



U10 Defending- Session 6

Category: Tactical: Defensive principles

Difficulty: Moderate

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Guiding Questions:

- 1) What is the job of the covering defender? (deny space behind, protect the goal, take away split passing lanes, aware of other attacking players)
- 2) How do you know where to be? (behind the pressure, cutting off a through ball, ball side of the other attacker)
- 3) What should you do after the attacker beats you or they pass the ball?
- 4) Is pressure/cover only a topic for players on the back line?

Common Language:

Pressure/Step To - Closing down the space between a defender and an attacker. Stepping towards an attacker to engage them defensively.

Cover - The defender behind the pressure. Covering the Pressure's back, covering the goal, covering other attackers and covering the through ball.

Through Pass/Split - A penetrating pass between two defenders.

Ball side - Being on the side of the attacker that is closest to the ball. Being between the extra attacker and the ball.

Slide - To move in a lateral direction as the ball has been passed. Sliding over to keep a good small group defending shape.

Drop in - Dropping back and into the middle to provide good covering depth.

Recover - After being beat, a high intensity run to get back into a covering position.

Delay - To slow the attacker, waiting for cover, waiting for the attacker to make a mistake to then attack.

Take away... - Defender positions their body to take away one side versus the other/passing lane.

Technical Warm-up (5 mins)

Principles of Individual Defending

All at half speed, passive defending with no challenges, just delaying

Player with the ball finds and open player and passes the ball to them. Passer becomes defender and will then put pressure on the receiver, focusing on individual defending principles (angle/speed of approach, athletic stance, side on)

Player with the ball receives the ball and lets the defender get the appropriate defensive position before dribbling. Player with the ball then dribbles **in a zig zag** at defender. Defender delays player for a 5 second count and then releases them. During the zig zag you want to focus on the positioning, stance, and movement of feet. Player with the ball finds and open player and then closes the space to defend.

Progression 1: Full-speed, defenders can take ball off attacker. If Attacker gets around defender the 1v1 is over.

Coaching Points: Speed of Approach (Close quick and slow down 2-3 yards before attacker)

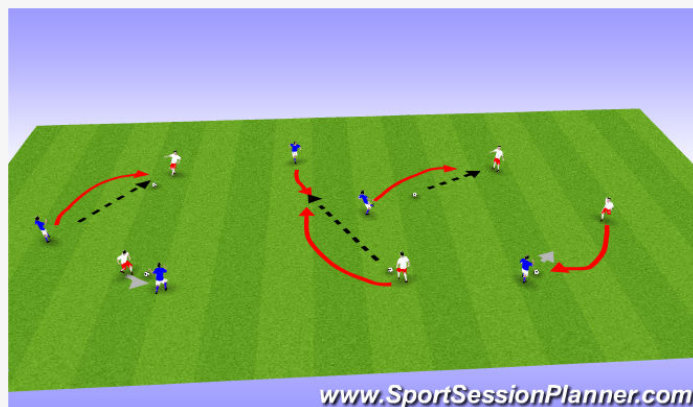
Angle of Approach (Pick a direction to push the attacker: weak foot, sideline, cover)

Athletic body stance (Knees bent, low center of gravity, on toes)

Side on (pushing attacker to one side, no megas, no square body shape)

Delay (Slow the attack, wait for the mistake and destroy)

Open up (when the player changes direction open up hips to keep moving with attacker)

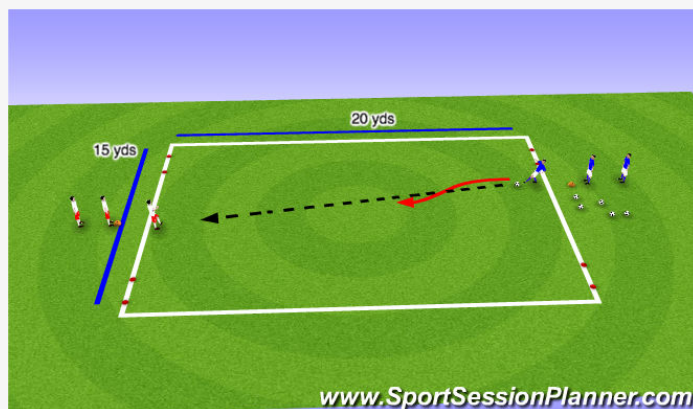


1v1 (20 mins)

Ball is passed across the grid to the attacker who will begin to try to dribble through the gates. After passing, that player will close the ball down and move with the attacking player without stealing the ball. This is called jockeying. This is purely to get the correct position as a defender and to get used to the distance between the attacker and defender.

Progression

1. Go into a competitive 1v1 where the attacking player gets a point for dribbling through the gates and the defending player gets a point for stealing the ball.



2 Man Defending

Set Up

15x10

One endzone at each end 3 yards deep

Instructions

Two players are in each endzone. The two defenders in the middle cannot steal the ball from inside the endzone.

Players in the endzone are passing inside the endzone and trying to play to teammates in the opposite endzone. This is to focus on two man defending so walk through it at first so defenders get their defensive movements down.

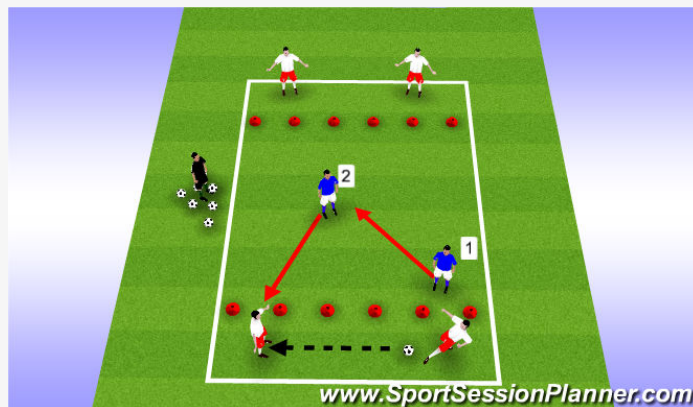
The defensive movements are:

1) Pressure defender puts pressure on the ball- same principles as 1v1 defending

2) Cover defender is off of the pressure defender's shoulder at about 45 degrees and same distance from pressure defender as the distance between the attackers.

3) When the ball is passed player 2 becomes the pressure defender and player 1 becomes the covering defender.

Again start slow and have players hold the ball so players can adjust their movement. Once they get the hang of it let attackers play to try and find their teammates on the other side. Keep defenders in for a short time until they understand the movement then put two new defenders in.

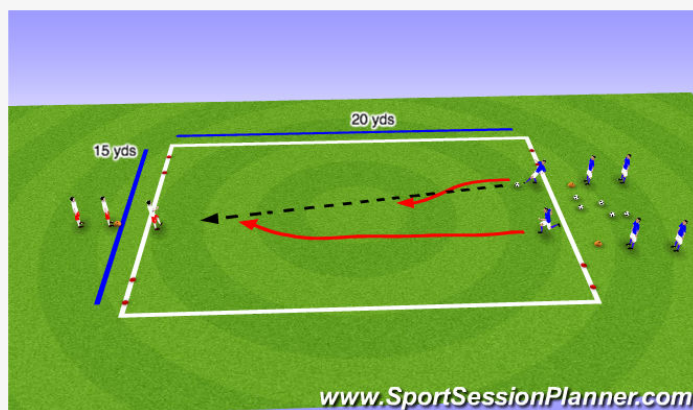


1v2 (20 mins)

Ball is passed across the grid to the attacker who will begin to try to dribble through the gates. After passing, two players come out to work pressure and cover concept. The closest player to the ball will put pressure on the ball while the second player will provide the cover.

Coaching Points:

1. Individual principles for the pressuring defender.
2. Cover will deny space behind pressure
3. Cover is ready to become pressuring if teammate is beat
4. If beat, Pressuring defender recovers into space to become covering defender
5. Stay compact (don't become too stretched)



2v2 Progression (20 mins)

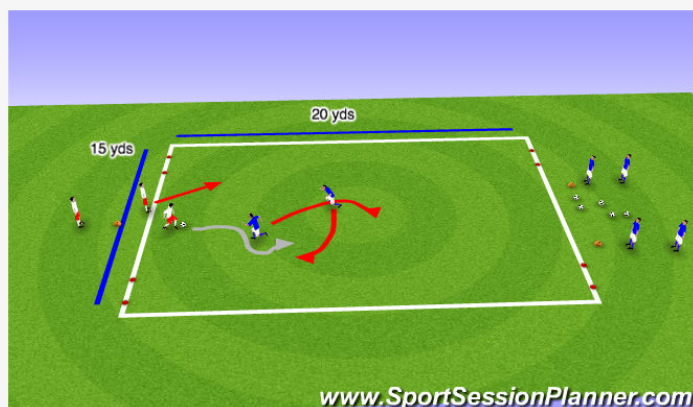
2v2

Progression

3v2

Coaching Points:

1. Individual principles for the pressuring defender.
2. Cover will deny space behind pressure
3. Cover is ready to become pressuring if teammate is beat
4. If beat, Pressuring defender recovers into space to become covering defender
5. Stay compact (don't become too stretched)



3v3 3 Goal Game (20 mins)

3v3

Coach will start play by sending a ball to a team. Both teams enter the field of play, with closest defender applying pressure on the ball. Coach will focus on the defending team, specifically the covering defender.

When the ball goes out, Coach will send a new ball and two new teams will enter.

Coaching Points:

1. Individual principles for the pressuring defender.
2. Cover will deny space behind pressure (don't get split)
3. Cover is ready to become pressuring if teammate is beat
4. If beat, Pressuring defender recovers into space to become covering defender
5. Stay compact (don't become too stretched)

