

C License Defending 1 Session

Warm Up

In a 20 x 30 grid groups of 2 v 2 going up and down the field to get the idea of defending individually and working with a partner

Small Sided Activity

In a 20 x 30 grid play 2 v 2 winner stays on . Team that loses leaves the field the next 2 players from the losing team enter the field with a ball.
Variation: 3 v 3

Expanded Small Sided Activity

In a 50 wide x 40 long field play 5 v 5 to 6 goals. Blue attacks 3 goals and defends 3 goals play for a set time or to a set score

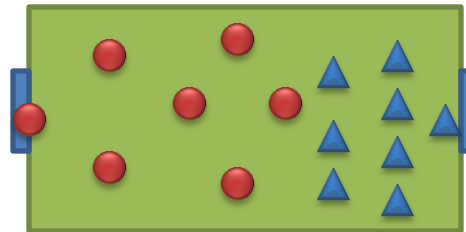
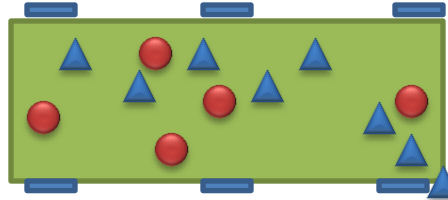
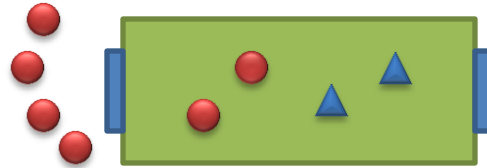
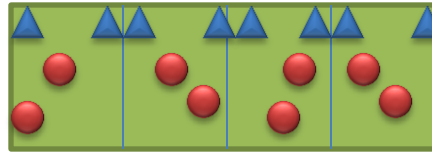
7 v 7 to 2 Goals

In a 60 x 45 field play 7 v 7 all regular soccer rules apply.

Cool Down

Light jog and stretch.

Organization (Diagram)



Key Coaching Points

- Speed of approach (pressure)
- Angle of approach (pressure and cover)
- Distance of approach
- Communication (What to say?)
- Pressuring , speed, angle distance
- Covering angles and distance
- See man see ball (cover)
- Go as the ball goes (cover)
- Switching roles
- Pressure
- Delay
- Transition
- Cover
- Balance
- Compactness
- Angles of recovery
- Transition
- Team shape (in relation to the ball)
- Counter attack.

Static stretching to allow the muscles to recover.

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