



U10 Week 4

Category: Tactical: Defensive principles
Difficulty: Moderate

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

Description

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.

Intro to Defending

Set Up

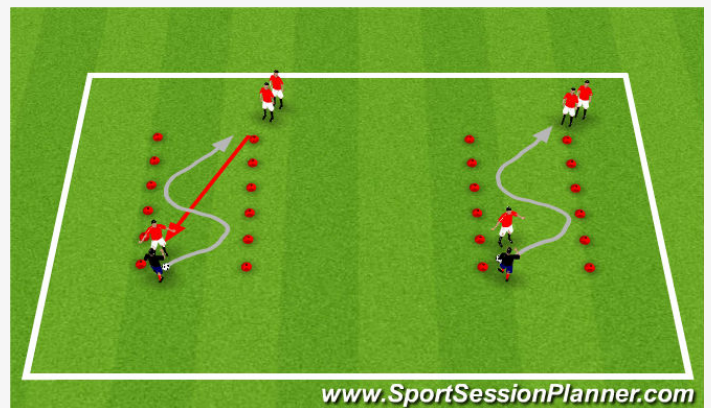
Two lines of cones about 10 yards long and 5 yards wide. Split players up so half start as defenders and half start as attackers.

Instructions

The attacking player dribbles slow and under control back and forth through the channel. The defender closes the ball down and moves with the attacking player without stealing the ball. Just moving their feet. The whole focus of this is to understand how to position yourself and move as a defender.

Coaching Points

1. Shuffle your feet
2. Stay arms length from the attacker



Intro to Defending 2

Set Up

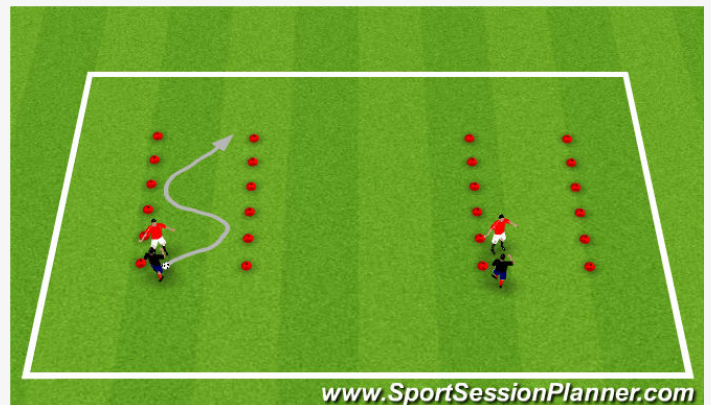
Same as before

Instructions

Now the attacker can change direction on their own but still not trying to beat the defender. This will help the defender move their feet and change direction quickly to stay with the attacking player.

Coaching Points

1. Shuffle and move your feet quickly
2. Stay an arms length away.



Intro to Defending 3

Set Up

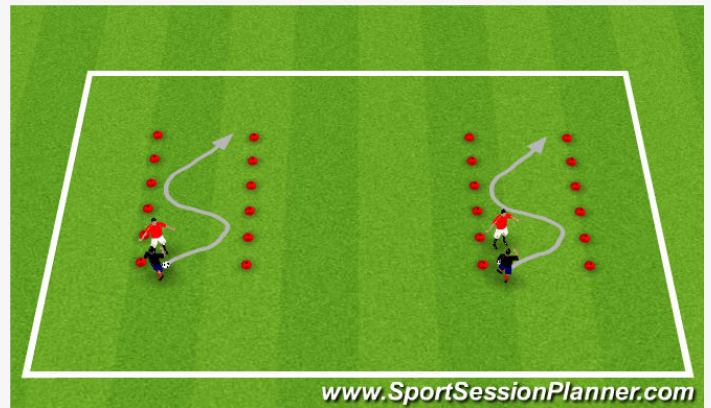
Same as before

Instructions

Now the attacker is trying to beat the defender and dribble through the channel. The defender may steal the ball and once that happens the play is done.

Coaching Points

1. Not lunging in
2. Wait until the attacker makes a bad touch
3. Tackle using the inside of the foot

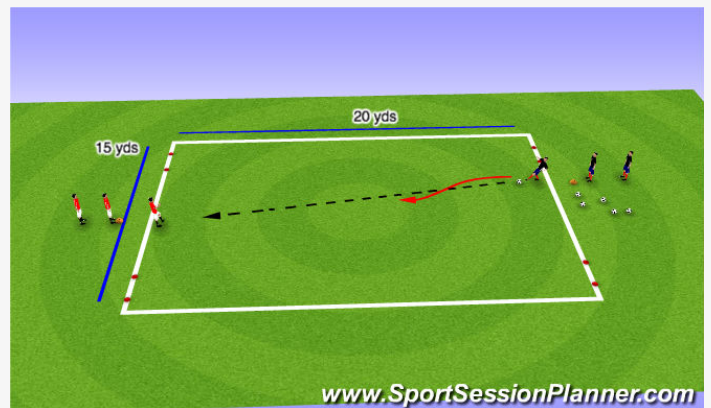


1v1 (20 mins)

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

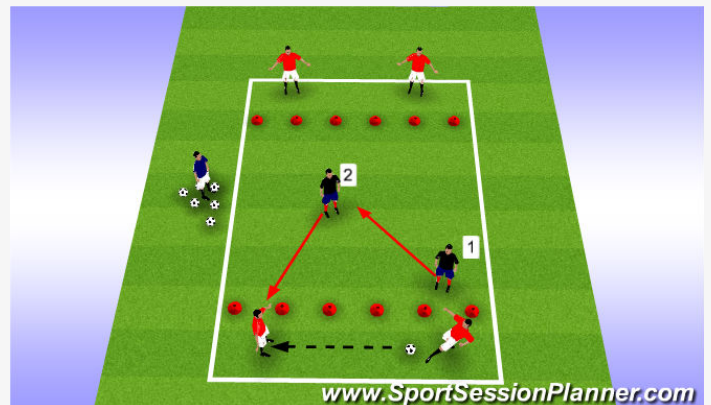
Two players are in each endzone. The two defenders in the middle cannot steal the ball from inside the endzone.

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.

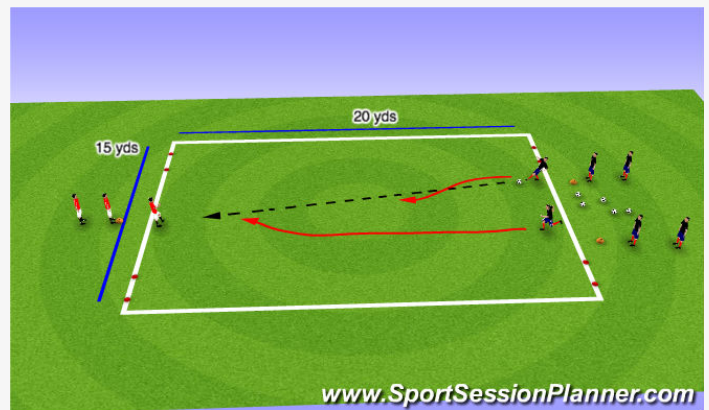


1v2 (20 mins)

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)

