Kentucky Youth Soccer Association
Coach Education Lesson Plan

Topic = Defending in the Attacking Third      Coach= Adrian Parrish

The activities below are set up to work with teams that play in a 4-3-3 formation but can be manipulated to fit the style for any formation

Warm-Up

**Organization**
* 4 Defenders and 3 Strikers are in a 36 x 18 yard area
* The 4 defenders pass the ball back and forth.
* The 3 strikers shadow the balls movement and apply pressure.
* The strikers do not attempt to win the ball, but simply move to apply pressure, cover and balance.

**Coaching Points**
* Pressure, Cover, Balance
* Players move as the ball is in transition
* Body position to force the play back into support
* Dropping back to provide cover and balance after the ball has moved
* Communication

Small Sided Activity

**Organization**
* 6 Defensive Players (inc GK) versus 4 Attacking Players
* Work with the 3 Strikers and one attacking midfielder
* 40 yards long x 46 yards wide
* Defensive team tries to play out and score by dribbling into the end zone area
* Attacking team tries to win it and go and score on the big goal
* Play with an offside rule.
* After either team has scored the activity restarts with the goalkeeper
* Play Throw Ins, No corners

**Coaching Points**
* Pressure, Cover, Balance
* Players move as the ball is in transition
* Body position to force the play back into support
* Dropping back to provide cover and balance after the ball has moved
* Communication

Expanded Small Sided Game

**Organization**
* Phase of play 9 Defenders 4-3-1 in Blue versus 8 Attackers 2-3-3 Yellow
* Defenders score by playing into their target player and dribbling through one of the counter goals.
* Attackers score in the big goal
* Play offside, no corners. Goal is scored start with GK

**Coaching Pictures**
* Apply pressure when defender is facing their own goal
* Apply pressure during a long pass. Can you double team or intercept the pass
* When ball is played into the midfield defend from the front
* Create a pressure pocket. Force the ball to a technically inferior player
* Center Mid, needs to keep looking behind and stop balls from being played into the strikers feet
* Midfielders to defend on the shoulder which would be goal side
* Tracking back to force the play to the side
* Balancing defenders need to keep hips and body open
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Game

Organization
* 9 v9 game, playing in a 1-3-2-3
* Divide the field in to thirds. If the team wins the ball in the attacking third and goes on to score its worth 3 Goals, middle third its worth 2 Goals, defensive third 1 Goal
* Play game for 15-20 minutes before lifting restriction and allowing free play
* Help player see the pictures of when we really want them to defend in the attacking third or force the play back into the attacking third.