

1 1 V 1 1 D E F E N D I N O P P O S I T I O 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 lines (forwards) work together to force the opposing team
- When a support line (midfielders) cut off passes to attacking options
- 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
- When we win the ball and counter

COACHING POINTS

- Defending
 - Technique of Pressure
 - Role of 1st Defender
 - Force (where to?)
 - Role of 2nd Defender
 - Where are we forcing - how can we set up to support that?
 - Role of 3rd Defender
 - Who is tracking who/what?
- Systems of Play
 - Who is forcing where and when
- Individual and Team Discipline
 - What is our plan to win the ball? Do we stay patient with it and press when cues are met? What do we COMMUNICATE?
- Counter Attack
 - When we win the ball in designed areas, what is our plan to get forward quickly?

QUESTIONS

- Should we pressure when the player gets the ball or when the ball is played? 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)
- How can you approach to force the attacker one way? Bent run
- How do we know where supporting opponents are? Scanning as ball moves
- What are some cues that we can pressure close or try to win the ball? Bad touch, bad pass in, flighted ball, bouncing ball
- When the ball moves how does our shape change? Where should we pressure now? Who is pressure and who should now be supporting?
- Where is the best place to force our opponent? If we force to the side, how do we get compact and cut down passes central
- Where is the space for the opponent? How do we prevent them from getting there? What options do they have? Where are they likely to go next?

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

NOTES

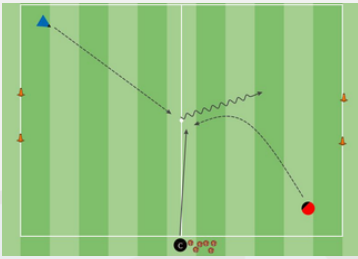
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Defending
 - Technical points of pressuring
- Role of 1st Defender
 - Force (where to?)
- Player Communication
- Counter Attack
- Role of 2nd Defender
 - Where support?
- Role of 3rd Defender
- Systems of Play
 - Who, when and where do we force
- Individual and Team Discipline

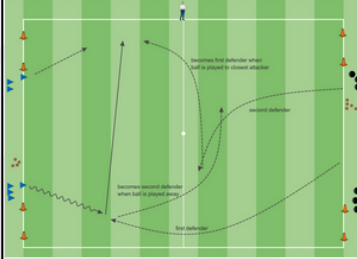
1 1 V 1 1 D E F E N D I N O P P O S I T I O N H A L F

D.30 1v1 first to ball



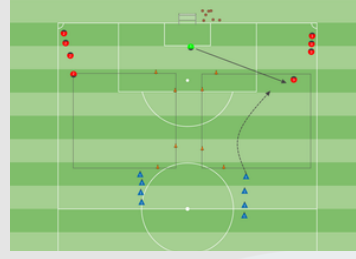
- 12 x 24 yard grid
- Players split in two groups
 - Lines in corners
- Ball played in by coach
- Vary delivery to create different challenges
- First player to the ball attacks goal
- Keep track of team goals
- Focus on:
 - Are you going to win it?
 - If not, what should we do?
- This activity really does a good job of focusing on "stabbing" or reducing it

D.31 2v2 flying



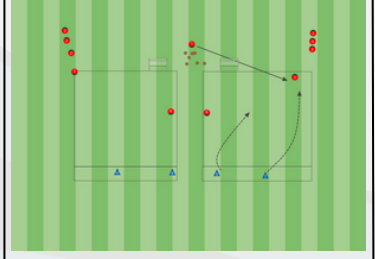
- 20x30 yard grid
- 2v2 when ball is played in from one side
- Team that kicks ball out (scores, or out of play) stays to defend
 - Will create 2v1 delay situations if opposing team is quick
- Focus on 2v2 defending
 - Pressure, cover
 - Switching from pressure to cover and back
- Don't get split
- Delay if caught in a 2v1 until help arrives

D.32 1v1 press



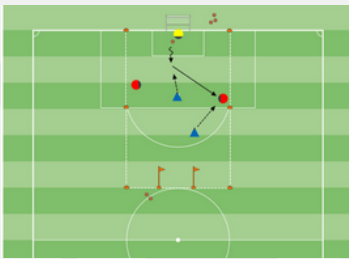
- Two grids on the flanks, outside the box - roughly 15 wide x 22 long
- Three lines - can keep for a time limit or rotate through
- CB or GK line plays ball to outside player
- 1v1 to endlines from there
- As soon as ball is passed from teammate to wide player, that will initiate immediate pressure
- Can vary goal location
- Focus on pressure technique
- Focus on immediate Pressure

D.33 2v2 press



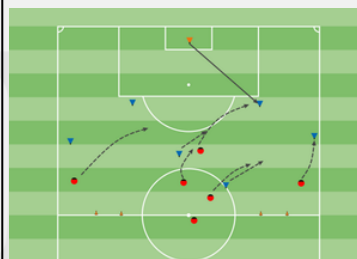
- 18x25 yard grids
- 2v2 Defending
- Press when ball is played in
- Prevent buildup - win the ball and counter
- Two blue players go to small sided goal
- Two red players play to endzone - dribble or pass
- Focus on initial pressure and support
 - How do we help our teammate?
 - What if the player passes?
 - Can we pressure?

D.34 2v2/3v3 +Gk



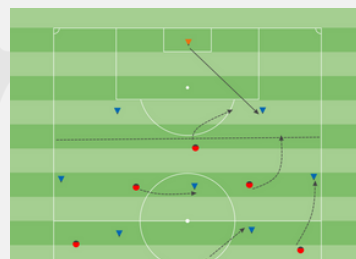
- Field as shown
- 2v2 or 3v3 + Gk - Adjust as needed
- Prevent buildup - win the ball and counter to score
- Focus on team attacking big goal
- Ball played in from GK, but can switch it up if variety is needed
- Focus on the Who, What, When and How
 - Who is pressuring, how are we preventing from moving forward?
- What are the cues to win
- Counter to goal quickly

D.35 6v6+Gk



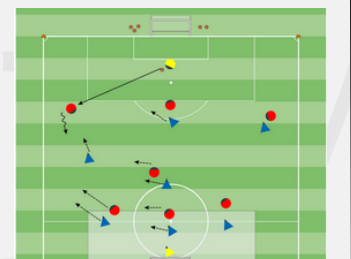
- Attacking half of the field
- Six "coached" players going to goal
- Six+Gk going to counter goals
- Prevent buildup - win the ball and counter
- Focus coaching on team attacking big goal
- Ball played in from Gk, but can switch it up if variety is needed
- Focus on the Who, What, When and How
- What are the cues to win
- Counter to goal quickly

D.36 6v7+Gk



- A little more than half field
- Six "coached" players going to goal
- Seven+GK going to counter
- Prevent buildup - win the ball and counter quickly
- How can we win the ball together? Discipline of roles.
- Ball played from where it went out including corners
- Focus on the Who, What, When and How
- What are the cues for the entire group to press
- Counter to goal quickly
- What specifically are we communicating?

D.37 6v6-8v8 (2 goals)



- 2/3 of the field - two large goals with GK
- Prevent buildup - win the ball and counter quickly
- How can we win the ball together? Discipline of roles.
- Rules of the game - Flow
- Focus on the Who, What, When and How
- What are the cues for the entire group to press
- Counter to goal quickly
- What specifically are we communicating?
- When supporting/covering, what passes are we cutting off?