

## Topic: Defending – Pressure and Cover (Roles of the 1<sup>st</sup> and 2<sup>nd</sup> Defenders)

**Objective: To improve the players' ability to defend and recognize when and how to pressure and cover**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Pressure Cover Warm-Up:</u></b>            3 players with one soccer ball. Two players about 10 yards apart pass and move with each other. The third player moves with the group staying about 10 yards away. One of the players passes a ball to the third while his teammate immediately applies pressure (1<sup>st</sup> defender). The passer becomes the cover player (2<sup>nd</sup> defender). Player three tries to split defender with a one touch pass or a dribble.</p>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> defender should bend his/her run to press attacker and force the opponent in the direction he/she wants him/her to go</li> <li>• Approach fast, arrive slow</li> <li>• Defensive stance-on their toes, knees bent, one foot forward, one foot back</li> <li>• 1<sup>st</sup> Defender “Ball”</li> <li>• 2<sup>nd</sup> Defender “Force him left/right”</li> </ul> <p style="text-align: right;"><i>Time: 10 Minutes</i></p>
<b>Small Sided Game</b>	<b>Organization</b>	<b>Coaching Pts.</b>
	<p><b><u>2v2 to Two Small Goals:</u></b>            In a 15x20 yd. grid with small goals on each end line, play 2v2 matches. Rotate teams to different fields. You could play matches with off sides.</p>	<ul style="list-style-type: none"> <li>• Speed and angle of approach</li> <li>• Pressing defender forces head down of attacker</li> <li>• Covering defender is positioned about 30 degrees behind pressure</li> <li>• Patience; do not over- commit</li> <li>• Good communication to facilitate role switching while defending</li> </ul> <p style="text-align: right;"><i>Time: 20 Minutes</i></p>
<b>Exp. Small Sided Game</b>	<b>Organization</b>	<b>Coaching Pts.</b>
	<p><b><u>4v4 to Small Goals:</u></b>            In a grid, two teams will play to score in the goals. Players will defend, applying the principles and roles of 1<sup>st</sup>, 2<sup>nd</sup> and start introducing the 3<sup>rd</sup> defending roles.</p>	<p>All of the above plus:</p> <ul style="list-style-type: none"> <li>• Recognizing when to be the 1<sup>st</sup> and 2<sup>nd</sup> defender</li> <li>• Shape and communication</li> <li>• Visual and verbal cues               <ul style="list-style-type: none"> <li>○ When and how to switch</li> <li>○ Angle of coverage</li> <li>○ When and how to tackle</li> </ul> </li> </ul> <p style="text-align: right;"><i>Time: 25 Minutes</i></p>
<b>Game</b>	<b>Organization</b>	<b>Coaching Pts.</b>
<b>6v6 or 8v8 Scrimmage</b>	<p>Play with goalkeepers in an appropriate size field for the number of players. As the game is going on, praise successful defending and connection by the 1<sup>st</sup> and 2<sup>nd</sup> defenders</p>	<ul style="list-style-type: none"> <li>• All of the above</li> <li>• Goalkeeper communication with defenders</li> </ul> <p style="text-align: right;"><i>Time: 30 Minutes</i></p>
<b>COOL DOWN</b>	Activities to reduce heart rate, static stretching & review session. <b>Time: 5 Minutes</b>	