



Defending to WIN

Category: Functional: Defender

Difficulty: Difficult

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Screen 1 (15 mins)

Grids are 8-10 yards wide by 15-20 long, u11s and older
Players have gone through the basic defending warm-up, players rotate defending and attacking each other
Session above shows three examples of what you may see from your defenders.

LEFT - Red Defender has played the ball but has not closed down the space, blue is advancing

MIDDLE - Red defender is closing player down but not at game pace

RIGHT - Great effort from Red Defender closing down space quickly

CPs

- 1) Close down space as quickly as possible - shortest line to the ball - Pressure
- 2) last few steps go into Defensive posture forcing player with the ball towards a side line or backwards
- 3) With pressure select type of tackle to win ball back, stay balanced
- 4) Be aware the players first attempt may not win the ball - second tackle/pressure
- 5) Alert and committed



Screen 2 (20 mins)

15 -18 wide x20 -15 long

Red Defenders start the game by playing a firm ball into the Blue receiving players

LEFT - 2v1, Red Defender closing down the ball quickly - Pressure, the second Defender will now COVER making sure he/she does not get gaught flat/square. Good communication is needed, loud but positive

RIGHT - 2v2 First red Defender puts pressure on the Blue player with the ball, the second red defender is Covering his/her first defender while being aware of the second Attacker, it is important the second defender does not over commit to the ball as they may be eliminated by a pass or run.

CPs:

- 1) Immediate pressure on the ball
- 2) Good balance of the second Defender
- 3) Communication
- 4) Desire to win the ball back
- 5) Counter to goal line if the ball is won
- 6) Space awareness - where to force player with the ball



Screen 3 (25 mins)

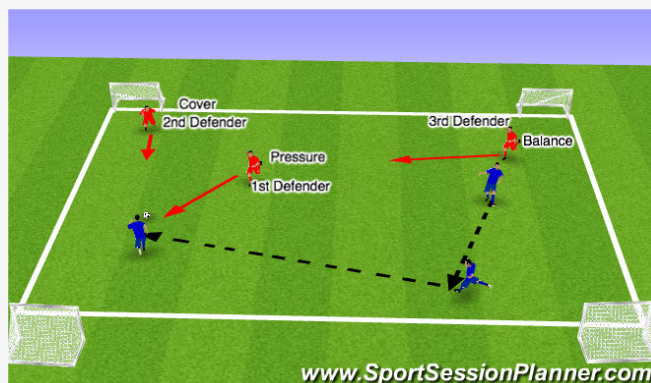
3v3

Grid size, 25 wide by 20 long, with two goals

Pressure - Cover - Balance

1) 1st Defener is closing down player receiving the ball - Pressure
2) 2nd Defender is holding their run while 1st Defender is making up ground, one the 1st defender is in place the 2nd defender will move into their covering position

3) 3rd defender denied blue team attack, 3rd defender is now moving into their Balance position being aware the blue team are.



Screen 4 (30 mins)

5v5,

Pressure - Cover - Balance - Compactness

Red team read the game well, Blue are narrow and are forced against a sideline, this is a cue for Red defenders to press.

1st Defender is closing down the player receiving the ball

2nd Defender is closing down the supporting Blue player

3rd Defender is providing balance and is aware of the Blue teams options

4th Defender is providing deep pressure creating a compact press.

Keeper is aware and ready to provide additional balance.

CPs:

Individual and team awareness - when and who to press
individual and team communication

Ability to read the game - game cues

Desire to win the ball back

Counter Attack mentality

Positive Mindset

