



U14 Week 4.2

Category: Technical: Defensive skills

Difficulty: Beginner

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

Description

1v1

Set Up

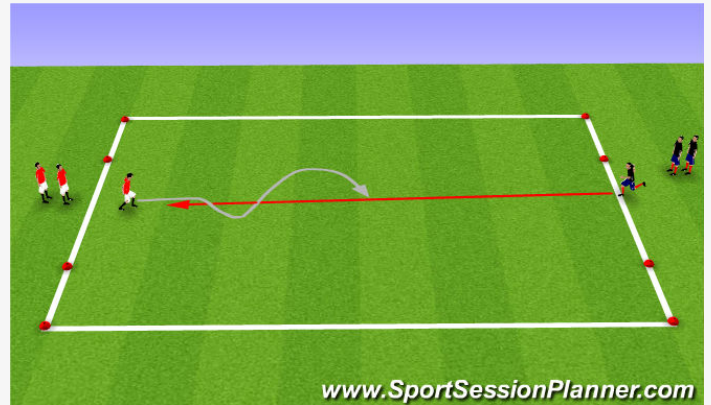
20X15 Grid

Instructions

1v1 to cone goals. Attacker must dribble through to score. The focus of this activity is the defender and their 1v1 defending. We want them to close the ball down quickly, stay an arms length away, and not lunge in. Good defending makes the attacker make a mistake and then the defender can steal the ball.

Coaching Points

1. Arms length away
2. Move their feet
3. Close the ball down quickly
4. Make the attacker take a bad touch
5. Tackle with the inside of the foot



Pressure, Cover Defending (15 mins)

Pressure Cover Defending

Set Up

One field is a 14x10 grid with a 2 yard endzone at each end so the middle is a 10x10 square.

Instructions

Players in the endzone must stay in the endzone at all times. The two defenders in the middle cannot enter the endzone.

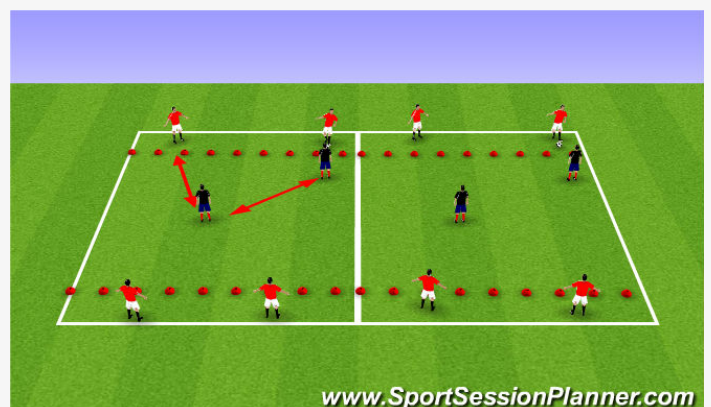
The two defenders use pressure and cover to prevent players on one side from finding their teammates on the opposite side. The idea is that the defenders never get SPLIT because their positioning and work rate does not allow the attacking team to do so.

Pressure- The first defender that closes the ball down. This defender should be about an arms length from the attacking player with the ball.

Cover- The second defender whose job is to position themselves about 45 degrees off the first defenders shoulder at a distance that doesn't let them get split and also allows them to pressure the ball quickly when the attacker passes square.

Key Points

1. Defenders never cross in front of each other they work like pistons
2. Have to transition from pressure to cover quickly and efficiently so a gap doesn't open up for the split
3. Body positioning- Always side on, on your toes. Pressure defender should be positioning themselves to force the attacking player with the ball either to the inside or outside
4. Communication among defenders- "I got ball" "Force inside" "Force outside"



Pressure, Cover, Balance (15 mins)

3 Man Defending

- Speed of transition into pressure, cover, balance as the ball moves
- Balance defender prevents ball from being played between 2nd defender and themselves
- Balance defender is also ready to become a cover second defender if pressing

Organization

- Two teams of 3
 - 10 x 12 yard area (2 x 5 x 12)
 - 3 balls placed on cones on both backlines, spread evenly apart
 - Each team of 3 is restricted to their half
 - Team in possession aims to knock a ball off the opponents cones
 - Every time a team blocks an attempted shot on their balls, they get a point
 - If a ball is knocked down they lose a point
- Competition:
- 2 minute competition between teams



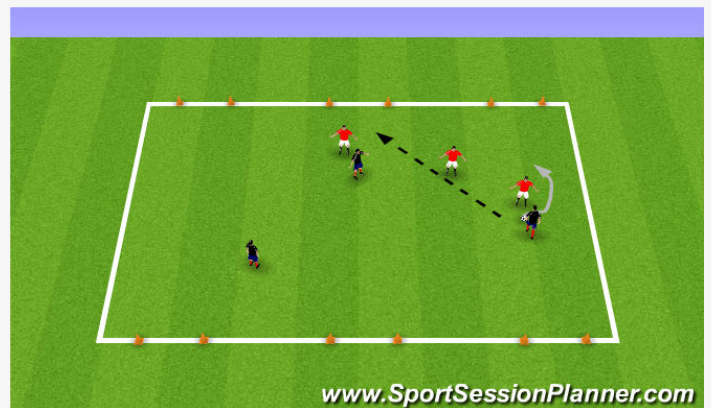
3v3 3 Goal Game (20 mins)

Goal Game

- Movement as a unit for pressure, cover, balance without being distracted by opposition movements
- Transition between roles

Organization

- Same area and teams as previous activity
- There is no longer a halfway restriction
- Teams now score by dribbling or passing through one of the opposing teams gates



8v8 (15 mins)

Set Up

8v8

40x30

3 goals

Coaching Points

1. Getting pressure on the ball
2. Shifting across the field
3. Cover defending getting their quickly
4. Balance defender ready to become the pressure defender

