

Description

Defending 3v3 Pressure Cover Balance

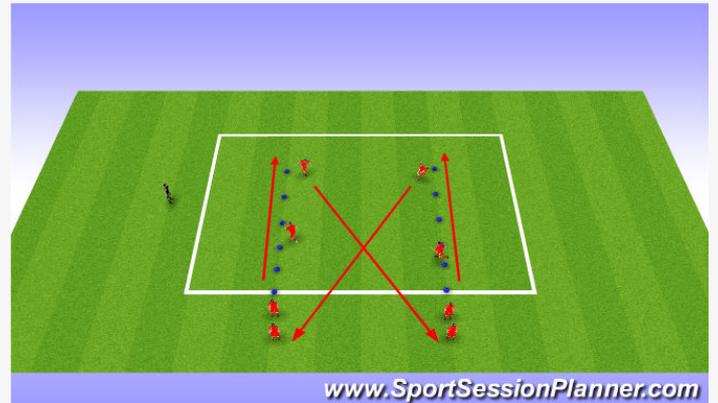
SAQ

Organization

Players perform a variety of dynamic movements through the cones

- Quick Feet
- High Knees
- Two Feet
- Side Strides

Players move to other group when completed



Defending 3v3

Organization

Set up four 5 yard zones in a 20 by 10 yard rectangle

Possession team scores by playing the ball through the opponents defensive pressure

If the defending team wins the ball they score by playing the ball through the opposition in the same way

Teams must stay in there zones and can only pressure as high as the lines

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 defender provides balance and denies any passing opportunity inbetween 2nd and 3rd defender
- 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



Defending 3v3

Organization

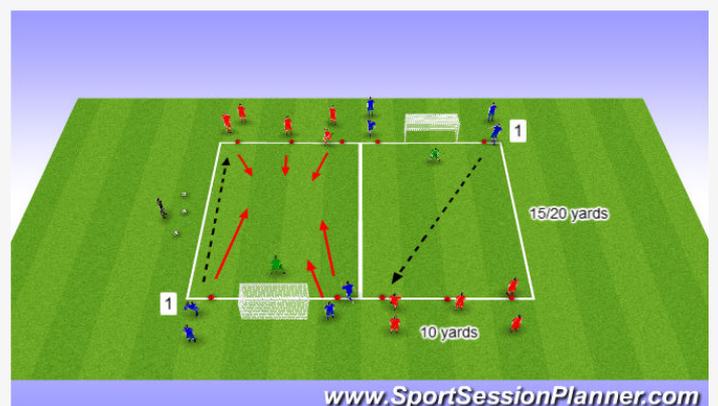
Create two 10 x 15/20 yard channels

Defender 1 plays a ball to the oppsing attackers

A 2nd and 3rd defender and attacker join the play to create a 3v3

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 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

