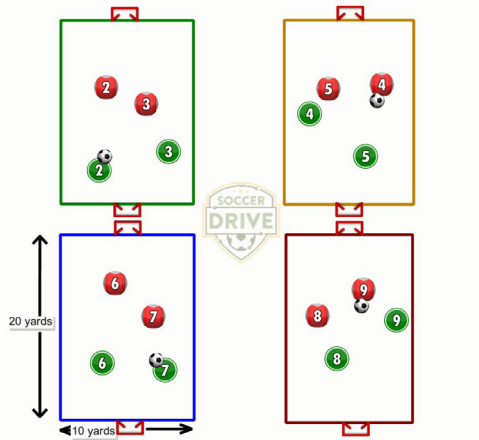




PRESSURE AND COVER DEFENDING

AGE LEVEL: U10 TIME: 60 MINUTES



2 VS. 2 TOURNAMENT

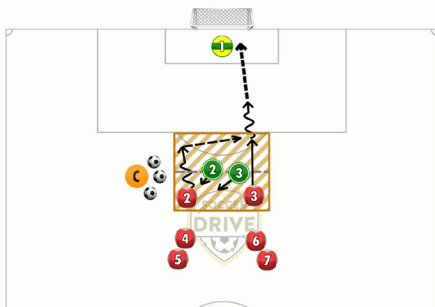
TIME 15 minutes

SETUP

- » Make four fields at 20x10 yards. Place 2 yd goals on each endline.
- » Players play 2v2 on each field.
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice).
- » Games are four minutes long.
- » After each game, the winning team gets promoted up a field, while the losing team get relegated down a field. The team that wins on the highest field stays, as well as the team that loses on the bottom field.
- » Play as many games as you wish (4-5 is usually good).
- » If two teams tie, go to a shootoutplay rock-paper-scissors to find the winner.

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



2 VS. 2 TO GOAL

TIME 15 minutes

SETUP

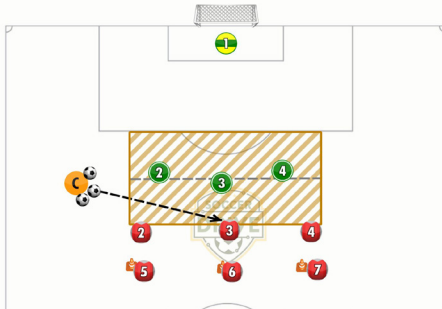
- » Create several grids that are 10x10 yards.
- » Penalty area with goal, and a 20x10 area in front of 18yd box.
- » Coach plays ball to either of the two attackers, who attempt to beat the defenders. Once past, they can shoot on goal.
- » Defenders keep trying to win ball even after being beat.
- » Play with offside.
- » If defenders get the ball, they pass to the coach for a point.
- » Once ball is dead, the two attackers become the defenders, and a new ball is played into the next two attackers.

COACHING POINTS

- » Initial pressure on ball is all about slowing attacker and getting their head down, so teammates can get back to help defend.
- » Once ball is played to attacker, defender needs to get to attacker as quickly as possible to make them look down at the ball.
- » As defender gets closer to attacker, it important to make their steps shorter and choppy. If they come in too fast with long strides, the attacker will just touch the ball to the side to beat them!
- » Defender needs to lower center of gravity as they approach attacker.
- » Encourage defender to not approach the attacker "flat," meaning parallel to the attacker. Instead, defender should angle their body one way or the other to force attacker in one direction.



PRESSURE AND COVER DEFENDING



3 VS. 3 TO GOAL

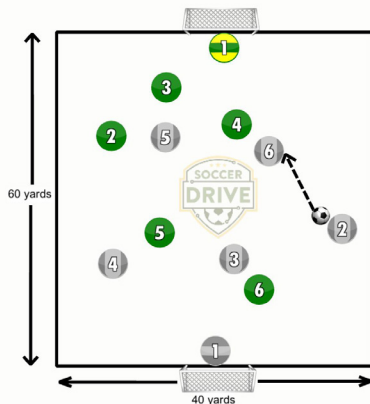
TIME 15 minutes

SETUP

- » Penalty area with goal, with a 20x20yd grid in front of 18yd box.
- » Similar set up as previous game, except in a bigger area with 3v3.
- » Coach plays ball to either of the three attackers, who attempt to beat the defenders. Once past, they can shoot on goal. Defenders keep trying to win ball even after being beat.
- » Play with offside.
- » If defenders get the ball, they pass to the coach for a point.
- » Once ball is dead, the three attackers become the defenders, and a new ball is played into the next three attackers.
- » Get play moving fast!

COACHING POINTS

- » Same coaching points as above when putting on initial pressure.
- » Try and angle pressure to force attacker in one direction. This will tell the other defenders on your team where the next pass is likely to go.
- » Encourage players to double team when possible.
- » When attacking team loses possession, they must try and win ball back immediately before defending team can play to coach.



6 VS. 6 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 6v6 with no restrictions. Full goals with GKs.
- » 60 x 40 yards.

COACHING POINTS

- » None! Just sit back and let them play. Can expand field for numbers.

END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions.

- » What is the pressuring defender's main purpose? (to get the attacker's head down)
- » Why? (so the defender can't see where there is space to pass the ball, or take a shot)
- » What should the pressuring defender do with their speed and length of steps as they approach the attacker? (slow down, get choppy, and lower center of gravity so attacker can't just touch the ball by you)
- » Why angle your pressure rather than approaching an attacker straight on? (because it forces the attacker one way, and makes it easier for your teammates to anticipate where the ball is going next)