

9 V 9 D E F E N D O W N H A L F

REINFORCEMENTS

- When a defender pressures as ball is moving
- When a defender approaches side on to force one way
- 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 a defender pokes with front foot keeping balance
- When a defender challenges side on or steps in front of a bad touch to win the ball
- When a support player joins in to help a teammate defend
- When a support defender wins a pass or steps to pressure when they were supporting

COACHING POINTS

- Defending
 - Pressure
 - As ball moves
 - Cues to press close/far
 - Bad pass, bouncing ball, bad touch
 - Body Shape
 - Side on, force one way
 - Patience
 - Tackle (block tackle) when you can win
 - Role of 1st Defender
 - Force (where to?)
 - Introduce Role of 2nd Defender
 - Where are we forcing - how can we set up to support that?
- Systems of Play
 - Who is forcing where and when
- Teamwork and Intrinsic Motivation
 - Can we work together, win the ball, score

QUESTIONS

- Should we pressure when the player gets the ball or when the ball is played? Played
- How can you approach to force the attacker one way? Bent run
- 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)
- If the opponent takes a bad touch, can we win it? How? Step in between the ball and opponent when bad touch occurs
- What are some cues that we can pressure close or try to win the ball? Bad touch, bad pass in, flighted ball, bouncing ball
- Where is the best place to force our opponent? More defenders or sideline?
- If it is on one side, how can we cut out supporting players and decrease space for attackers?
- When the ball moves how does our shape change? Where should we pressure now? Who is pressure and who should now be supporting?

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

NOTES

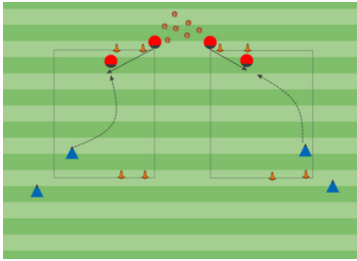
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Defending
 - Pressure
 - Speed of Approach
 - Body Shape
 - Patience
- Role of 1st Defender
 - Force (where to?)
- Role of 2nd Defender
 - Where support?
- Delay
 - Roles when numbers down
- Systems of Play
 - Who, when and where do we force
- Teamwork - win the ball back as a unit
- Desire/Motivation

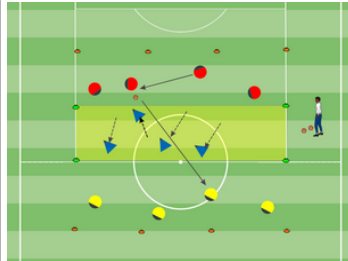
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D.40 1v1 Defending



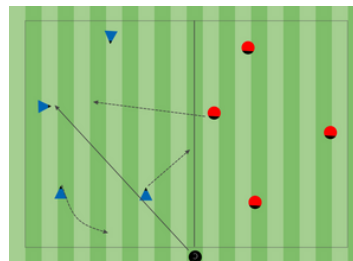
- 2 grids - about 12x18
- 3 lines in each grid
 - One line to play a ball in, one line to attack, one line to defend
- As soon as ball is played, defend
- Can go to 2v2
- Can alter goals for direction of pressure - body position - where to force

D.41 passing lanes



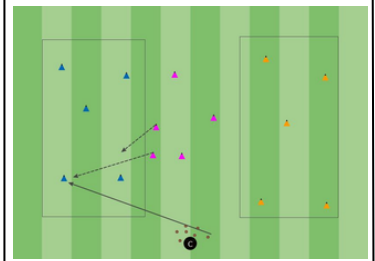
- 3 grids - roughly width of penalty area x 10L
- 3/ 4 players in each grid (cannot leave grid)
- Outside grids get point for connecting pass; central grid gets point for intercepting
- Defender closest to ball applies pressure
- Other defenders drop to cut passing lanes
- Rotate every few minutes / at set score

D.42 4v1/5v2 transition



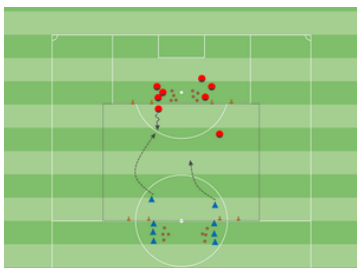
- 2 grids - about 12x18
- 3-5 players in each grid
- Play a ball to one side, then one player goes to defend. If team gets four passes, another player can go. Add until they win it.
- Win a player wins the ball, they play to their side
- Transition quickly
- Can you find space quickly to get in the attack
- Work together to press and cover passing lines

D.43 3 team zones



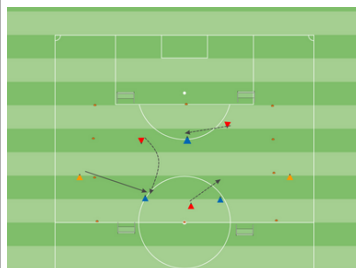
- Three grids - about 15x25 each. Can use the width of field in between half-line and 18 for a more realistic game.
- Players split in 3 groups
- One team in each grid
- Much like previous transition game, but work in the middle to cut off passes across the grids
 - Scan - where are the attackers, where is the space, how can we close it?

D.44 2v2 central



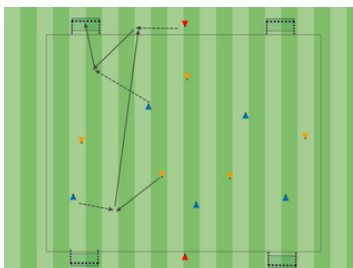
- 2v2 in space as shown above
- Can use third line in attack to play a ball in to cue pressure
- Play to two goals, endlines, or a target to alter difficulty and focus
 - Endline would focus more on keeping in front
 - Two goals would focus on cutting those passing lines
 - Target would focus cutting a moving passing lane

D.45 3v3 +2N flanks



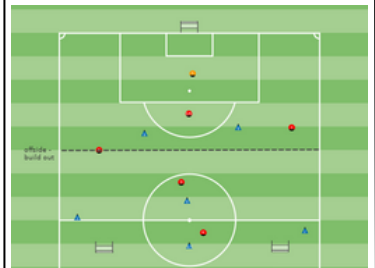
- Area between 18 yard line and the half line.
- Flanks outlined about 5 yards from touchline
- 3v3 or 4v4 and neutrals on the flank
- Teams play to two goals and defend the other two goals
- Focus on cutting supporting options
- Focus on keeping the opposing team on one side
 - Don't let them switch into space

D.46 4v4 + targets



- Defending half of the field
- 4v4 + Targets to Two Goals
- One team scores through one set of two goals and defends the other set of two goals
- Use the target player to create space in transition
- Close down space and passing lanes
- Keep to one side of the field

D.47 6v5+Gk



- Attacking 2/3 of the field
- Six "coached" players defending goal
- 6v5+GK going to counter goals
- Can we press and cut down supporting passes?
- Can we transition quickly to goals?
 - Can add neutral player as target
- Ball played from where it went out including corners, goal kicks, throw-ins.