



PEI SOCCER - 2v2 DEFENDING

Category: Technical: Defensive skills
Difficulty: Moderate

Reseller-Club: Premier Users' Club
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Warm up

DYNAMIC WARM UP

EQUIPMENT:

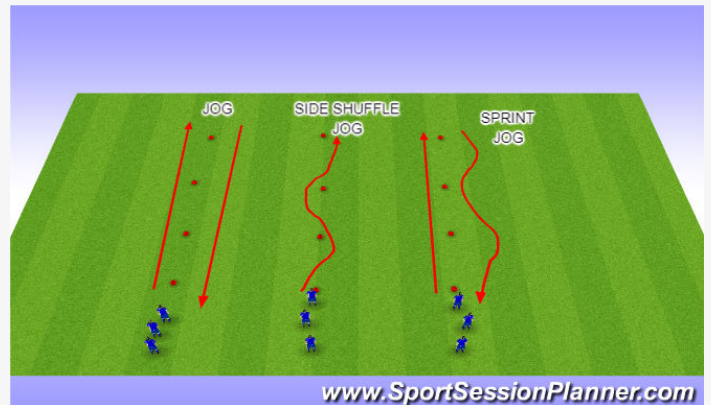
12 cones

SET UP:

Set out four cones in a straight line 10 yards apart

INSTRUCTIONS:

1. Jog to the fourth cone and back - repeat twice
2. Side shuffle to fourth cone and jog back to the line - repeat twice
3. Open gate to second cone - close gate to fourth cone - repeat once
4. Sprint to fourth cone and jog back to line- repeat once



SSG

SMALL SIDED GAME

EQUIPMENT:

18 Cones

10 Pinnies (5 red & 5 blue)

INSTRUCTIONS:

5 V 5 (red v blue)

Normal game rules apply

Red scores by dribbling through one of the "R" gates

Blue scores by dribbling through one of the "B" gates

COACHING POINTS:

Team shape - defending team should get closer together and more compact.

Defending team should all move together in relation to the ball, opposition and their own goals.

Pressure - players reaction when there is no pressure or good pressure on the ball carrier.

Marking and tracking opponents movement.



2v2 defending

EQUIPMENT:

16 pinnies (8 blue & 8 red)

16 cones

SET UP:

20x12 grid

2 gates "B" set up at the defenders end

1 gate "R" at the opposite end next to blue attackers

INSTRUCTIONS:

The first player in each line gets ready to enter the play. (2 reds & 2 blues).

Each player in one of the red lines has a ball.

The red defender passes to one of the the blue attackers to start the activity.

The two red defenders run out to meet the two blue attackers as the ball travels.

The two blue attackers score by dribbling through one of the two gates "B".

If the red defenders gain possession, they score by dribbling through gate "R".

COACHING POINTS:

First defender

Player closest to the ball slows down and puts pressure on the attacker with the ball.

Defender should angle their run to force the attacker in a specific direction.

Make sure they have a side on body position and ready to jockey and keep feet moving.



Recognize when to step in and win the ball (example; bad touch, slows down or against the line)

Second defender

Adjust distance so they can cover space/defender and support 1st defender

Central position to stop "through" pass (stop attackers passing ball between defenders)

Keep an eye on the ball and your mark

If the ball is passed to your mark, move forward as the ball travels to put pressure on the ball

The 1st defender now drops back and recovers quickly to a central covering position as the ball travels.

Defenders should communicate who is doing what job (pressing/recovering).