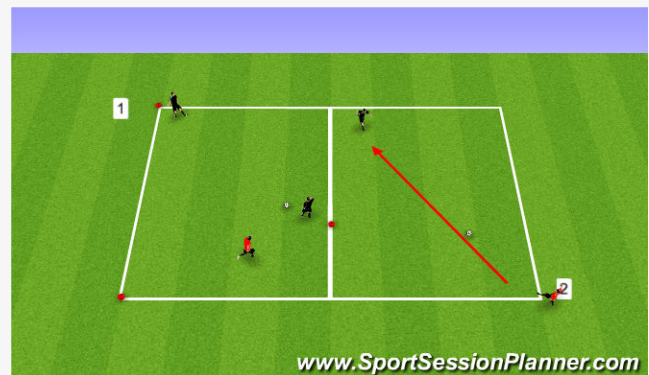
1. Quickly out to the attacker - slow down on approach.
2. Arc your run - dont expose yourself, or the space behind.
3. Should be touc tight, knees bent, on the balls of your feet focusing on the ball.
4. can we forc backwards?Be aggresive!
5. When we win can you counter attack.

Picture 2.

Attacker i trying to cross the line behind the defender.

coaching points

1. Pressure - out quick, slow down on approach
2. Arc run - dont expose space behind you.
3. Jockey position - not to tight - side on on, knees bent on the balls of you feet.
- can we use the sideline as a defender
- 4.eyes on the ball
- 5.Be Patient - can we poke away with our front foot?
- 6.Back foot - use to pivot- if defender runs across
- 7.Then can we counter attack?



2v2 Defending as a pair

Organization 20 x 20

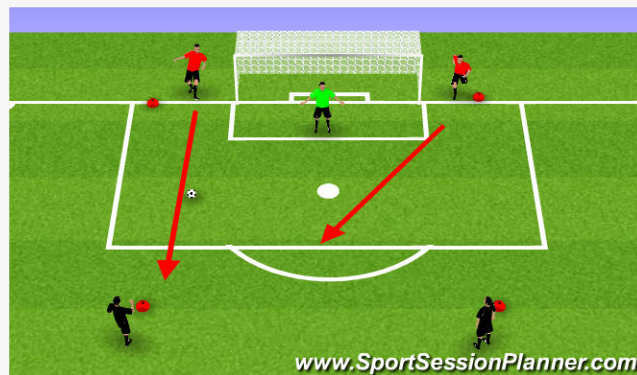
Defenders pass the ball out to the attackers, then pressure instantly.

Ball is central - so first defender is pushing the attacker towards his teammate.

doesn't want to get beat behind.

Coaching Points

1. Communication - loud and clear - "Ball"
2. closest defender towards the ball
3. 2nd defender into a solid cover position.
4. Patient - don't dive in, stay on your feet - can you force him to make a mistake?



Group defending 3 or 4

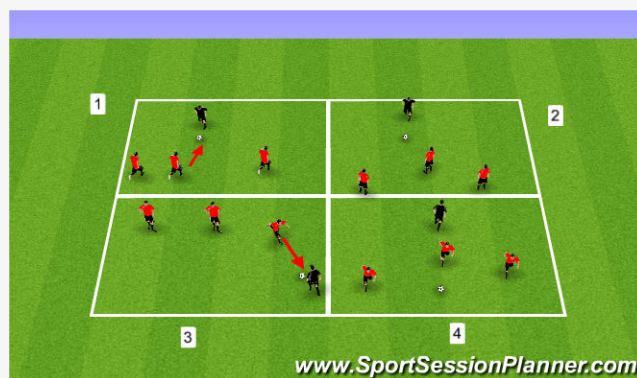
Organization 15 x 15 square 1 v 3.

1 player has a ball and is dribbling inside the square, while the other 3 players are jogging around.

When coach calls attack - player with the ball must try and crossover the line behind the defenders.

Coaching Points

1. In pic 1, nearest player puts pressure on the ball
2. In pic 2, the other two players become cover defenders, positioning should be slightly behind player. Players should be 2/3 yards apart so there is very little room for penetration.
3. In pic 3 - wide player has the ball, so nearest player puts pressure on the ball. 2nd player drops into cover position and final defender is balancing.
4. In pic 4 we have won the ball, and we counter quick.



6 goal game

Organization 40 x 40 or width of penalty box.

Each goal is 6 yards wide.

Teams score 5 points for dribbling through any goal or 2 for passing through the center (can not pass through wide goals)

3-1-2 formation

Coaching points

1. communication - loud and clear
2. instant pressure on the ball from any player - can we win the ball back quick if not into positions
3. organized team - compact hard to break through - good shape can we force them back?
4. win it counter quick!

