



DEFENDING #3

Category: Tactical: Defensive principles
Difficulty: Moderate

RICK MULLINS



DEFENDING THE MIDFIELD THIRD

DEFENDING IN THE MIDFIELD THIRD 4V4 JERRY SMITH

5 gates

If force attackers thru wide channels (1 point)

If force attackers thru next two channels (2 points)

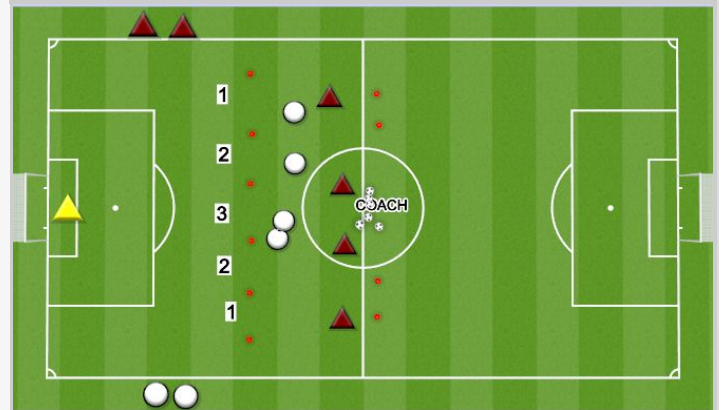
If force attackers thru central channel (3 points)

Main objective: pressure, cover, balance

Coach plays ball into the attacking team. Defending team attempts to work together and forces the ball wide thru the outside channels

If defending team win the ball, they play thru either of two small cone goals

Progress: Add two attackers and two defenders play thru channel to teammates



DEFENDING IN THE MIDFIELD 6V6

DEFENDING IN THE MIDFIELD THIRD 6V6 JERRY SMITH

5 gates

If force attackers thru wide channels (1 point)

If force attackers thru next two channels (2 points)

If force attackers thru central channel (3 points)

Main objective: pressure, cover, balance

Coach plays ball into the attacking team. Defending team attempts to work together and forces the ball wide thru the outside channels. If pass is played thru the midfield channels attacking players then play 2v2 to goal.

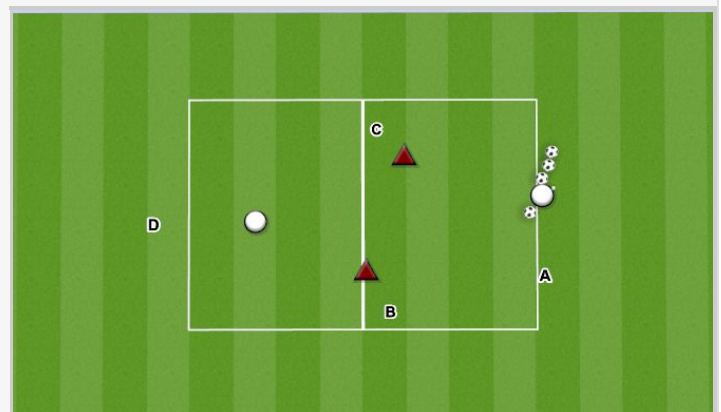
If defending team win the ball in the midfield, they play thru either of two small cone goals

Add two attackers and play thru channel to teammates (8V6 HALF FIELD)



Defending 2v1 (FA)

Player A serves either Player B or Player C who attack 2v1 attempting to score dribbling over player A's end line. If player A wins the ball, they try to connect a pass to player D who attempts to to score by dribbling over Player B and Player C's end line



MIDFIELD BLOCK DEFENDING

DEFENDING MIDFIELD BLOCK

4V4 with targets half field

Play starts with a throw from the goalkeeper. Attacking team goes to goal. If defending team wins the ball, they play either of the two targets for a point

Progress:

Add two small goals

Add two defensive midfielders and two attacking midfielders 6v6



DEFENDING: PRESSING 4V2+4

DEFENDING PRESSING 4V2+4

The team defending will attempt to win the ball back in order to reverse team roles with the team who lose possession

The defending team must keep two players in the central zone at all times.

The teams in possession attempt to connect a certain amount of passes (3-5) then play the ball forward to the far grid. If successful, the central defenders sprint over to defend. Central defensive players can pick attempted passes from one side to the other

Progress:

No restrictions. can play the pass across at anytime

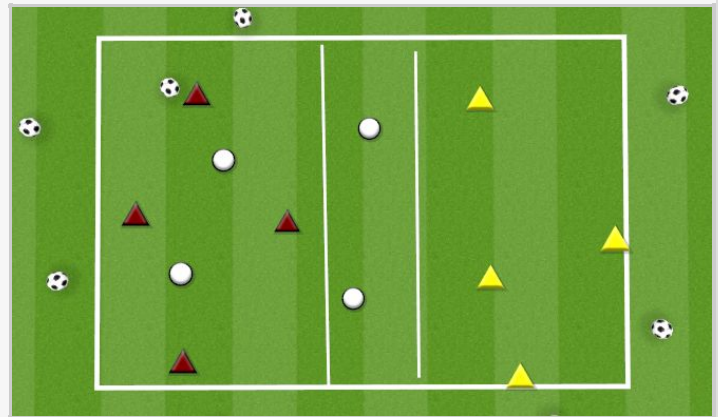
Coaching points

Communication

When to press

Force the ball to a side (make it predictable)

Communicate at all times



DEFENDING PRESSING 4V4+GOALKEEPER

Session Objective: Objective is to teach your team to work together to establish your line of confrontation and immediately counter when in possession of the ball.

Field size is half of the field Coach players to have one objective - regain possession and counter.

Team will make the field compact both horizontal and vertical Pressure, cover and balance

Players must be able to mark man to man and understand the offside rule.

4 v 4 + GK Defending team playing in a 4-4-2

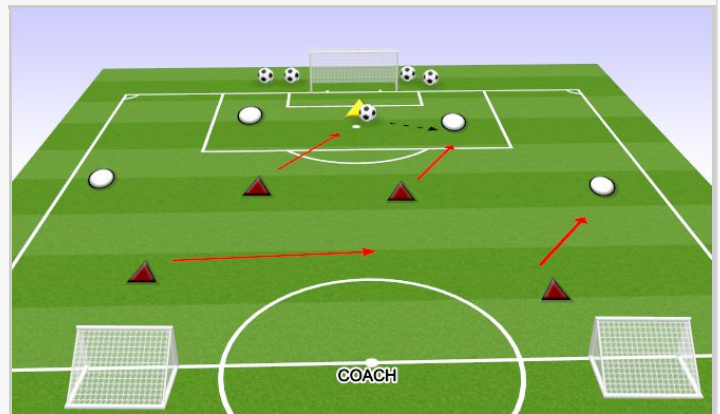
Organization of session

4v4 in Attacking 1/3

Strikers immediate pressure on the ball to make play predictable

Flank Players , Strong Side Mark Full Back to deny penetration or Build up play

Weak Side Flank Player comes into middle as Central Midfielder



SIDE BY SIDE GAME

DEFENDING SIDE BY SIDE GAME

Two teams playing on each field.

Create a numbers up or down situation. When a player scores, they join the other field.

Progress until the game gets lopsided.

Variation The player that gave the assist now transfers over to the other field

