



## BLOCK 3 - DEFENDING (Final)

Category: Academy: Counter/Reactive pressure

Difficulty: Moderate

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### DEFENDING 1

#### DRILL #1

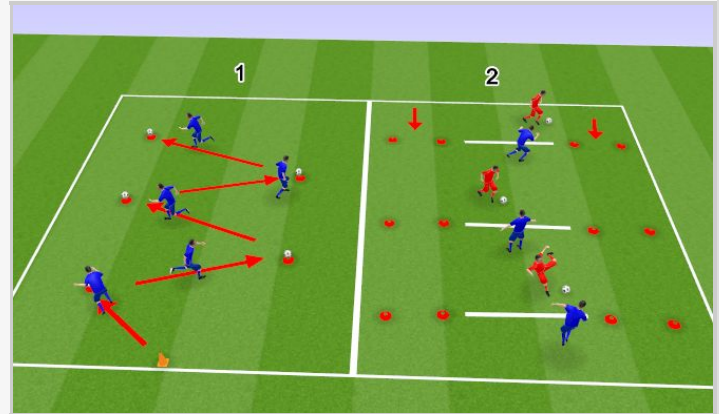
##### Practicing Defending Principles #1, #2, #3 - Un-Opposed

- Set up balls stacked on cones in a zig-zag pattern with players lined up at the bottom start cone (Set up numerous depending on numbers)
- On each Coach's 'SWITCH' each player moves to the next ball
- Approaching each ball with speed & agility, principles # 1 - 3 are worked on: DENY SPACE, ANGLE APPROACH, TOUCH-TOGHT
- When the players reach the ball, they must be on their toes until the next 'SWITCH' is called
- Movement must be quick with strong reaction speed
- Ensure proper foot stance and use of arms to ensure players are touch tight and can defend quickly

#### DRILL #2

##### Practicing Defending Principles #1 - 4 - Opposed

- Set up with multiple stations based on group numbers, each station should have 2 GOALS (cones)
- With the group split into partners - 1 attacker with ball and one defender split by the middle line
- Play starts when both players are on their side of the line
- Defender is allowed to leave their side of the line - Attacker is not allowed
- Defender applies pressure to force the attacker away from either goal using defensive principles
- Once the ball is either won back or cleared, the next round can begin. Players switch roles after 3 rounds.



### DEFENDING 2

#### DEFENDING 2 - OPOSED

1 v 1 Defending

2 v 2 Defending - applies 'Pressure' & 'Cover' tactics, rehearsing good communication from all players

##### Setup:

- Create a box approx 15 x 15 (adjusted by age group)
- Split players into 2 teams and placed at both corners of the field on their respective side
- Balls need to be placed in 2 corners for both teams

##### Drill:

- Ball is passed across the box to opponent who is trying to score on either opposing goal by dribbling through it
- Once the defender plays their ball across they start the defensive principles in attempt to:

- 1) Deny Space
- 2) Angle Approach (forcing the attacker to one side / less field space)
- 3) Touch - Tight (using arms to engage the attacker)
- 4) Press / Degend (win the ball or delay attacker to go backwards)

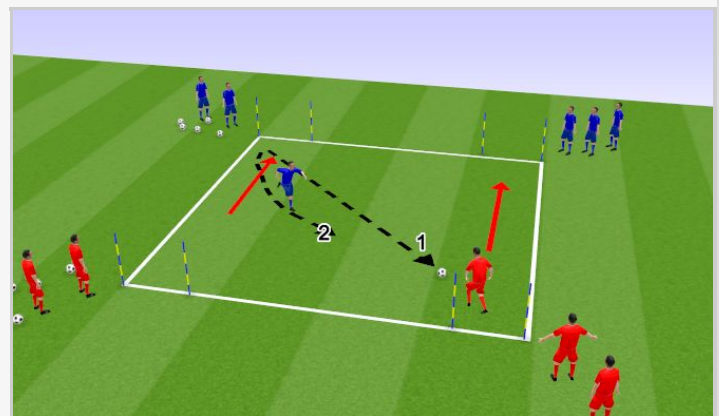
- The attacker gains **1 point** for scoring on the defenders opposite goal and **5 points** for scoring on the goal where the ball started
- If the Defender wins the ball back and scores by dribbling through either of their opposing team's goal, they receive **5 points**
- Players switch to their opposite goal once their round is complete
- Switch sides after a respective amount of time has passed (ie. 4 minutes) and compare scorers at the end

##### Coaching:

- Ensure the basic principles are being met - Stop and Start to support player understanding
- Typically many players need reminding on Point #1 & #2 and to fully commit to defending rather than moving backwards
- *Patience* is key as players do tend to 'jump in' rather than delaying the attacker for actual game situational (support from teammates should be coming)

##### Progressions:

- 1 v 2 Defending
  - a) Attacking players can bring 2 players in upon receiving the initial pass from the defender
  - b) Additional attacking player can be brought in with a pass if the current attacking player cannot advance forward
- 2 v 2 (Pressure & Cover)
  - a) 2nd Defender can enter once the attacking team has completed 1 pass
  - b) 2 v 2 can start upon the first pass



## DEFENDING 3 - 1 v 1 MINI GAME

### BLOCK 3 - DEFENDING 2a

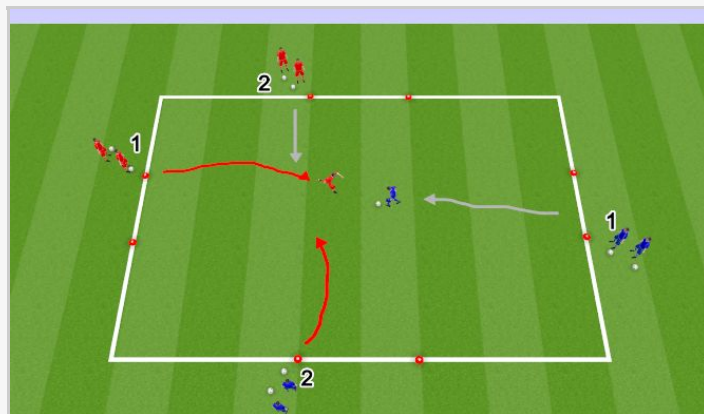
(Defensive Transition 1 v 1 mini game)

#### SETUP:

- Create 2 teams and split them up by 2 as per the diagram. 4 goals (cone - goals) spread wide as players need to dribble through
- Balls at each goal station
- Ensure the players are not standing in the middle of the cone-goals

#### DRILL:

- Players always attack and defend against the opponent that is directly across from them to start
- If the attacking player scores by dribbling through the players gate - 1 point
- If the defending player defends the ball by playing it out or forcing the attacker to lose control out of bounds - 1 point
- If the defending player wins the ball back and then scores on their opponents goal - 5 points



#### PART 1. Blue vs Red

- **BLUE** dribbles towards **RED** to attempt to score on their goal
  - **RED** enforces proper defensive techniques (*Close Space / Angle Approach / Touch - Tight / Win+Force*) to slow the defender down and enclose them
  - If **BLUE** is successful to score, the **RED** player must **STAY ON** to then defend the next attempt by the **BLUE** team, coming from the **OPPOSITE GOAL**
- ( this then continues until the defender is able to knock the ball out or win a ball back to score )

#### PART 2. Red vs Blue

- If a ball is defended / played out by the defender, their team (from the opposite direction) win the chance to then immediately attack against the failed attacker
- These roles continue for mini-games of approx 4 mins and points are added up
- Switch the teams up so they can attack / defend against the other half of their opponent

This is a really fast paced game and can be extremely tiring if the Defender is unable to concentrate on the Defensive points. More points are won in this game from the defensive aspect.

## DEFENDING 4 - GROUP MINI GAME (2 v 2 / 3 v 3+)

### BLOCK 3 - DEFENDING (GROUP DEFENDING MINI GAME)

#### Setup:

- Have the team pre-sorted into 2 teams and set up a mini game field approx 40 x 30 (age depending)
- If actual goals are not available, use poles, mini nets or cone goals
- This game can also be played 2 v 2 or even 4 v 4 depending on the number of players and age group

#### Drill:

1. Each team goes to their side and splits up into 3 lines behind their goal
2. Coach (C) plays a ball into the field to start the game with the team in position first (RED) looks to attack
3. BLUE then divides their defending shape using the **PRESSURE - COVER - BALANCE** guidelines to slow down their opponent in transition to win the ball and look to score on their opponent
4. Once the ball is scored or knocked out of play, a new game starts with fresh players

\*\* Reward defensive teams additional points when the ball is blocked / played out of bounds (1 point) or scoring after transition (5 points)

#### Progression Ideas:

1. Force a pass-restriction for the **FIRST** attacking team before they can shoot on goal (Transition Defending team with no pass restrictions)
  2. Add off-side rules (Defensive team focusing on trapping their high line)
  3. Team that gets scored on must stay on until they are successful in defending (ball is played to the scoring team to start the game)
- This game can also be used within other topics such as Attacking - Transition / Possession / Finishing

