



# Kentucky Youth Soccer Association

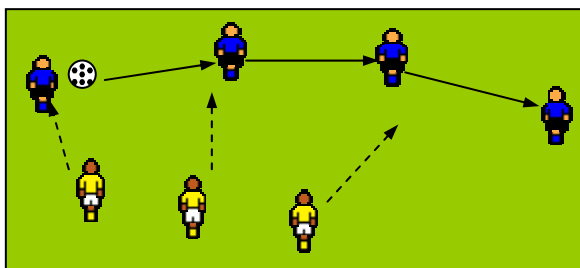
## Coach Education Lesson Plan

Topic = Defending in the Attacking Third

Coach= Adrian Parrish

The activities below are set up to work with teams that play in a 4-3-3 formation but can be manipulated to fit the style for any formation

### Warm-Up



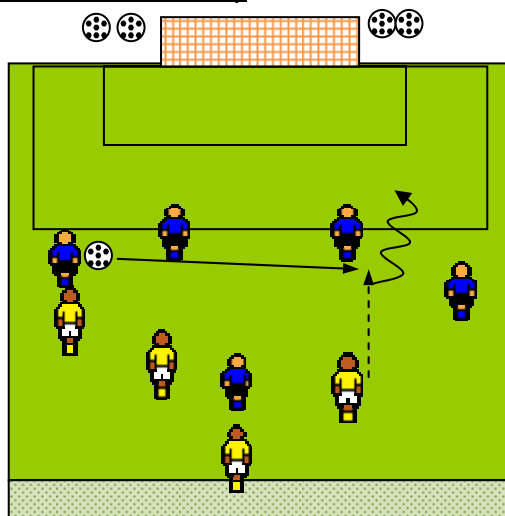
#### Organization

- \* 4 Defenders and 3 Strikers are in a 36 x 18 yard area
- \* The 4 defenders pass the ball back and forth.
- \* The 3 strikers shadow the balls movement and apply pressure.
- \* The strikers do not attempt to win the ball, but simply move to apply pressure, cover and balance.

#### Coaching Points

- \* Pressure, Cover, Balance
- \* Players move as the ball is in transition
- \* Body position to force the play back into support
- \* Dropping back to provide cover and balance after the ball has moved
- \* Communication

### Small Sided Activity



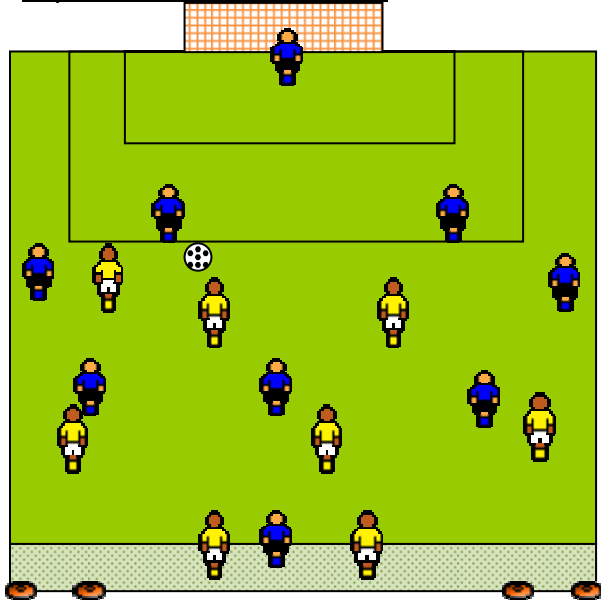
#### Organization

- \* 6 Defensive Players (inc GK) versus 4 Attacking Players
- \* Work with the 3 Strikers and one attacking midfielder
- \* 40 yards long x 46 yards wide
- \* Defensive team tries to play out and score by dribbling into the end zone area
- \* Attacking team tries to win it and go and score on the big goal
- \* Play with an offside rule.
- \* After either team has scored the activity restarts with the goalkeeper
- \* Play Throw Ins, No corners

#### Coaching Points

- \* Pressure, Cover Balance. Help players see the pictures when to apply good pressure
- \* Try to force the play into support
- \* Stay Connected
- \* Communication

### Expanded Small Sided Game



#### Organization

- \* Phase of play 9 Defenders 4-3-1 in Blue versus 8 Attackers 2-3-3 Yellow
- \* Defenders score by playing into their target player and dribbling through one of the counter goals.
- \* Attackers score in the big goal
- \* Play offside, no corners. Goal is scored start with GK

#### Coaching Pictures

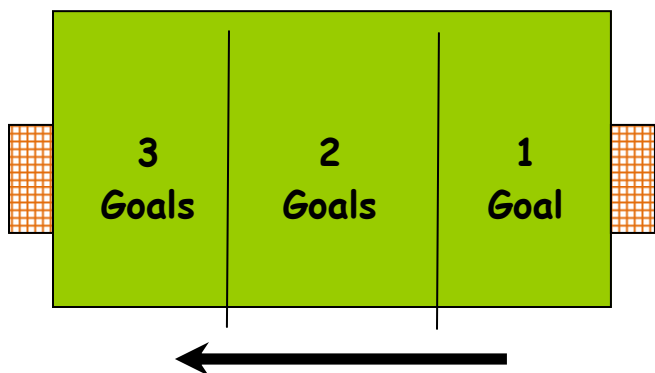
- \* Apply pressure when defender is facing their own goal
- \* Apply pressure during a long pass. Can you double team or intercept the pass
- \* When ball is played into the midfield defend from the front
- \* Create a pressure pocket. Force the ball to a technically inferior player
- \* Center Mid, needs to keep looking behind and stop balls from being played into the strikers feet
- \* Midfielders to defend on the shoulder which would be goal side
- \* Tracking back to force the play to the side
- \* Balancing defenders need to keep hips and body open



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### Game



### Organization

- \* 9 v9 game, playing in a 1-3-2-3
- \* Divide the field in to thirds. If the team wins the ball in the attacking third and goes on to score its worth 3 Goals, middle third its worth 2 Goals, defensive third 1 Goal
- \* Play game for 15-20 minutes before lifting restriction and allowing free play
- \* Help player see the pictures of when we really want them to defend in the attacking third or force the play back into the attacking third.