

7 V 7 DEFEND NEAR OUR OWN GOAL

REINFORCEMENTS

- When a defender pressures as ball is moving
- When a defender approaches side on to force away from goal
- When defender prevents a shot/cross
- When a defender keeps the attacker in front (patience)
- When a defender chooses the right time to win the ball
- When a defender uses the inside of the foot with body behind the ball to win (block tackle)
- When players are focused
- When defenders in the box setup to win the ball going away from goal
- When a defender clears a ball out of the box from a cross

COACHING POINTS

- Defending
 - Pressure
 - As ball moves
 - Cues to press close/far
 - Bad pass, bouncing ball, bad touch
 - Close to goal
 - Body Shape
 - Side on, force away from goal
 - Patience
 - Tackle (block tackle)
 - Role of 1st Defender - prevent crosses/shots
 - Introduce Role of 2nd Defender
 - Where are we forcing - how can we set up to support that?
- Systems of Play
 - Compactness of backs and midfielders
- Sustained focus
 - Can we (coaches) be clear and concise?

QUESTIONS

- Should we pressure when the player gets the ball or when the ball is played to them? When it is played
- When the ball is played, can we get to our opponent at the same time or before the ball gets to our opponent? Before (win), Same (50/50), After (delay/get low, force)
- What is the best way to defend a shot or a cross? Prevent them from happening - close pressure, step in to block cross/shot
- How can you approach to force the attacker away from goal? Side on
- What should our body shape look like if we are expecting a cross? Open to the field, able to see attackers, win going away from goal
- What are some cues that we can pressure close or try to win the ball? Bad touch, bad pass in, flighted ball, bouncing ball
- What are some cues that an attacker is going to cross the ball? Prep touch, head up then down, ready to kick the ball

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

NOTES

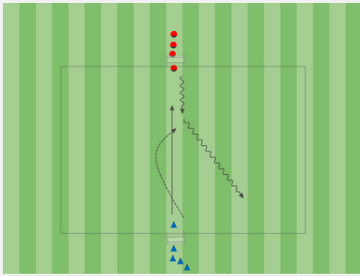
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Pressure Defender
 - Immediate pressure
 - Speed of approach
 - Body shape
 - Delay
 - Tackle - prevent shot/cross
- Introduce 2nd Defender/Cover
 - When the ball is played away, drop to support
- Recognition of transition moments
- Psychology
 - Work in small groups
 - Sportsmanship
 - Creativity
 - Sustained focus

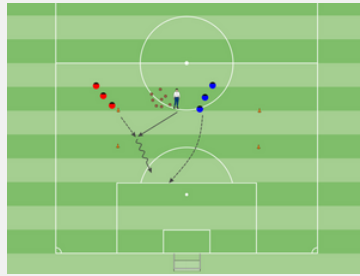
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D.50 1v1 (mini goals)



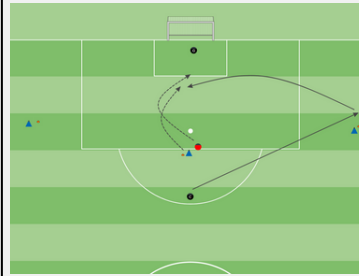
- 1v1 to small goals
- Goals 15 yards apart
- Player plays ball across then defends
- Immediate pressure when ball is played
- Switch lines
- Outer boundary
 - Next ball is played as soon as ball is out
- Focus on pressure defender technique
- Focus on forcing one way and keeping them there
- Focus on cues to stopping a shot

D.51 Recover to 1v1



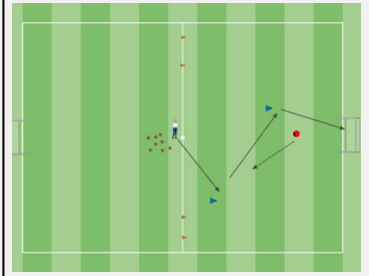
- Central area in front of goal with goalkeeper
- Ball is played in by coach (or player) to player into space
- As soon as ball is played, defender recovers
- Next ball is played when ball is out
- Players switch lines - include goalkeeper
- Focus on keeping the player wide of goal, reducing cutbacks
- Cues to when player will shoot - prevent shot

D.52 Defending Crosses



- Four lines - rotate through
- Coaches can play balls in or players can if service can be OK
- Ball is played in to outside player, touch towards goal, then service in.
- Player from one of the top two lines runs wide then attacks ball/goal
- Focus on defending crosses
 - Eye on player making run and ball
 - Body open to field
 - Win ball going away

D.53 Delay



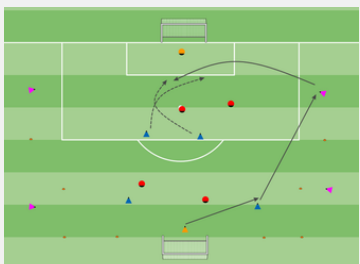
- 20x30 yard grid to goal
- 2v1 with ball played in from coach
- Use to teach offside
- Use to teach about 2v1 defending with goal
 - Delay
 - Force away from goal
 - Prevent cutbacks
- Goalkeeper keep eye on both player with ball and player without
 - Stay connected to attack ball if played through

D.54 4v3(or 2) to Goal



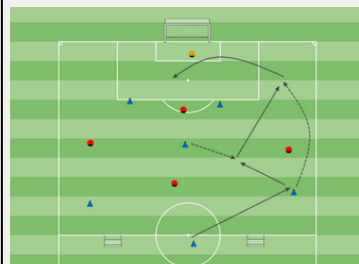
- Just smaller than width of 18, but a tad longer.
- 4v3 or 4v2 (if needing more shots) to goal
- Ball can be played in from coach or CM player
- Defending team plays to target CM
- Can do three counter goals
- Focus on pressure, cover and keeping compact close to goal
- Pressure should be closer as we get closer to goal
- Prevent shot
- Use offside

D.55 4v4 +Flank N



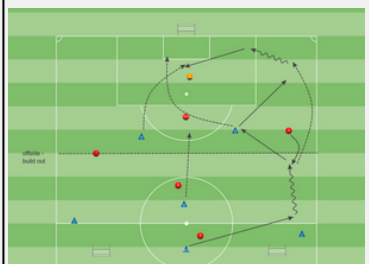
- Fields about the size of two penalty boxes
- Flanks on sides (one or two Neutrals on each side)
 - If two are used, just stay on one half
- Flank player - limit touches - and can take a touch inside to goal for a late cross on ground
- Focus on preventing cross if it gets wide
 - Who goes to defend
- Focus on defending central areas
 - Win ball going away from goal - Body shape

D.56 6v4+Gk



- Defending half of the field
- 6v4 + K to large goal and two counter goals
- Start ball with blue team at half-line
- Focus on
 - Immediate pressure
 - Prevent shots
 - Prevent crosses
 - Win crosses going away from goal

D.57 6v5+Gk to Goal



- Defending 2/3 of the field
- Five "coached" players going to counters
- 6v5+GK going to goal
- Focus on defensive side of preventing goals
- Ball played from where it went out including corners, goal kicks, throw-ins.
- Can add a supporting neutral if needed