



Kentucky Youth Soccer Association

Coach Education Lesson Plan

Adrian Parrish: Technical Director

Topic: Defending Central Areas – Forcing Play Wide

Training Objectives:

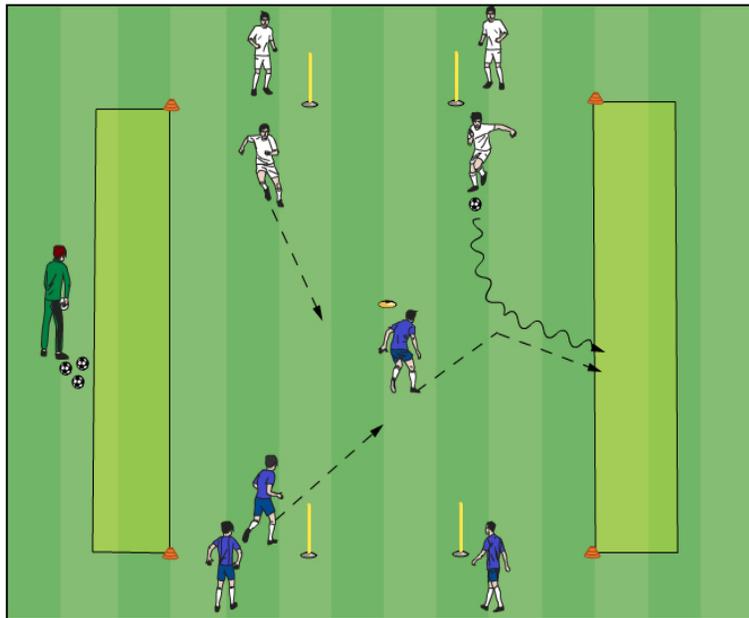
Who: Primary Player - #4, #5, #6 & #8, #1 Secondary Players - #10, #9.

When: The opposition is possession of the ball in and building up an attacking in the middle of the field

Where: Centrally in the middle and defensive third, top of the penalty box

What: Improving the teams ability to apply and understand the principles of defending (pressure, cover, balance, compactness, control and restraint. Denying space in behind and forcing the play away from the goal.

Why: To prevent the opposition scoring opportunities by maintaining a balanced defensive shape by remaining compact and forcing them to turn the ball over so a counter attack can occur



Duration: 10 Min

Activity Intensity: Low

Repetitions: 15

Activity Time: 30 secs

Recovery : 45 secs

Organization

An area of 24 yard x 15 yard with two zones on the sides. A gate is placed at the end of the grid. Coach plays the ball into the attacking players who try to dribble through the gate. One defender starts half way up the grid and applies the pressure and is joined by a second defender. If they force the dribbler into a zone, they win a point. Progress to winning the ball and counter attacking to the gate.

Coaching Points

Immediate pressure, angle and speed of approach, body shape, step across the attacker if they take a big touch, supporting angle and distance of second defender, communication and information provided by second defender

Duration: 20 Min

Activity Intensity: High

Repetitions: 12

Activity Time: 90 secs

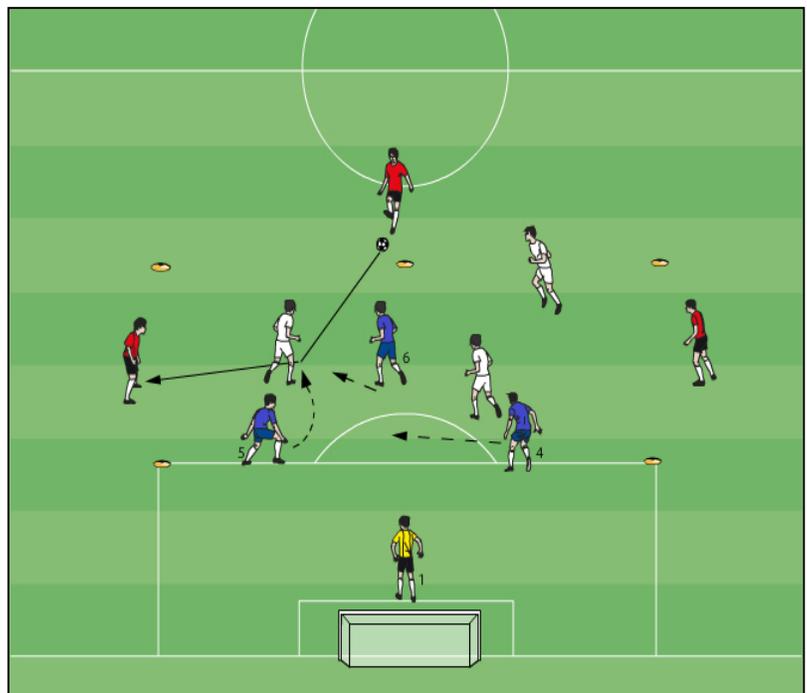
Recovery : 45 secs

Organization

36 yard x 44 yard grid. Three teams of three players and one keeper. Two teams play in the grid with one team acting as bumper players. Bumper players cannot pass to each other. The attacking team scores in the big goal. Defensive team scores by winning possession and finding the bumper player at the top of the grid. Switch teams after 90 seconds

Coaching Points

Immediate pressure, not allowing time and space for the attackers to turn, body shape and angle (keeping an eye on the ball) second defender needs to be opened up so they can see both ball and man. Keeper stays connected with the defenders, #6 defends from the front but checks shoulders to cut out passing lanes.

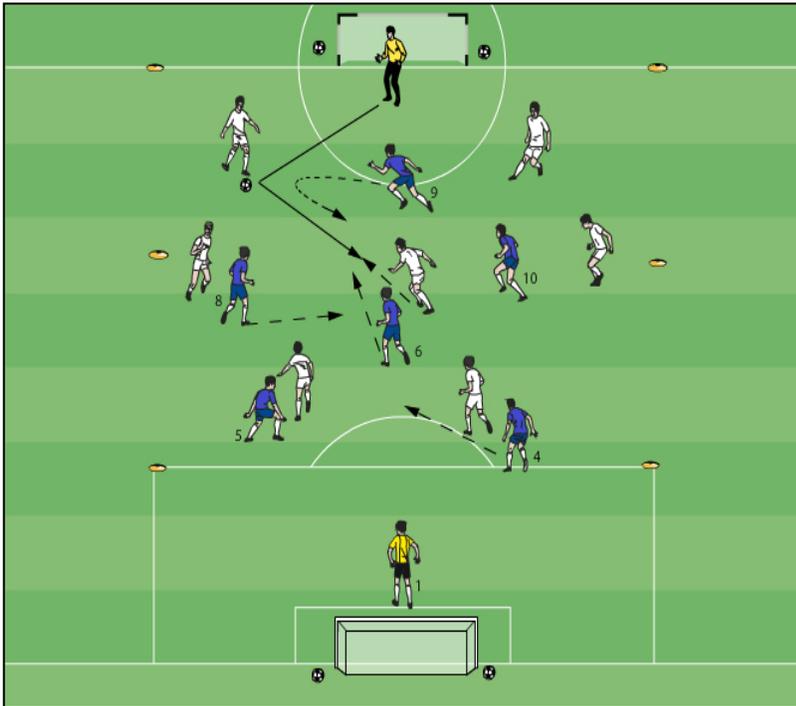




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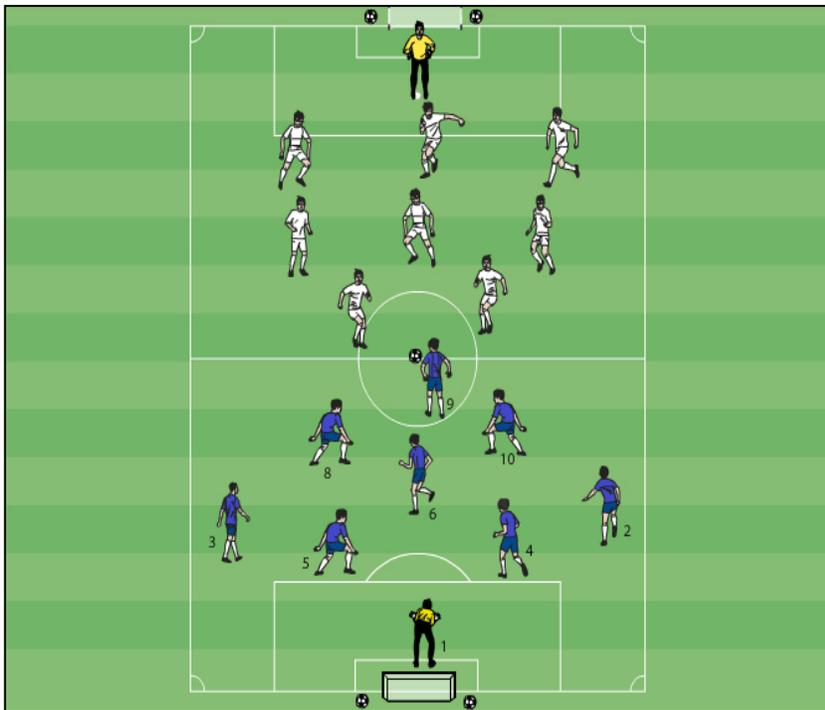
Topic: Defending Central Areas – Forcing Play Wide



Duration: 35 Min **Activity Intensity: High**
Repetitions: 7 **Activity Time: 4 mins**
Recovery : 90 secs

Organization
 52 yard x 44 yard grid. Playing to two big goals with offside rules apply. No corner, if a corner is won the ball goes back to the keeper of the team who won the corner. 7 v 8, the defensive team plays with 7 in a 1-2-3-1 formation against the team on 8 in a 1-2-3-2 formation.

Coaching Points
 Team shape, to allow the ball to wide, to come back in and then try to win possession.
 Compactness and being patient by not chasing the ball, if possible create a pressure pocket and lock the opposition in on the sideline. The spacing between the #1 and back line. Technique of tackling (block, poke and slide)



Duration: 30 Min **Activity Intensity: Medium**
Repetitions: 3 **Activity Time: 8 min**
Recovery: 2 min

Organization
 9v9 including all FIFA rules. Defensive team plays in a 1-4-3-1 formation versus a 1-3-3-1 formation . Encourage the team you are coaching to force the play wide when the opponents are in possession to try and eventually win possession in wide areas or forced back centrally for it to be intercepted on challenged.

Coaching Points.
 As previously mentioned in Stages I thru III. Allow players to play and make decisions for themselves.