



Basic Defensive Principles

Category: Tactical: Defensive principles
Skill: U13

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

Description

Organization:

1. 15 x 15 area
2. 6 players (4 Attackers & 2 Defenders).

Instructions:

1. Attackers set up around outside of the area - 1 Attacker per side
2. Defenders working inside the middle of area
3. Attackers aim to keep possession to move the ball from end to end.
4. Defenders try to work as a team to stop the transfer of the ball

Pressure & Screening (25 mins)

Coaching Points:

Technical - Angle/speed of approach

Tactical - Interchanging of positions - Pressure (1st Defender)

Screening (2nd Defender)

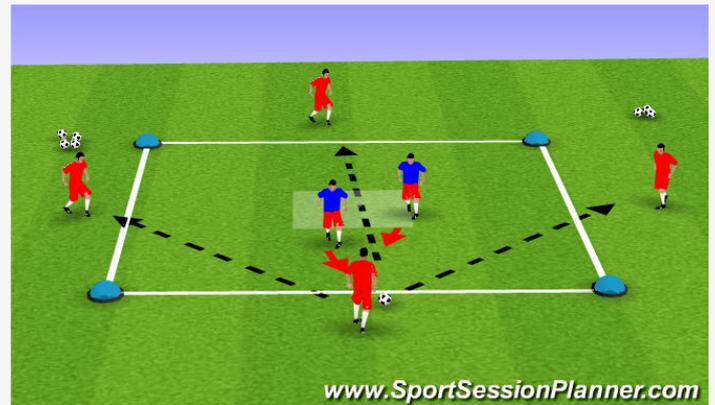
Force play in one direction

Physical - Work rate - speed and quick foot work

Psychological - Take Responsibility - Determination

Social - Communication - Encourage team mates

Progression - Attacker giving the ball away switches with defender



3 v 3 Defending (25 mins)

Organization:

1. 30 x 30 area split into two, setup as shown
2. 12 players (3 Attackers & 3 Defenders x 4)
3. 4 Mini Goals setup as shown

Instructions:

1. Teams play 3 v 3 across two grids
2. Attacking team start with ball & enter area - aim to score in Mini Goals at opposite end
3. Attacking players can move anywhere across both field
4. Defending teams are numbered 1-3. 1 & 3 have to stay on their field while central Defender can move between fields to assist wide Defenders.
5. If Defending team win the ball they aim to score at opposite end
6. Play until a goal is scored or ball goes out. After set time rotate Attackers & Defenders

Coaching Points:

Technical - 1st defender 1 v 1 defending skills - Body shape, angle of approach - footwork - delay

2nd defender support and screening - 3rd defender support and balance.

Tactical - Delay - Patience - Positional awareness - Changes of roles

Physical - Speed - High work rate - Strength

Psychological - Determination - Confidence - Take Responsibility

Social - Communication - Encourage others

Progressions:

- P - Time limit for Defenders to win the ball
- P - Time limit for Attackers to score.



SSG (25 mins)

Organization:

1. 60 x 40 area set up as shown
2. 2 teams play 8v8. 9v9 game
3. Normal game rules apply with offsides

Coaching Points:

Technical - Individual and Team defending skills/organisation - Move as a Unit

Tactical - Defensive team shape and roles to adopt by each player

Physical - Work rate to win the ball back when possible.

Psychological - Take Responsibility - Focus and Concentration - Patience

Social - Communication - Encourage others - Awareness and Observation

Progressions:

- 1 Press as a team
- 2 Drop and defend

