

Week 3: Defending

Cutters Community Soccer

Coaching Points – Fast to Slow, Sideways and Low


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

- 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 for the ball: Wait until you know you can win it (bad touch, player’s back to you or head down)


6-6:10 p.m.

1. Warm Up: Shadow Dribbling	<ul style="list-style-type: none"> • Group demonstration of the skills for the day with emphasis on the coaching points. • Players work on the defensive stance: staying low and staggered. • Players are in pairs with one ball. • Player A 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. <p>After a minute the players switch roles and repeat the exercise.</p>
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6:10-6:25p.m.

2. 1v1 defending	<ul style="list-style-type: none"> • 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. 		<ul style="list-style-type: none"> • Emphasize defending • Defender moves fast to the ball (take long steps), but then slows (take short steps) to maintain control while trying to win the ball. • If the players understand well, you can talk about positioning: sideways and low stance • Players must have physical control & emotional restraint ☺
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6:25-6:30 p.m. – Defending in pairs

3. 2 v 2 defending	<ul style="list-style-type: none"> • This exercise will teach players to work together instead of two defenders rushing to the ball. • Setup two goals with cones □ • Have the players get in teams of 2 players. • Players will try to score goals, like in a normal game, but the coaching points should focus on good defense. 	<p>Limit the field to 10-15 yards.</p> 	<ul style="list-style-type: none"> • 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.” • If possible, remind the players that they don’t have to kick the ball away on defense, but can take control of it and head to the other goal.
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6:30-6:40 p.m.

4. 2 v 2 to two goals	<ul style="list-style-type: none"> • Set up two goals at both ends. • 2 players play against 2 players trying to score on either goal. • If you have enough players, set up two fields. If not, rotate in players for ones on the field every 45 seconds. 		<p>Remember both players do not need to go to the ball at the same time.</p> <p>Discuss spacing for defending.</p>
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6:40-7 p.m.

5. Scrimmage	Ask the other team on your field if they would like to scrimmage tonight.	If your team is enjoying playing with four goals, you can continue using all four goals for the scrimmage.	<ul style="list-style-type: none"> • Reinforce lessons from training during the scrimmage. • Work on using a diamond shape for your team in the game.
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Homework: Work on your dribbling moves, defensive posture, and juggling!

