

# 1 1 V 1 1 DEFEND IN OUR OWN 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 lines (forwards) work together to force the opposing team
- When a support line (midfielders) cut off passes to attacking options
- When a defender challenges side on or steps in front of a bad touch to win the ball
- When a support player joins in to help a teammate defend
- When a support defender wins a pass or steps to pressure when they were supporting
- When we win the ball and counter

## COACHING POINTS

- Defending
  - Technique of Pressure
    - See U9-U12 Curriculum
  - Role of 1st Defender
    - Force (where to?)
  - Role of 2nd Defender
    - Where are we forcing - how can we set up to support that?
  - Role of 3rd Defender
    - Who is tracking who/what?
- Systems of Play
  - Who is forcing where and when
- Individual and Team Discipline
  - What are the cues to win it? What do we COMMUNICATE?
- Counter Attack
  - When we win the ball in designed areas, what is our plan to get forward quickly?

## 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
- How do we know where supporting opponents are? Scanning as ball moves
- What are some cues that we can pressure close or try to win the ball? Bad touch, bad pass in, flighted ball, bouncing ball
- When the ball moves how does our shape change? Where should we pressure now? Who is pressure and who should now be supporting?
- Where is the best place to force our opponent? If we force to the side, how do we get compact and cut down passes central
- Where is the space for the opponent? How do we prevent them from getting there? What options do they have? Where are they likely to go next?

Red - Base level questions    Orange - Mid-level questions    Green - Upper level questions

## NOTES

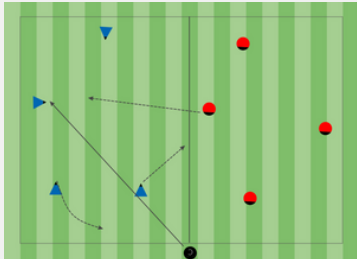
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

## STANDARDS

- Defending
  - Technical points of pressuring
  - Role of 1st Defender
    - Force (where to?)
  - Player Communication
  - Counter Attack
- Role of 2nd Defender
  - Where support?
- Role of 3rd Defender
- Systems of Play
  - Who, when and where do we force
- Individual and Team Discipline

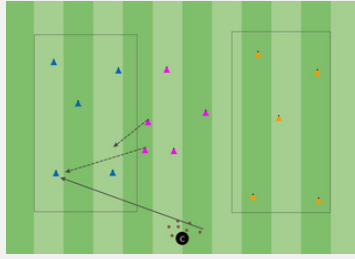
# 1 1 V 1 1 D E F E N D I N O U R O W N H A L F

## D.42 4v1/5v2 Transition



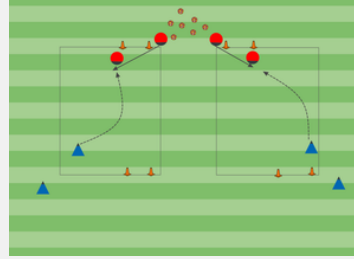
- 2 grids - about 15x25
- 3-5 players in each grid
- Play a ball to one side, then one player goes to defend. If team gets four passes, another player can go. Add until they win it.
- Win a player wins the ball, they play to their side
- Transition quickly
- Can you find space quickly to get in the attack
- Work together to press and cover passing lines

## D.43 3 Team Zones



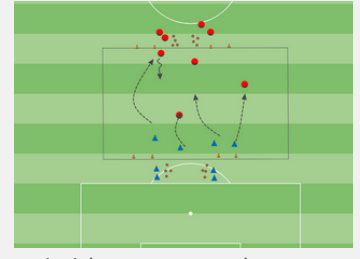
- Three grids - about 15x25 each. Can use the width of field in between half-line and 18 for a more realistic game.
- Players split in 3 groups
- One team in each grid
- Much like previous transition game, but work in the middle to cut off passes across the grids
  - Scan - where are the attackers, where is the space, how can we close it?

## D.40 Pressure/Cover



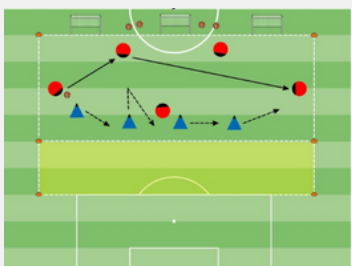
- 2 grids - about 12x18 - increase if needed
- 1v1, 2v1, 2v2, 3v2 as needed to focus on technical defending concepts as well as tactics of pressure, cover
- Defenders pressure as ball is played in from central or wide areas
  - Vary goal locations, types of goals (small, dribble across, endzone, target)
  - Vary ball delivery location

## D.44 4v4 Central



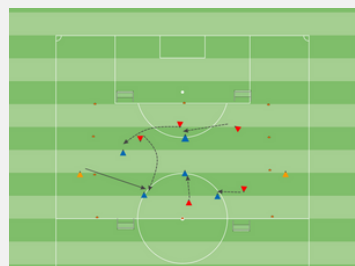
- 4v4 in space as shown above - Can alter numbers
- Can use third line in attack to play a ball in to cue pressure
- Play to two goals, endlines, or a target to alter difficulty and focus
  - Endline would focus more on keeping in front
  - Two goals would focus on cutting those passing lines
  - Target would focus cutting a moving passing lane

## D.49 5v4 endzone



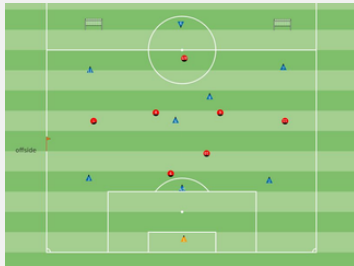
- Area between 18 yard line and the half line.
- Flanks outlined about 5-10 yards from touchline
- 5v4 - Can go 4v4 or 6v5 depending on challenge
- Defending team plays to three counter goals
- Attacking team plays into an endzone (dribble or pass - Can vary)
- Cut off penetrating passes or attacks via dribble

## D.45 5v5 +2N flanks



- Area between 18 yard line and the half line.
- Flanks outlined about 5 yards from touchline
- 5v5 or 6v6 and neutrals on the flank
- Teams play to two goals and defend the other two goals
- Focus on cutting supporting options
- Focus on keeping the opposing team on one side
  - Don't let them switch into space

## D.47 9v7+Gk



- Attacking 2/3 of the field
- 9 "coached" players defending goal
- 7v9+GK or 8v9+GK going to counter goals
- Can we press and cut down supporting passes?
- Can we transition quickly to goals?
  - Can add neutral player as target
- Ball played from where it went out including corners, goal kicks, throw-ins.

## D.48 8v8 (2 goals)



- Attacking 2/3 of the field
- 8v8 + GK to two large goals
- How are we winning the ball back?
- When do we press together?
- When do we delay to get defensive shape?
- Are there cues or triggers to press or drop?