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Tennessee, Drakes Creek Park August 2011**



Topic = Defending II

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in groups of 3 passing the ball around * Show the groups the following plays <ul style="list-style-type: none"> > Player puts foot on the ball, the others go touch it with foot > Player lets it go through their legs and the other two chase it down > Player attempts to dribble in between the other players * Players perform these acts and stretch dynamically 	<ul style="list-style-type: none"> * Be on the front foot, ready to react * If ball goes through the legs, immediate pressure. If you are the defender, delay the play and don't allow the player to turn. Bend the knees, body sideways and watch the ball * If player attempts to dribble, first player applies pressure, second one provides cover. Don't get caught flat. Communicate
<p align="center">SMALL SIDED GAME</p>	<ul style="list-style-type: none"> * 4v4v4 * One team starts in the middle and the other two teams attempt to keep possession * If a team loses possession the team that lost becomes the defending team * If the defending team kicks the ball out then they still remain in the middle. Possession must be won. * Upon winning possession the team must transition by playing to one player on their own team or to a player on the team that did not lose the ball 	<ul style="list-style-type: none"> * Cues of when to apply pressure <ul style="list-style-type: none"> > Bad Touch > Long Pass > Dwelling on the Ball - Space is Limited > Back to the Play * Immediate Chase & Delay * Body position sideways on, knees bent * Cover, don't be flat * Balance, to the side and behind * Staying connected and Compact
<p align="center">EXPANDED SMALL SIDED GAME</p>	<ul style="list-style-type: none"> * 6 v 6 with 1 neutral, Teams play in a 2-2-1 and/or a 2-1-2 * Divide the field into thirds * If the team wins it in the attacking third and goes on to score its worth 3 points, in the middle third its worth 2 points and in their own defensive third its worth 1 point * Neutral player plays for whichever team is in possession * Field is 55 yards long and 40 wide * Normal soccer rules apply 	<ul style="list-style-type: none"> * Reinforce previous cues about applying pressure * Cues of when to drop <ul style="list-style-type: none"> > Opposition is looking to play a long pass > You have numbers down and need to delay the play > Opponents are dribbling at you with speed * Make sure team stays connected, including the GK with the back line * When on the team needs to squeeze centrally * Transition and tracking back from attacking players, immediately done upon losing the ball
<p align="center">MATCH</p>	<ul style="list-style-type: none"> * 7 V 7 * One team plays in a 1-3-2-1 formation * One team plays in a 1-2-3-1 formation * Normal soccer rules * Offside line is at the half-way <p>Previous pictures need to be remember, included looking to counter attack. Make sure the counter attack does not over commit all the players</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> = Players </div> <div style="text-align: center;"> = Ball </div> </div> <div style="margin-top: 10px;"> <div style="text-align: center;"> = Goals </div> <div style="text-align: center; margin-top: 5px;"> = Pass </div> <div style="text-align: center; margin-top: 5px;"> = Dribble </div> <div style="text-align: center; margin-top: 5px;"> = Movement without the ball </div> </div>
<p align="center">COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	