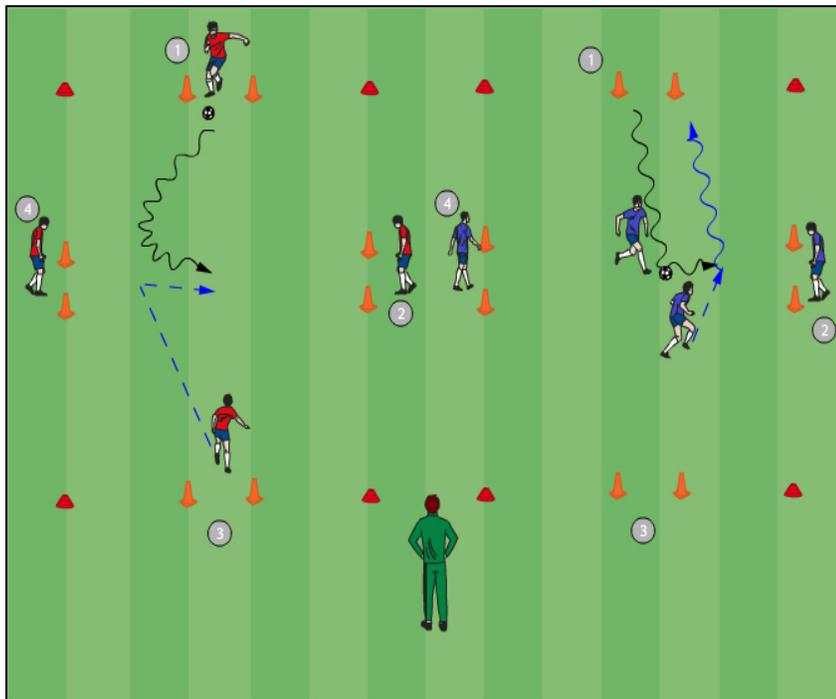




**Kentucky Youth Soccer Association**  
**Olympic Development Program**  
**Adrian Parrish: Technical Director**  
**Topic: Defending in Small Groups**



**Duration: 12 Min**

**Activity Intensity: Low/Med**

**Repetitions: 12**

**Activity Time: 30 secs**

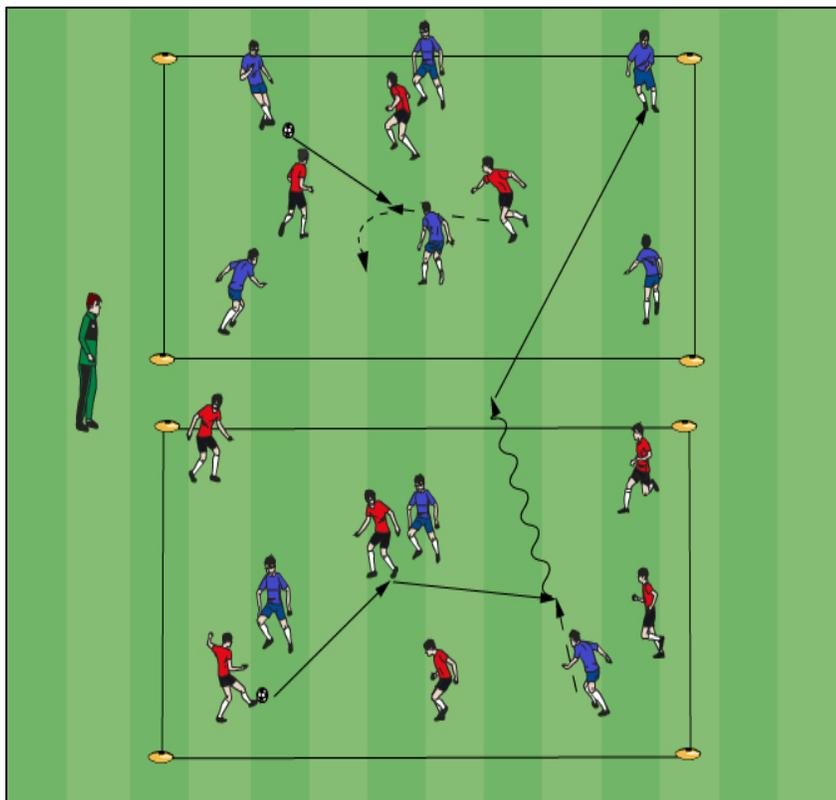
**Recovery: 30 sec**

**Organization**

Grids are 18x18 yards with gates approx 1 yard apart placed centrally on each side. Each gate is numbered 1 thru 4 with 1 or 2 players standing in each gate. Coach yells out two numbers. First number is the attacking, second number is the defender. Attacking can score in any of the two gates that were not called out. If the defender wins it, they attack the goal from which the attacker started.

**Coaching Points**

Make decision on whether to defend the goal or ball, angle and speed of approach, keep your eye on the ball, body stance, be patient and step across the attacker when they take a large touch



**Duration: 24 Min**

**Activity Intensity: Med/High**

**Repetitions: 6**

**Activity Time: 3 mins**

**Recovery: 1 min**

**Organization**

Two grids of 20 x 35 yards with a 3 yard gap in between. 6v3 in each grid. Six attackers keep possession and win a point for every 8 consecutive passes they make. Defenders win a point if they can successfully win the ball and dribble into the gap in between the grids. Attacking team retrieves it

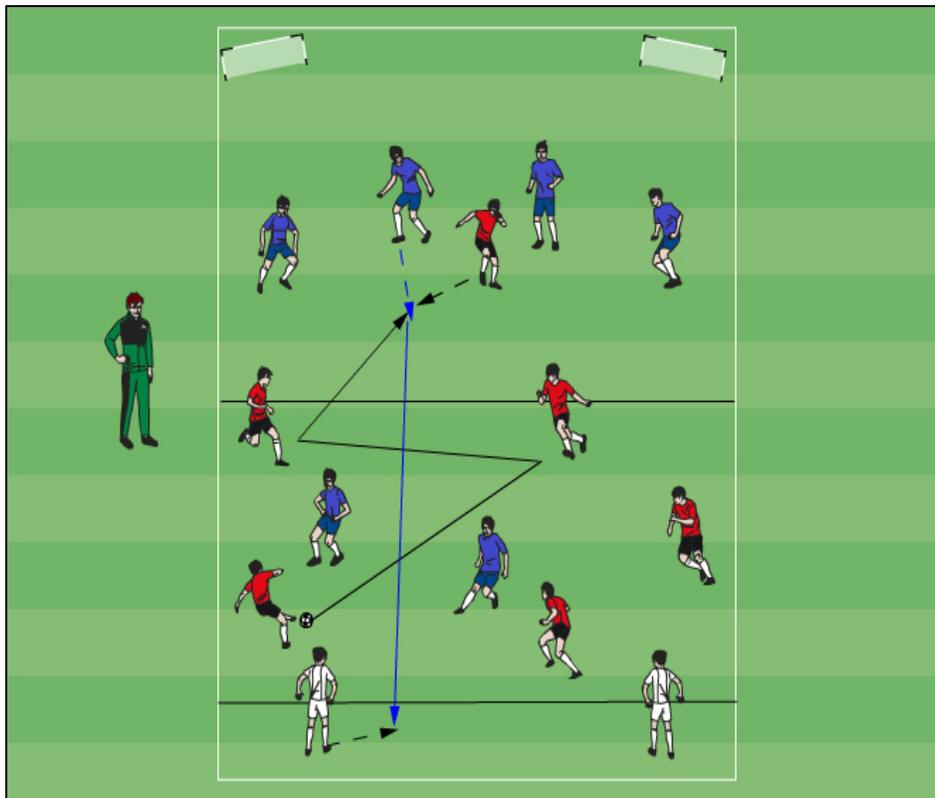
Progress to defenders win and have to dribble into the grid and then play the ball into their teammates in the opposite grid. Attacking team may have both balls on some occasions. Switch defenders every 3 minutes.

**Coaching Points**

Keys of when and where to press the player on the ball, angle and speed of approach which determine the supporting distance of second defender. Staying compact and working together, forcing the opponents to make the mistake



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**Duration: 20 Min**      **Activity Intensity: High**      **Repetitions: 2**      **Activity Time: 8 mins**      **Recovery: 2 min**

6v6 with targets 44 yard x 35 yards and two small goals. Attacking team play's with 5 midfielders and 1 striker, the defensive team plays with 4 defenders and 2 midfielders. Attacking team must complete a minimum of two passes before playing into the attacker in the offensive zone (ball can also be played behind or directly into the goal). When the ball is played, two attackers join the zone. If the defenders win it they score a point by finding a target player. Target players can be used for both teams.

**Coaching Points:** When to drop versus when to press, keeping the play in front, staying compact and balanced as the ball is switched.



**Duration: 20 Min**      **Activity Intensity: Med/High**  
**Repetitions: 2**      **Activity Time: 9 mins**  
**Recovery: 1 min**

Defensive team plays in a 1-4-3-1 formation versus a 1-3-4-1 formation. Normal rules apply

Work on helping players conceptualize their roles of who, when, where and why the press in small groups versus when to drop and stay compact.

**Cool Down**

Light jog and stretch pairs, debrief the session