

Milton YS -- Week 6: Pressuring defending

Category: Tactical: Defensive principles

Difficulty: Academy Sessions



Hermes Lima Soccer Academy, Quincy, United States of America

Defending - Pressing & Tackling (25 mins)

Organization:

3 lines A - B - C

15 x 20

Rotate lines after 4 minutes intervals.

Switch side of the pass after everybody rotated lines.

Instructions:

A will pass to B, B will then pass to C who will play 1v1 with A.

If A steals the ball and scores = 2pts

If C scores = 1pt

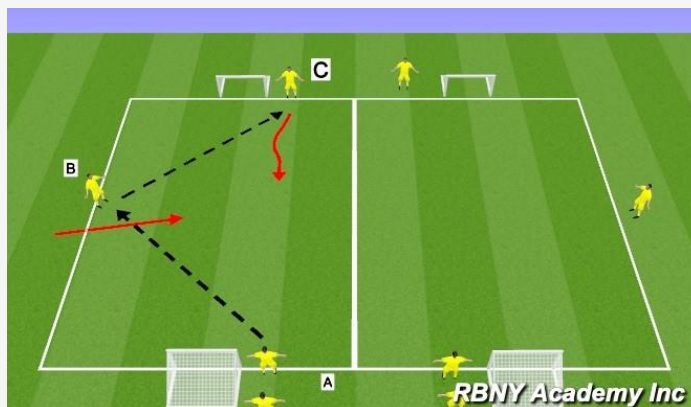
Coaching Points:

- Close the space down quickly
- When to tackle
- Aggressive

Progressions/Regressions:

P. 2v1 - One defender

R. Coach plays the ball to B, or just straight to C.



2v1 Defending (20 mins)

Organization:

- As shown. 2v1's

- 3 lines A B C

Instructions:

- Attackers attempt to score in goal

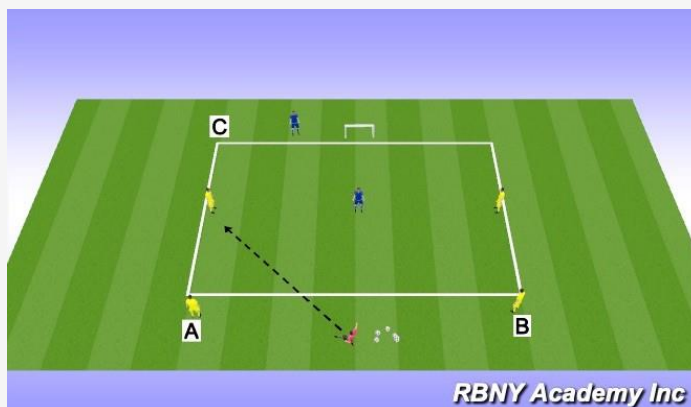
- Defenders attempt to win the ball and dribble out or play to server

- Server plays ball into attackers every time

Coaching Points:

- Angle of pressure
- Timing of press
- Pressing through

Progressions:



Conditioned game (25 mins)

Organization:

- Half field

- 2 teams

Instructions:

- Regular play but if the defender team can steal the ball on the offensive side and score, they get 3 points.

- Regular goals count for 1.

Coaching Points:

- High pressure to win the ball on the other team's half.
- Once a team wins it on their own half can they go forward quick to prevent the other team from getting 3 points.

Progressions/Regressions:

- P. Everybody on your team must be on the other side of the field before you can score.

- R. If they can just steal the ball on the other team's half is 3 points.



Scrimmage (20 mins)

Organization:

5v5 - Adjust to numbers

Instructions:

- Scrimmage
- FIFA Rules

Coaching Points:

- Attacking and defending principles of play.
- Bring out topic of the day.

Progressions/Regressions:

P. Limited touches.

