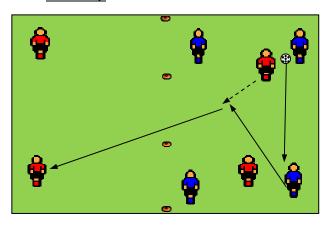


<u>Kentucky Youth Soccer Association</u> <u>Lesson Plans – Defending Later</u> Adrian Parrish – Technical Director



<u>Training Objectives:</u> Help the team as a unit to recognize who, when and why the individuals/team should drop behind the ball to defend later rather than earlier. If it is on for the players/team to win early the team should still apply pressure.

Warm-Up



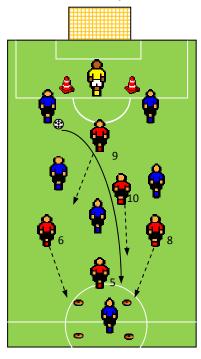
Organization

- * 30 yard x 16 yard grid divided into two
- * 4v4. One team places two defenders in on half of the grid to create a 4v2
- * If the defenders win the ball they play the ball to their team mates in the other half
- * They join their teammates and two players from the other team come over to create a 4v2

Coaching Points

- * Angle of approach to force the play towards the halfway line
- * Pressure needs to be more intense towards the halfway line (teaching the players to defend from the front)
- * Players need to drop and shape body to make play predictable and try to intercept the pass.

Small Sided Activity



Organization

- * Place two cones (a goal) on top of the 18 yard box
- * Place a 8x8 yard box inside the Center Circle
- * Play the width of the 18 yard box
- * 7v5, working with the team attacking the coned goal. Normal goal scoring rules.
- * Team of 7 (including GK) score by trying to play the ball into the target player who must stay inside the 8v8 grid
- * If the target player receives the ball on the ground the team scores one point. If they receive an aerial pass and can control it, they score 2 points.
- * Normal soccer rules apply

Coaching Points

- * Help the players see the keys of when to drop back, such as the player with the ball puts their hand down and looks to play long
- * Back peddle and keep hips open so you can see the ball and the field
- * When dropping be patient and compact
- * Organization, if one player goes and the other players do not the team needs to be prepared to pull them back and not chase



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Expanded Small Sided Activity



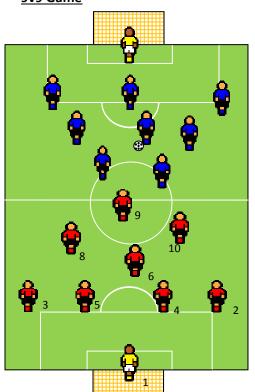
Organization

- * 8v8 on 65 x 48 yard field
- * One team attacks one large goal and the other team attacks one large goal and two small goals
- * Normal rules apply including offside
- * The team attacking the three goals can score in any of them, one goal in each

Coaching Points

- * Look for pictures on how to coach the players/lines to work together
- * #9 is the trigger player and helps the team dictate when to press and when to drop
- * #10, #8, #6 try to keep the play on one side and make it compact. Need to cut out passing lanes and not allow the ball get played in behind. Be patient and make play predictable.
- * #6 needs to be prepared to drop in alongside #5 and deny space
- * #3, #5, #2 organize the players in front of them, defend the spaces in front and behind.

9v9 Game



Organization

- * 9v9
- * The team that you coach plays in a 1-4-3-1 versus a 1-3-3-2
- * Cover the points in previous parts of the session, look for moments of helping the players realize who should drop, when and where to drop and why to drop

Finish with a 5 minute cool down including jogging and stretching