

## 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](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.

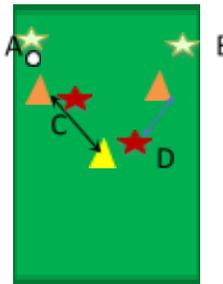


### Coaching Points: Emphasize defense

- 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
  - Attacker takes a bad touch
  - Attacker’s back is to you
  - 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!