

Description

Defending 4v4 5v5 Pressure Cover Balance

SAQ

Organization

Create 4 10x10 yard squares
Teams play 2v2 possession



Defending 4v4 5v5

Organization

Set up 3 zones with the middle zone larger than the outside 2
Possession team scores by playing the ball through the opponents defensive pressure
Teams must stay in there zones and can only pressure as high as the lines

Change defending team every minute or two

Progression

1 Player can enter the possession zone to press the ball

Competencies

- Closest player pressures the ball to force into defensive cover/support DONT CHASE THE BALL/PASS
- 2nd defender provides cover and denies any passing opportunity inbetween 1st and 2nd defender
- 3rd and 4th defender provides balance and denies any passing opportunity inbetween the defenders
- Speed of pressure
- 1st defenders angle of approach
- 2nd and 3rd defenders position relation to 1st or 2nd defender pressure
- Communication
- Delay and be patient
- DON'T CHASE THE BALL/PASS



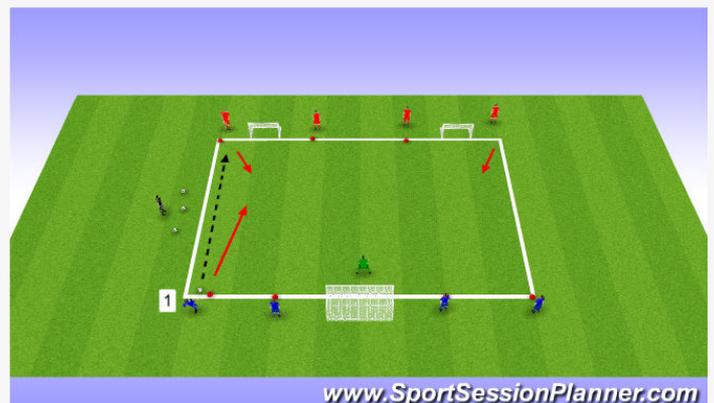
Defending 4v4 5v5

Organization

Defender 1 plays a ball to any of the oppsing attackers
A 2nd 3rd 4th defender and attacker join the play to create a 4v4
If defenders win the ball they can score in either of the attackers two smaller goals

Competencies

- Closest player pressures the ball to force into defensive cover/support or away from goal if situation allows (for example: close to side line and can guide opponent off the field)
- 2nd defender provides cover to force the square pass
- 3rd and 4th defender provides balance
- Speed of pressure
- 1st defenders angle of approach
- 2nd and 3rd defenders position in relation to 1st or 2nd defender pressure



- Communication
- Delay and be patient
- DONT CHASE THE BALL/PASS

Small Sided Game

Organization

4v4 or 5v5

Defensive shape as it relates to 1st defender pressure cover and balance

