



MASSACHUSETTS YOUTH SOCCER

Season Spring 2016

Topic

DEFENDING 1 - PRESURE, DELAY, COVER

Objectives (5 W's)

Who: #2, #3, #4 **Where:** In the central and flank channels of the field
What: Pressure: Speed and angle of approach, Pressing distance, Body shape, Foot work, Type of tackle, Delay, Cover: Angle and distance **When:** As soon as you loss possessions of the ball **Why:** To deny penetration and shooting opportunities

Organization

Duration 12 mins Intensity Med-High

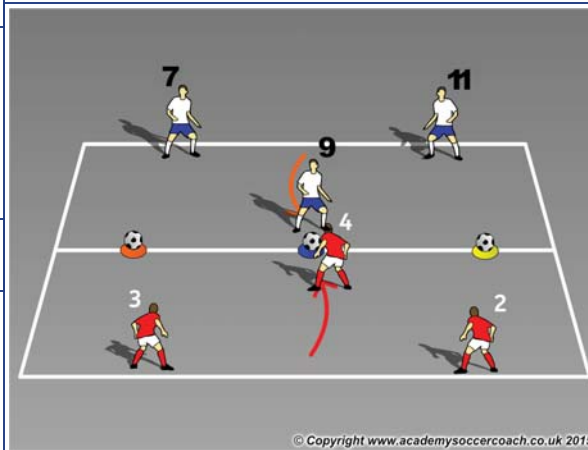
- Area: Set up in a straight line three cones of different colors with a ball on the top
- Target team (Red): #2, #3, #4 - Opposition team (White): #7, #9, #11 - Place 2 players about 5 yards away from each side of the cone. At coaches command (BLUE!) the players will pressure the indicated cone. Intervals ~ 1: Pressure the cone ~ 2: Pressure and Delay (Jockey back) ~ 3: Pressure and cover (all three players)

Coaching Points

Activity Time 2 mins Rest 1min Intervals 4

- What? Technique of Defending:
 - ~ Pressure: Speed of Approach, Angle of approach, Pressing distance, Body shape and foot work
 - ~ Delay: Jockeying (Back pedaling), Foot work
 - ~ Cover: Angle/distance of cover, What does he/she say to the pressing defender?

Stage 1 Pressure, Delay and Cover Box



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Stage 2 4 v4 - 5 Seconds Press Game



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Organization

Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11 - When a player loses the ball the team has 5 seconds to pressure, deny penetration, and win the ball back. If the Red team regains possession they get 5 points, if they score they get 10 points. If White scores all points eliminated for Red.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

- What? Technique - Speed and angle of approach, Pressing distance, Body shape, foot work, Type of tackle (Poke or Block) - Angle, speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? Cover: Who? Where? When?

Organization

Duration 18 mins Intensity Medium

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time 7 mins Rest 2mins Intervals 2

- What? Technique - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackle (Poke or Block) - Angle, speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why?

Stage 3 4v4 to Goal



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Stage 4 - 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #4 to work together to regain the ball

Coaching Points

Technical Execution, Roles and responsibilities of #2, #3, #4. Defending Principles, 5W's, Speed of Play.