



DEFENSIVE ORGANISATION: Pressure, Cover, Balance

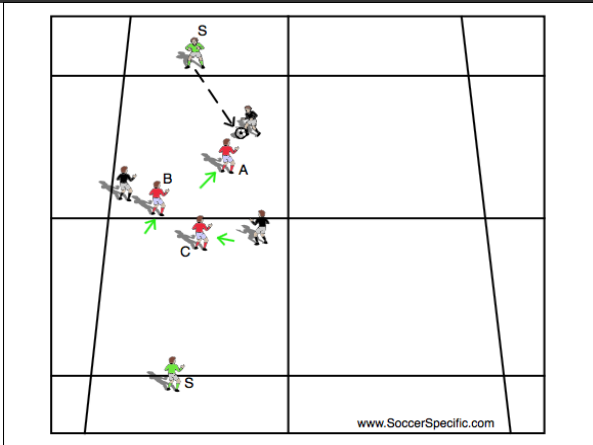
Date: Jun 07, 2017

Duration: 1:10

Team: USSF 'C' License

Intensity: ● (6/10)

Category: Tech / Tact



Setup: Supply of balls, cones, bibs, etc. Players organised in groups of 3 - group by position (11-9-7, 11-8-3, 3-5-8, etc). Support players (S) at each end of playing area. Game is directional. Area: 30x20

Instructions: PASSING / POSSESSION:

Team in possession looks to score by dribbling in possession across the opposition's end line. Emphasis is on defending team: Introduce concept of Pressure-Cover-Balance, 1st-2nd-3rd defending.

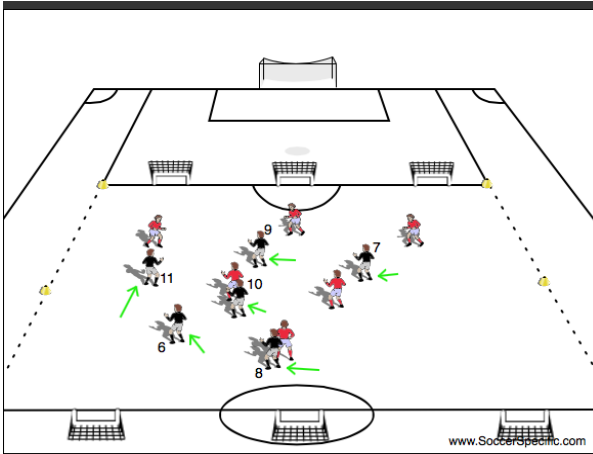
Short blocks - 45sec - 1min

Coaching Points: Nearest player to ball (A) = Pressure

Covering player (B) takes position to offer immediate defensive support while still being aware of opponent(s)

Balancing 3rd defender (C) - take position to cover teammates, fill space to close passing lanes while still being aware of opponent(s) position

1



Setup: Supply of balls, cones, bibs, etc. Area: width of the 18, half way to 18. 3 small goals on each end line. Two teams - grouped by position (11-9-7, 6-10-8) play 6v6.

Instructions: POSSESSION - DEFENSIVE ORGANISATION:

6v6 game / 6 goals - teams can score in any of their opponents 3 mini-goals. Emphasis is on Defensive organisation; Concept of Pressure, Cover, Balance

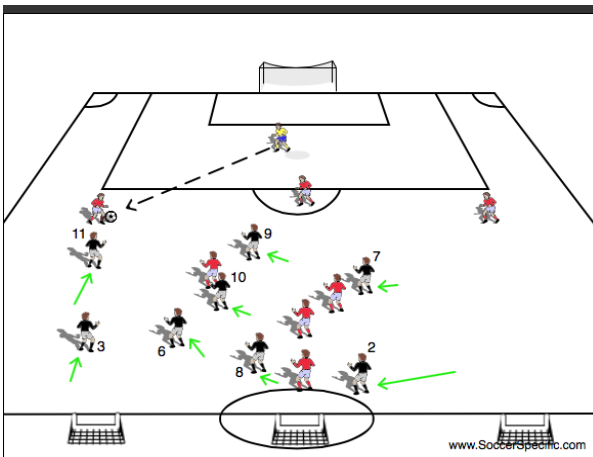
Blocks of 3min

Coaching Points: Nearest player pressures the ball, second player helps pressure or gets ball side-goal side to provide cover.

Stop opposition playing forward - force back.

Take away forward passing lanes to the three goals.

2



Setup: Supply of balls, cones, bibs, etc. Half field, fullsize goal to three small mini-goals on halfway line. Two teams - group by position Play 8 v 8 (GK+7). Addition of Fullbacks (2, 3) for Defensive team (black)

Instructions: TACTICAL GAME - DEFENSIVE ORGANISATION:

8v8 game / 6 goals - teams can score in any of their opponents 3 mini-goals. Emphasis is on Defensive organisation; Concept of Pressure, Cover, Balance

Blocks of 4-6 min

Coaching Points: Nearest player pressures the ball, second player helps pressure or gets ball side-goal side to provide cover.

Stop opposition playing forward - force back.

Take away forward passing lanes to the three goals.

Focus on relationship with players around the pressing player.

When we win the ball can we counter and score.

3



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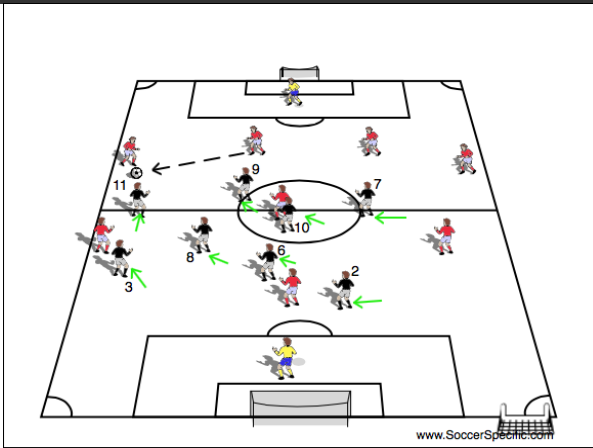
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Setup: Full field (or adjust size as needed). Two full goals. Two teams play 9v9. Defensive team in 1-2-3-3 formation (no central defenders).

Instructions: TACTICAL GAME - DEFENSIVE ORGANISATION: 9v9 game. Emphasis is on Defensive organisation; Concept of Pressure, Cover, Balance. 2x8 min

Coaching Points: Nearest player pressures the ball, second player helps pressure or gets ball side-goal side to provide cover.

Stop opposition playing forward - force back.

Take away forward passing lanes to advanced players

Focus on relationship with players around the pressing player.

When we win the ball can we counter and score.