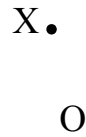
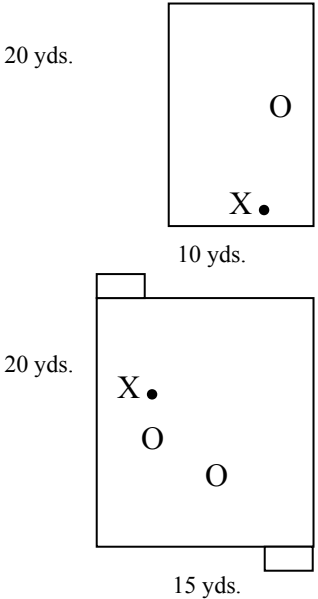
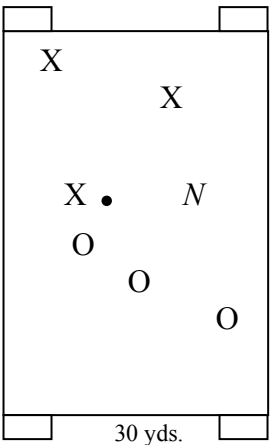
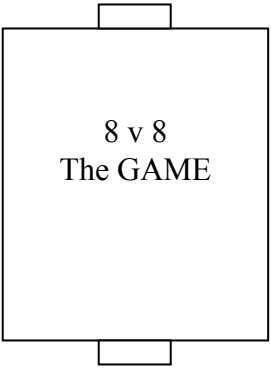


Topic: **Defending Pressure/Cover/Balance**

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted</b>			
<p>In pairs, one ball between two. “Shadow” exercises working on proper defending position and body shape. Alternate the attacker and defender throughout. Stretch.</p>	<ul style="list-style-type: none"> <li>▪ 1 v 1 defending with players going directly at each other (fundamentals).</li> <li>▪ 1 v 1 defending with players facing each other and the ball being played away at an angle (angle of approach).</li> <li>▪ 1 v 1 defending facing one another with the defender playing the ball through the attacker’s legs (close space).</li> </ul>		<ul style="list-style-type: none"> <li>✓ Pressure responsibilities</li> <li>✓ Proper body position and shape</li> <li>✓ Speed and angle of approach</li> <li>✓ Quick reactions and closing space accordingly</li> <li>✓ Patience – don’t over commit</li> </ul>
<b>Restricted</b>			
<p>1 v 1, 1 v 2, and 2 v 2 defending exercises in channels (10 x 20 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ 1 v 1 line soccer with players feeding the ball. Play is continuous until someone scores or the ball goes out of bounds. Repeat.</li> <li>▪ 1 v 2 defending in [wider] channel (15 x 20) with small goals at each end or corners. Play is continuous until someone scores or the ball goes out of bounds. Repeat.</li> <li>▪ 2 v 2 (same as second variation).</li> </ul>		<ul style="list-style-type: none"> <li>✓ Pressure and cover responsibilities</li> <li>✓ Close down space quickly and under control</li> <li>✓ Select a proper angle of approach and cover</li> <li>✓ Decision when to get tight or to simply “shadow” the attacker</li> <li>✓ Communication between defenders</li> </ul>

Topic: **Defending Pressure/Cover/Balance**

<b>Counter Goals and/or Lines</b>			
<p>3 v 3 + 1 directional game (30 x 40 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> <li>▪ Line soccer or add 2-3 small goals on touchline or corners to score.</li> <li>▪ Option to play this exercise rotating the length or width to change the demand on the defending group.</li> </ul>	<p>40 yds.</p>  <p>30 yds.</p>	<ul style="list-style-type: none"> <li>✓ Pressure, cover and balance responsibilities</li> <li>✓ Visual and verbal communication between players</li> <li>✓ Proper defensive shape and balance with movement of the ball</li> <li>✓ Visual cues from the attacking team</li> <li>✓ Zonal defending</li> </ul>
<b>Two Goals</b>			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> <li>▪ No restrictions.</li> </ul>	<p>70 yds.</p>  <p>50 yds.</p>	<ul style="list-style-type: none"> <li>✓ Immediate pressure to the ball at all times</li> <li>✓ Defending shape and balance with movement of the ball</li> <li>✓ Compactness of the field (limit attacking space and options)</li> <li>✓ Zonal defending</li> <li>✓ Counter attack</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>