

Cutters Community Soccer Practice Plan 3: Defending

Coaching Points – Fast to Slow, Sideways and Low

Video: Fast to Slow, Sideways and Low (see <http://www.youtube.com/watch?v=XsHs4dW4pNY>)

Video: Second defender (see http://www.youtube.com/watch?v=8Qus_tRw43A)

- Immediate Pressure
- “Goal Side” Stay between the ball and the goal
- Defensive Stance: Stay low, staggered stance (one foot forward, one back)
- Don’t dive in (or over commit) for the ball: Wait until you know you can win it (bad touch, attacking player’s head is down or s/he turns away from goal)

Trainers will demonstrate proper defending stance: *one foot in front of the other, low to the ground, knees bent, and basic positioning (defender between ball and goal always, GOAL SIDE)*

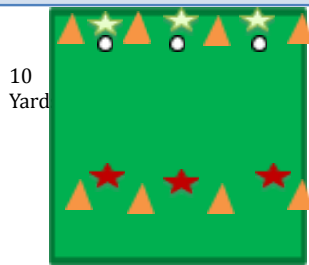
****Remember - Today is a defensive learning day. Be sure to emphasize those points and encourage the offensive players to help the defenders work on the skill.**

When you get to practice, the trainers will work with the players on the moves of Cutters. Feel free to try some of the more difficult ones.

Make sure when we are discussing a new activity to KEEP IT SHORT. We want less talking and more playing. It is better to explain or modify as the activity is taking place.

1. 1v1 defending

- Set up a few grids 10 yards long
- The players start at opposite ends of the grid with the defender having the ball.
- The defender passes the ball to the dribbler and then goes to defend.
- The dribbler tries to get to the opposite end of the grid with the ball under control.
- Encourage the defender to try to **gain possession** of the ball and not merely kick the ball away from the dribbler.

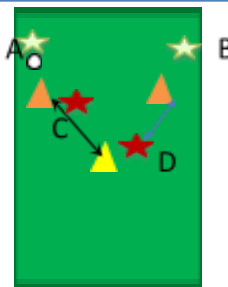


Coaching Points: Emphasize defense

- Defender puts immediate pressure on the attacker after passing the ball
- Defender should stay “goal side” between the goal and the ball
- Move fast to defend, take proper sideways stance, wait for the mistake to win the ball.
- Go after the ball when
 - o Attacker takes a bad touch
 - o Attacker’s back is to you
 - o Attacker’s head is down

2. Pressure & Cover Mirror

- Have one team with the ball (white stars). These players will pass the ball back and forth to each other. The red stars are the defenders.
- When player A has the ball, player C should pressure it (fast, then slow, sideways & low).
- A then passes to B. Player D pressures the ball and C goes back to the yellow cone.
- As the ball moves back and forth between A & B, C and D alternate providing pressure.
- When white team dribbles the ball over the yellow cone, they score and switch with red team.



- Helps with spacing on the field so two players don’t go to the ball.
- Emphasize communication. It’s helpful when the player says things like “I’m going to the ball” or “my ball” but not when they say “yours.”

3. Scrimmage

Play against other team on your field. Trainers can play too and demonstrate good defending.

Discuss game situations during the scrimmage. “Freeze” play to make your point to the team.

- Reinforce lessons from training during the scrimmage.
- Defense! Defense! Defense!