

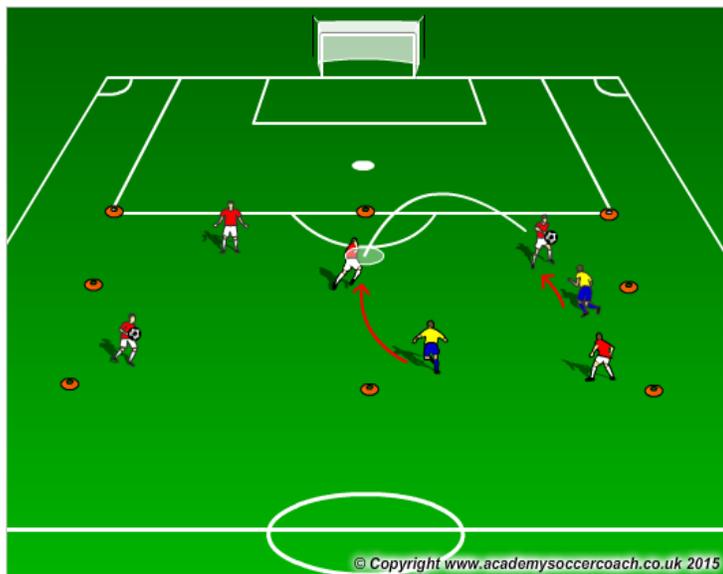


Kentucky Youth Soccer Association
Lesson Plans – Six Second Defending Concept
Adrian Parrish – Technical Director



Training Objectives: The teams aim is to try and win back possession is six seconds or less. If the team is unable to transition into attack they need to show where and why they should drop back behind the ball and deny the opposition the opportunity to penetrate.

Warm-Up



Organization

- * Place a second penalty box on top of the one already on the field
- * Five players with two soccer balls and two players (taggers/defenders) holding a vest
- * The team of five throw the balls around to keep possession.
- * The Defenders aim is to try and tag a player as they are in possession of the ball
- * If the defender tags a player they switch roles
- * Progress to the attacking team using their feet to maneuver the ball

Coaching Points

- * Taggers/Defenders have to stay connected, don't chase separately
- * Make the play predictable with body shape and then apply the pressure quickly

Small Sided Activity



Organization

- * Play from the top of the penalty box to the half-way line
- * Playing the full width of the field with three 2 yard goals placed at each end
- * A Goalkeeper and 5 outfield players are defending on side
- * Five attackers defend the goals on the half-way line
- * Goals are score by dribbling through the goals. The GK moves behind the back of the goals and if he/she is standing behind that goal it is closed and cannot be scored in.
- * 3 points for scoring in a central goal, one for goals on the outside

Coaching Points

- * When, Where and Why to apply immediate pressure for example slow pass, back to goal, flighted pass
- * Encourage the team to create pressure pockets and force the play into pressure. Angle of approach and body shape is important.
- * Don't keep chasing, if the ball can't be won, drop back in and compact the space
- * Counter attack with speed and conviction



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Expanded Small Sided Activity



Organization

- * 8v8 with the team you are coaching playing in a 1-3-1-3
- * Place a line of cones down the middle of the field as a visual cue for the players.
- * Normal soccer rules.

Coaching Points

- * Work as a unit to make play predictable and create a pressure pocket
- * Use the line of cones as a gage to try and make the field compact.
- * Defend on the shoulders of the attacks to try to intercept the pass
- * If the team cannot win the ball by applying immediate pressure after the six seconds they pull back out and defend the space behind.
- * Angles and speed of approach need to make play predictable
- * Check for understanding with players on them knowing, where, when & why to apply the pressure versus when to drop off.

9v9 Game



Organization

- * 9v9 with normal FIFA rules including offside
- * The team that is working on the six second defending concept play in a 1-3-2-3
- * Continue to coach the players on recognizing when, where and why to apply the pressure individually and as a unit, making the field compact and denying the opponents the opportunity to penetrate.
- * If the ball cannot be won, help the players know when and why to drop off and defend the space/passing lanes.
- * Need good communication from #8 & #4 and helping the team see the cues