



Transitional Defending

Category: Tactical: Defensive principles

Difficulty: Advanced

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Screen 1 (15 mins)

Set Up: 4 grids, 16 to 18 players

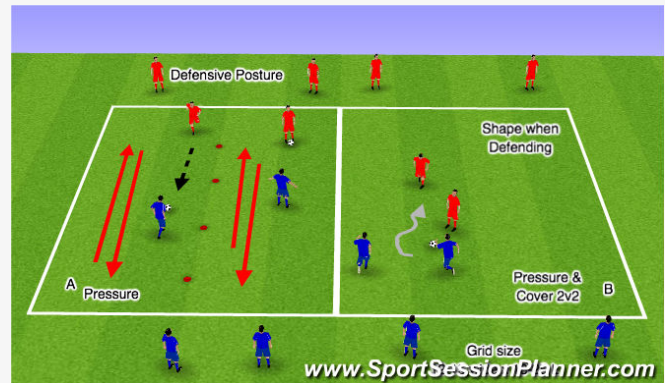
Defensive posture

A = 1v1

b = 2v1 moving to 2v2

Cps:

- 1) Close down ball as quickly as possible (known as A to B, A starting point, B READY position)
- 2) maintain balance when closing down last three to five yards, stay balanced
- 3) Move to 2v2 Pressure and now "Cover" (see Field B)
- 3) Quick feet, anticipating when to tackle
- 4) Type of tackle - Toe poke, Block tackle, side tackle and for older age groups slide tackle
- 5) Second Tackle if ball has not been won
- 6) Desire to win
- 7) Confidence
- 8) Self-Belief



Screen 2 (15 mins)

Set up: Two grids, 12 to 18 players (16 shown)

Game, both teams are passing and moving within their grids, look for the teams to be passing and Receiving at game speed (Do not move on until the level has been met)



Screen 3 (20 mins)

Set Up: Two grids, good supply of soccer balls,

Game: When coach see both teams are passing and receiving correctly, the coach calls Red or Blue, the color called is the defending team, note Red team still passes the ball.

- a) If Red forces Blue team to make a bad pass the game changes to Red passing to Red, "Blue Defending" (at this stage just one Defender) If Red wins the ball from Blue they look to play back to Red.
 - b) Single Defender works on pressuring the ball, look to see if lone Defender makes passes predictable
 - c) If Blue team gets to 5 passes Red team sends over one more Defender, see player B above, continue to add Defenders on set number of passes (you may need to adjust the # of passes based on age)
 - d) Red is looking to win possession so they can play back to their team, on doing so Blue start with sending 1 Defender, as the game progresses, the starting Defender number can grow to 2-3 and 4, now the Transitional Defending is in full demand
 - e) If possession game breaks down go back to teams passing and moving without pressure, build up defenders again
- CPs:
- 1) Pressure of lone Defender - speed across grid
 - 2) Desire to win the ball - work rate
 - 3) Second Defender adding Cover
 - 4) Defending players working together



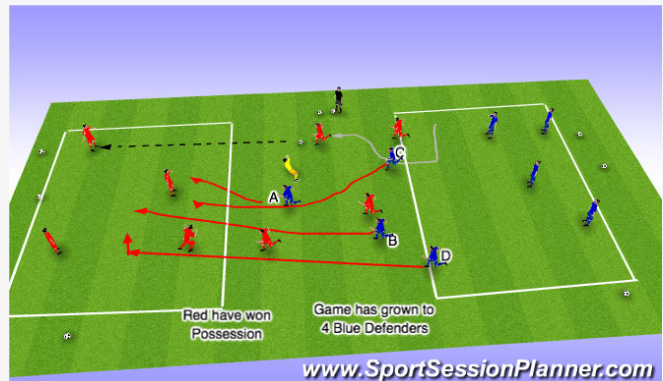
5) Make sure the same player(s) are not crossing into opponents grid, rotation and movement with in grid

Screen 4 (30 mins)

CPs:

Game, Same as before, now a Goalkeeper can be added, If the Keeper makes the save they pass back to team who lost possession, this adds additional Defensive transition.

- 1) Game awareness
- 2) Tactical understanding
- 3) A-B-C-D react the quickest due to their Tactical position,
A is Pressure
B is Cover
C is Balance
D makes the defensive shape compact
- 4) Fitness
- 5) Defensive Shape - Defending to Win



Screen 5 (35 mins)

Set up: Half Field 14 to 18 players, 9v9 shown
Game, Field has been divided into quadrants,

CPs:

- 1) Defending zones
- 2) Pressure, Cover, Balance, Compactness
- 3) Team shape on field transition
- 4) Work rate to cover field
- 5) Desire
- 6) Fitness
- 7) Coach or Target player is in position for team Red if they win possession (advance level teams, add a set number of passes before Red can hit target player) This will allow the Blue team to Defend as a team.

