



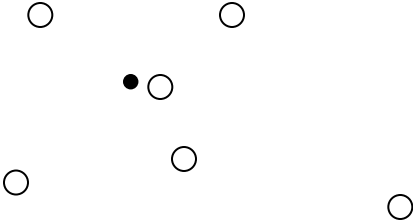
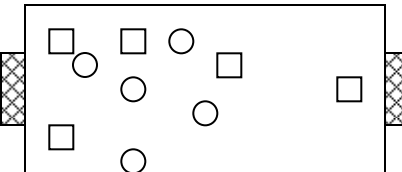
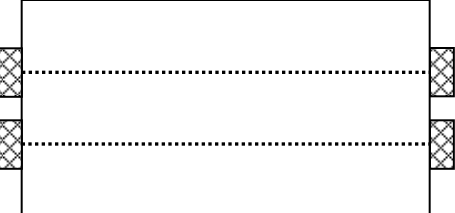
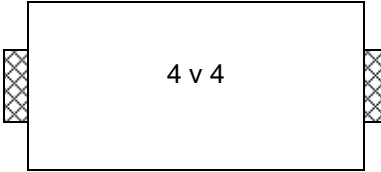
Gavin Pugh, Director

Coach:

Team:

Topic: Team shape – defending Date:

Age: Level:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Everyone moving around in area ▪ One ball is passed around ▪ Closest player to ball pressures, next closest also applies pressure ▪ After pressure is applied the ball is passed to someone else, players react to the change 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Player closest to ball (1st defender) applies pressure ▪ Next closest player (2nd defender) to ball covers 1st defender ▪ Communication from 2nd defender to the 1st defender to state that s/he has cover
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Play 5v5 in a 50-x-40 yard area ▪ Regular soccer with one condition – one person is allowed to stand within a radius of 15 yards from the opponents goal at all times ▪ Defending team must immediately pressure to prevent the attacking team to pass to the "cherry picker" 	<ul style="list-style-type: none"> ▪ Person closest to ball applies pressure – 1st defender ▪ Next closest person to ball covers 1st defender – 2nd defender ▪ Everyone else preserves balance and shape by covering remaining space around ball ▪ Defense is compact and concentrated
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 6v6 in a 70-x-60 yard area ▪ The field is divided by disc cones into vertical thirds ▪ Two goals are placed at the end of each line of cones ▪ Defenders try to prevent all goals, but if one is scored they must make sure all the defenders are in the same, or at worst in the adjacent third or the goal counts for 2 	<ul style="list-style-type: none"> ▪ As above ▪ How quickly can the defense get compact? ▪ Deny dribbling from opponents ▪ Intercept penetrating passes / shots
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 or 5v5 + GK's ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if the team has good compactness, concentration, and cover around the ball