

7 V 7 DEFEND IN OPPOSITION HALF

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 support player joins in to help a teammate defend
- When players are focused on the current task
- When a support defender wins a pass or steps to pressure when they were supporting

COACHING POINTS

- 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 is my teammate forcing? - Where can we go?
- Systems of Play
 - Who is forcing where and when
- Sustained focus
 - What are we doing right now?

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
- Where is the best place to force our opponent? More defenders or 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
- If our forwards go to pressure, how can you help support them?
- 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

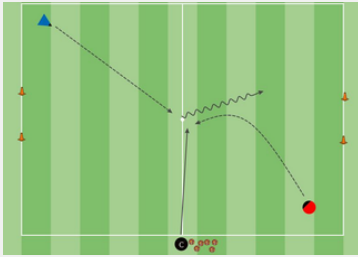
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Defending
 - Pressure
 - Speed of Approach
 - Body Shape
 - Patience
- Role of 1st Defender
 - Force (where to?)
- Role of 2nd Defender
 - Where support?
- Systems of Play
 - Who, when and where do we force
- Sustained focus
- Competition

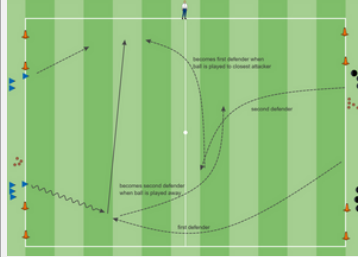
7 V 7 DEFEND IN OPPOSITION HALF

D.30 1v1 first to Ball



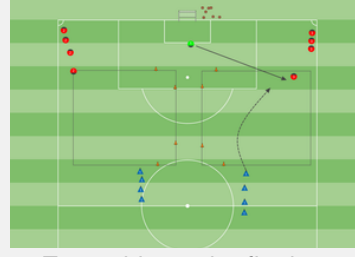
- 18 x 25 yard grid
- Players split in two groups
 - Lines in corners
- Ball played in by coach - vary where to each time
- First player to the ball attacks goal
- If defender wins, they go to goal
- Focus on:
 - Are you going to win it?
 - If not, what should we do?
- Cues
 - Can I win it?
 - If not, then what?

D.31 2v2 Flying



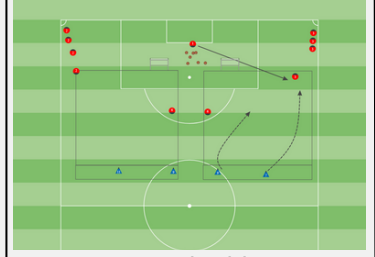
- 20x30 yard grid
- 2v2, ball dribbled in
- Team that kicks ball out (scores, or out of play) stays to defend
 - Will create 2v1 delay situations if opposing team is quick
- Focus on 2v2 defending
 - Pressure, cover
 - Switching from pressure to cover and back
- Don't get split
- Delay if caught in a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

D.32 1v1 Press



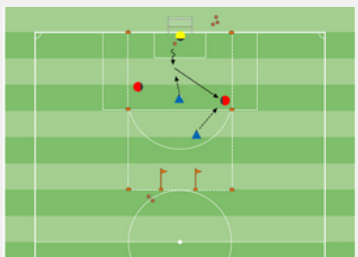
- Two grids on the flanks, outside the box - roughly 15 wide x 22 long
- Three lines - can keep for a time limit or rotate
- CB or GK line plays ball to outside player
- 1v1 to endlines from there
- As soon as ball is passed from teammate to wide player, that will initiate immediate pressure
- Can vary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

D.33 2v2 Press



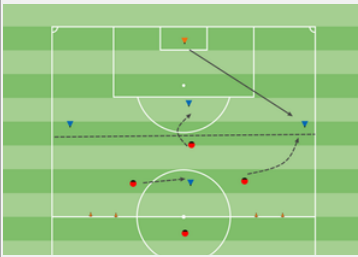
- 18 x 25 yard grid
- 2v2 Defending
- Press when ball is played in
- Prevent buildup - win the ball and counter
- Two blue players go to small sided goal
- Two red players play to endzone - dribble or pass
- Focus on initial pressure and support
 - How do we help?
 - What if the player passes
 - Can we pressure?

D.34 2v2/3v3 +Gk



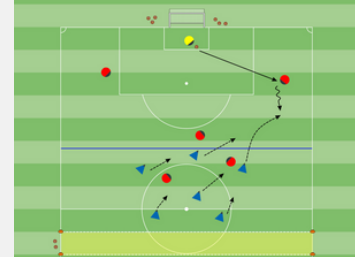
- Field as shown
- 2v2 or 3v3 + Gk - Adjust as needed
- Prevent buildup - win the ball and counter to score
- Focus on team attacking big goal
- Ball played in from Gk, but can switch it up if variety is needed
- Focus on the Who, What, When and How
 - Who is pressuring, how are we preventing from moving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

D.35 4v4+Gk



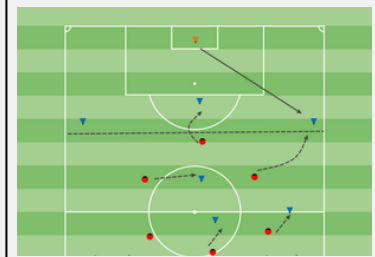
- Attacking half of the field
- 4 "coached" players going to big goal
- 4 or 5+Gk going to counter goals
- Prevent buildup - win the ball and counter
- Focus on team attacking big goal
- Ball played in from Gk, but can switch it up if variety is needed
- Focus on the Who, What, When and How
- What are the cues to win
- Counter to goal quickly

D.36 6v5 +Gk



- Attacking 2/3 of the field
- Six or five "coached" players going to goal
- 6+Gk going to counter goals
- How can we win the ball together?
- 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+Gk



- Attacking 2/3 of the field
- Six "coached" players going to big goal
- 6+Gk going to counter goals
- How can we win the ball together?
- 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?