

COACH EDUCATION LESSON PLAN

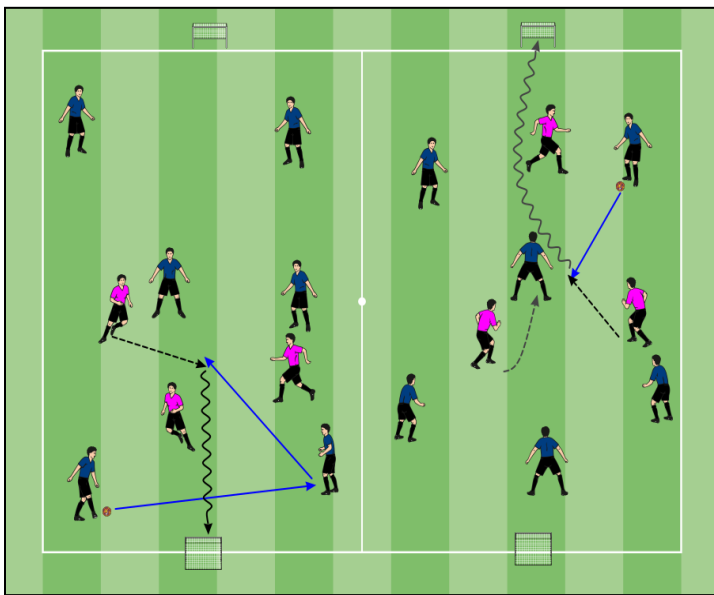
ADRIAN PARRISH, TECHNICAL DIRECTOR

Topic Defending the Space

Training Objectives:

To help the midfield unit recognize when to press as a group versus when to hold off and keep the shape by denying the opposition opportunities to play through (defend the passing lines). The players work as a unit to set up the press and force the opposition to give away possession.

Warm-Up: Light Jog, Stretch and Partner Passing



Organization

Two grids of 20 x 35 yard. 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 pick off possession and score in a pug goal. Progress to allowing attacking team to keep two soccer balls.

Coaching Points

Angle and speed of approach of the first defender will determine the supporting distance of second defender. Staying compact and working together, forcing the opponents to make the mistake by tempting them to play a pass that can be picked off and cause the counter attack

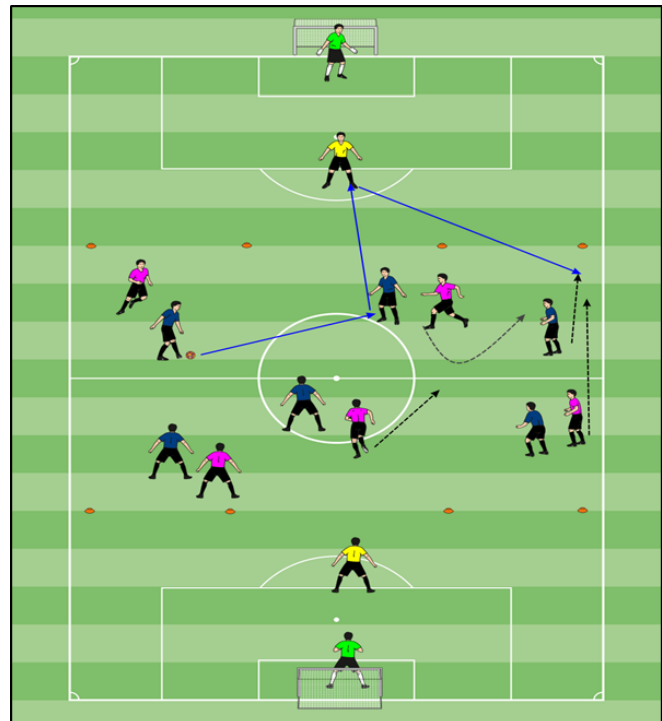
Organization

35 x 60-yard grid divided into thirds. Two Defensive Targets in each third (this player cannot be defended against when in possession and the defensive team has to drop back into the middle third). 6v6 in the middle third and one keeper in each goal. When in possession, players can go into any zone (apart from the targets, they stay in end zones).

Upon winning possession in the middle third, the team goes to goal and tries to score. Target players do not defend.

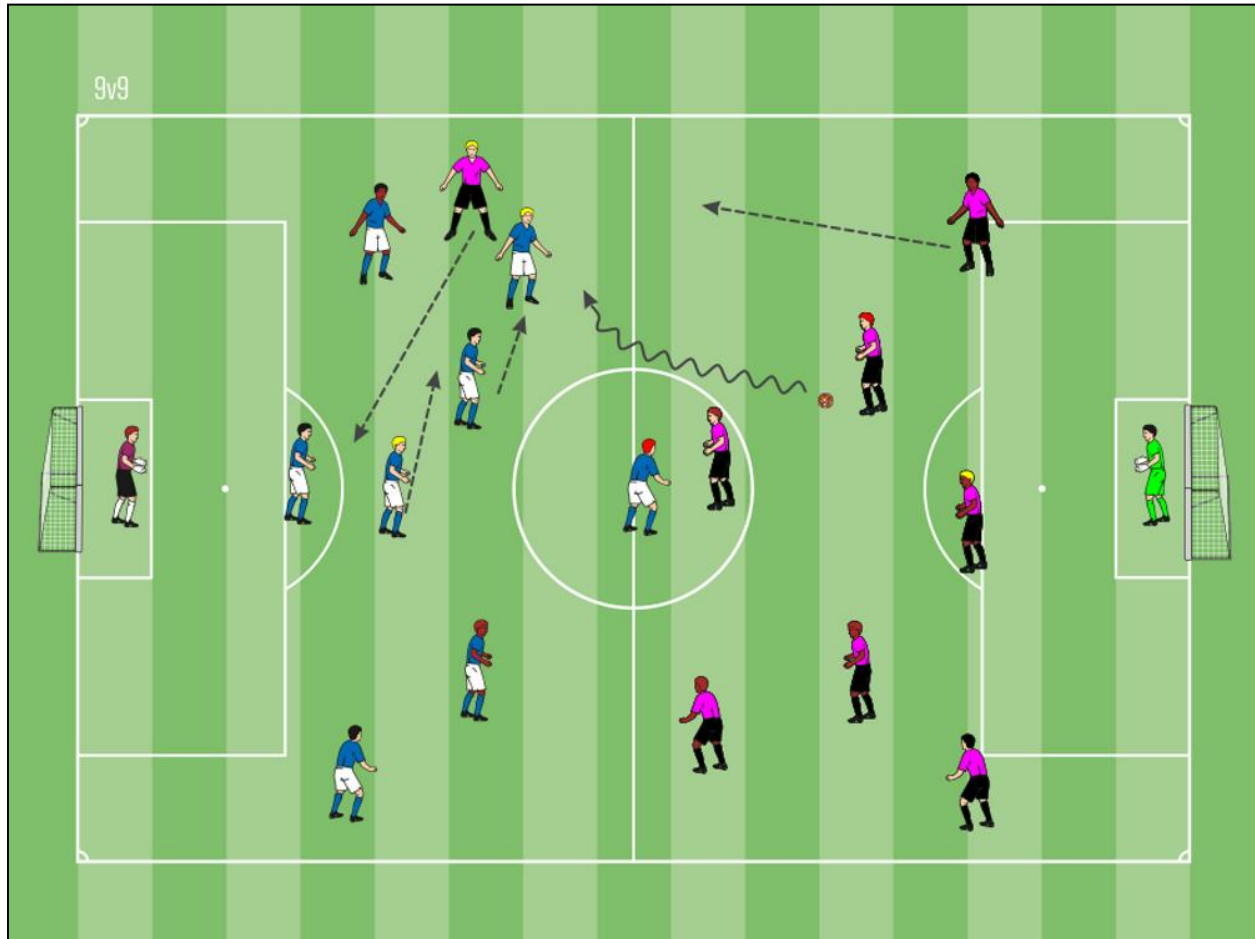
Coaching Points

Keys of when and where to press the player on the ball, angle and speed of approach will determine the supporting distance of second defender. Staying compact and working together, forcing the opponents to make the mistake. Be patient, don't chase, defend the passing lanes. Be organized.



COACH EDUCATION LESSON PLAN

ADRIAN PARRISH, TECHNICAL DIRECTOR



Organization

9v9 Normal Playing Rules defend. Team that you work with plays in 1-3-4-1 versus a 1-3-2-3

Coaching Points & Questions

Keys of when and where to press the player on the ball, angle and speed of approach will determine the supporting distance of second defender. Staying compact and working together, forcing the opponents to make the mistake. Be patient, don't chase, defend the passing lanes. Be organized and communicate to keep the passing lanes closed.

Questions to ask players

1. What should you do to make sure you are not allowing space behind you?
2. Give me some triggers of when you should apply more pressure?
3. How and where do you transition if the ball is penetrated in behind you?
4. What happens if the distance between the defensive players is too compact?