

## Cutters Community Soccer Practice Plan 3a: 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)
  
- Reinforce lessons from Monday/Tuesday

### 6-6:10 p.m. OR 7:15 - 7:25 p.m.

1. Warm Up:  
Shadow  
Dribbling

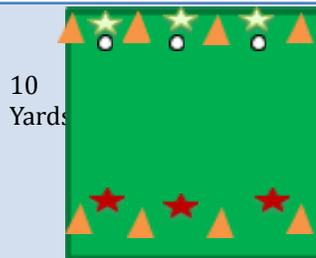
- Players are in pairs with one ball.
- Player A (white stars) has the ball dribbles towards his/her partner (player B).
- The defending partner (B) does a slow retreat while staying within one yard of the dribbler (A).  
(Do not try to steal the ball, just work on defensive posture here.)
- Player B shadows the moves of the dribbler as s(he) dribbles towards him/her.
- After a minute the players switch roles and repeat the exercise.
- Emphasize sideways stance and staying low.



### 6:10-6:40/7:25-7:55 Split into two groups. Switch half way through the time block

2. 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.
- Switch roles after each turn.
- 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.

3. 4 vs. 2

- The defenders (white stars) work together to steal the ball from the blue stars.
- The defender closest to the ball should apply “immediate pressure” to the ball (fast then slow, sideways and low).
- The second defender should stay back to “provide cover” by getting in a position to cut off a pass.
- When the defenders win the ball, the person who was in the longest switches with the attacker who lost the ball or made the last pass.



20 x 20 yard grid

- Emphasize pressure and cover.
- Ask players to “freeze” to make a point about where the defender should stand to cut off a pass or to cover for his/her partner defender.
- First defender should apply immediate pressure and should not dive in or stab at the ball
- Good team defending requires the defenders to talk to each other (for example: I’ll go to the ball) AND deciding how and when to provide “cover”

6:40-7 p.m. OR 7:55-8:15 p.m.

4. Scrimmage

Divide group into even teams (no subs) and play on the **width** of each field.

**\*\* Please use this time to talk about what to do in a game. \*\***

**Discuss game situations during the scrimmage.**

**“Freeze” play to make your point to the team.**

- Reinforce lessons from training during the scrimmage.
- Do not place all players in one full field game. We want the players to get a lot of touches on the ball.

**Homework:** Who can keep the ball in the air longest using only their feet and thighs? **Please announce Cutters Juggling Club to players.**