

SFL Defending

Location: Rolling Valley #3. **Date:** Apr 9, 2019 5:00 PM - 8:00 PM

Comments before Training

Upon players arrival. Players must individually complete the FIFA 11 warmup and then break into 4 V 4 games with puggs and line soccer. Keep teams to 4 V 4 so can observe defending technique. Look to check positioning and effort to steer attackers.



Fifa 11 warmup



Setup: FIFA 11, players need a lane 20-25 yds long and oversight to ensure warmed up critical muscles. 5-10 minutes

Execution: In pairs or individual perform:

Single leg stands with dynamic swings and forward leans to develop balance. 2 sets of 30 seconds each leg. Progress to 45 seconds. Change swing direction to front and back and side to side. Can also play single hand catch with partner for second set.

Open and Close Gate perform open gate hip swings with skip between down the lane and jog back. Follow with close gate swings with skip between and jog back.

Lunges perform lunges down the lane with each lunge twist the shoulders side to side jog backwards back.

Grapevine down the lane and jog back.

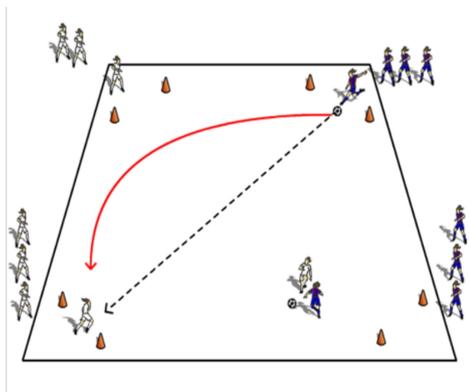
High Knees run high knees half way down the lane, sprint to the end and jog backwards back

Kick Butts run halfway down the lane bring heels high to hit your butt. Sprint to the end and grapevine back.

Bound and Soar Do a bound step followed by a high jump down the track and sprint back. The high jump if with a partner can be to bump shoulders at the apex of the jump.

Objectives: To individually prepare the muscles by stretching and some strengthening to support joints, especially as young players begin to grow into adolescents.

U7/8 Defending (minute to win it)



This is primarily Defense focused, but can be repeated to coach from the attacking perspective. Do not however try to teach both at the same time. For defending in the Play portion, focus on defending, slowing the attack, and keeping attackers wide.

Setup: In 20 X 20 grid, have two teams of 6-8 split between the corners.

Have gates in each corner.

Execution: Start the game without balls and have players either race to run through a gate first or have defenders try and touch knees before the attacking player runs through a gate. IF playing touch knees, Defender starts in the middle of the grid. Start by coach calling out the gate players must run through, then give attacking player choice. Progress to using balls. The ball is played across the grid. The defender attacks the player across the diagonal. The receiver of the ball can score by dribbling through either gate on the opposite side of the field. If the defender wins the ball he/she can try to score on the other two gates. Players have 1 minute to score. A second game can be started from the other side to keep the players active.

Variations: Add a single pugg goal to each pair of gates. 2 points for a score, 1 point for a dribble through the gate.

Progressions: Graduate to 2 V 1 and 2 v 2

Objectives:

Defending: When used in defending session ask how to make the attacker move in a specific direction. Answer bend the approach

from the goal you don't want them to go to. Discuss forcing the player out of bounds, slowing the player down, and when to take the ball. Close space quickly, than approach low and slow.

Attacking: Discuss Options and always keeping at least two. Ask how changing speed and direction keeps the defense off guard. Can the players be sneaky and fake one way or the other. Take opportunity to recognize a player who has a creative fake. Demonstrate one or two in the warmup games.

Playing a controlled game allows coaches to give game time condition while controlling the play and instilling the objectives of the practice.

SFL Defending half field spacing



Setup: In half to final third of a field Set up wide zones, a final third starting just outside the 18 yard line, and 4 target puggs or cone gates near the half line. At Rolling Valley can set inside the half line leave room for rotations through phase 1 drills.

Execution: Start play with multiple balls being worked in each area. Wide areas playing 2v2 attackers have to get the ball through the cones marked. While central area play two to games. Midfielders are playing 2 V 2. Attackers are trying to get the ball cross the line to strikers area. Once the ball crosses the line grab another ball and get ready to go again. The strikers playing against CB and going to score. If goalkeeper saves and can retain possession he can play it out to defending team to transition. 2 min games and rotate players around.

Coaching points/objectives: Wide areas note the space, can the two defenders force the attackers to the outside. How can the support defender best position to protect the inside. Central midfielders what does the extra space require you to do. Can you contain the ball in the midfield. Is it more important to slow progression or win the ball. Central defenders, how do you stop the shot. Where should the support player go. Can you force the attacker to their weak side.

Progression- Move to the 7 V 4 or 7 V 6 game (if you add in two (#6 defenders). Keep the cones as a reference, and set the field for half field to goal. Defending 4 plus two holding midfielders against an attacking side with strikers, attacking mid, and holding mid support. Coach the defense, but encourage attackers to support the training by playing wide, possession play into the attack.

Coaching points/objectives: Can we communicate and keep the back four in a flat back line with pressure, support, and balance. Can we maintain separation between the holding mids and back 4. Can we work in pairs to steer the attackers and lock them in to the midfield or force the pass back.