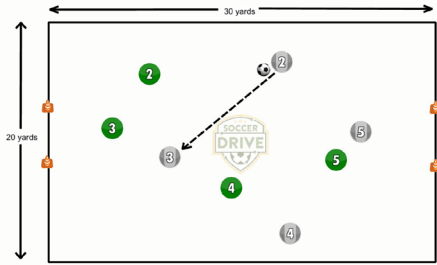




DEFENDING AROUND OUR OWN GOAL

AGE LEVEL: U14 TIME: 60 MINUTES



4 VS. 4 PLAY

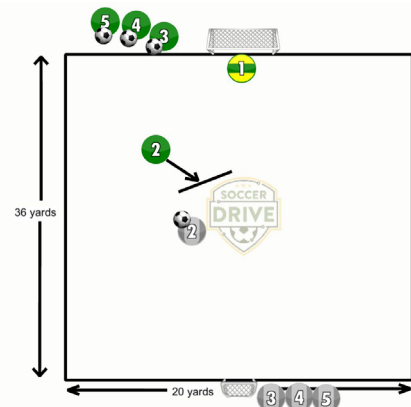
TIME 10 minutes

SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 4v4.
- » Play two-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play.

COACHING POINTS

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



1 VS. 1 DEFENDING THE SHOT

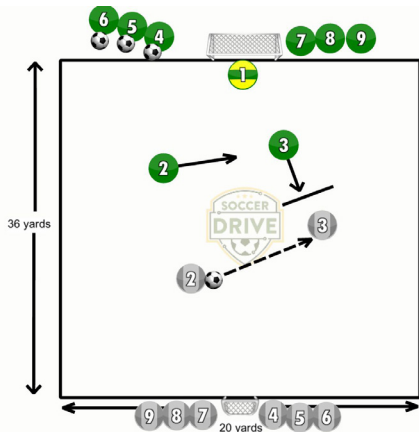
TIME 10 minutes

SETUP

- » Field is 36 x 20. One size has a full goal with GK, while the other has a small goal with no GK.
- » Create two lines. - Defending line has the balls.
- » Game begins by first defender passing the ball to the opposing attacker, and goes to defend. Attacker tries to score on the large goal. If defender gets the ball, they try to score on the small goal.
- » Attacker/defender go back to the end of their same line, and next ball gets played in. Get game moving fast!
- » If attacker is scoring too quick, add rule that attacker can only score when past the halfway line of grid.
- » Play for two minutes and have teams keep score. Switch lines and play for another two minutes, but continue from score to make competitive.

COACHING POINTS

- » Speed of pressure. Defender needs to get to attacker quick to close space for them to shoot!
- » Angle of pressure. Try to force attacker away from the goal and onto their weaker foot.
- » Delay vs. tackling. Defender needs not to dive into a challenge, but keep body between ball and goal and force a mistake. When a mistake happens, defender should try to win ball.



2 VS. 2 DEFENDING THE SHOT

TIME 10 minutes

SETUP

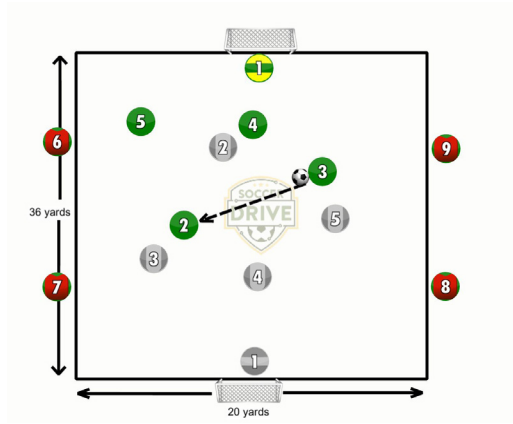
- » On same 36x20 field, split team into four lines. All balls are with one line.
- » Game starts with pass to either attacking line. Play 2v2, with attackers trying to score on big goal, while defenders score on little goal if they win ball. Defenders can use the GK to keep possession if they win the ball.
- » Once ball is out, players return to their own line and new ball is played in.
- » Play for 2-3 minutes, and keep score. Switch sides and play again continuing from same score as before.

COACHING POINTS

- » Pressuring defender needs to get to attacker quickly in order to limit space for the shot. Their goal is to not get beat 1v1, get their body in the way of any shot that might happen.
- » Covering defender needs to remain tight enough to pressuring defender to help limit space to shoot, while also remaining close enough to 2nd attacker to immediately pressure them if they get the ball before they shoot.
- » Both pressure and cover should get tighter together the closer they are to their own goal.



DEFENDING AROUND OUR OWN GOAL



5 VS. 5 TWO GOALS

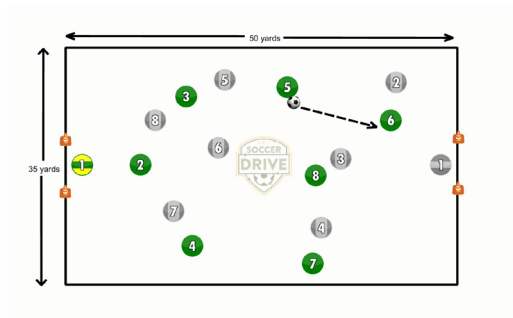
TIME 10 minutes

SETUP

- » In your 36x20 yd field, have a large goal on each endline.
- » Make multiple 4v4 teams. Each goal has a GK. - Play 5v5, while other team(s) sit out around field to shag balls as needed.
- » Both teams play a 3-1 formation. - Play for 3 minutes, and switch teams on the field. Teams need to keep track of how many they've won/loss/tied.

COACHING POINTS

- » Same coaching points as above.
- » Encourage players to stay compact in and around their own goal when their team doesn't have the ball. Limit the space between the defenders, and the space behind them.
- » If the attackers play back towards their own goal, the defending team should move up as well to compact the field.
- » Communication is a must. Without it, the defending team will have trouble organizing.



8 VS. 8 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 8v8. If your numbers are short, decrease size of field to 40x25 and play 7v7.
- » Cones for goals are 6yds wide and use goalkeepers. Both teams play a 1-2-3-1.

COACHING POINTS

- » None! Just sit back and let them play. Play full rules for your age group: offside, thrown-ins, goalkicks and corners etc.
- » Praise, in the flow of the game, appropriate movements of your players to create or take space!

END OF PRACTICE QUESTIONS:

- » What is the role of the pressuring defender when close to our own goal? (Don't dive in, but keep body between ball and goal).
- » When should the pressuring defender try to win the ball? (when the attack makes a mistake).
- » What is the role of the covering defender? (to keep the field compact, but remain close enough to the 2nd attacker to provide immediate pressure).
- » What should the defending team do if the attacking team plays backwards? (move up as a unit to keep the field compact, and catch any opposing players offside if a penetrating ball is played).