


TOPIC: Coaching Defending Principles in a 4 v 4 Small-sided Game (U12)

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
TECHNICAL WARM-UP		•In 3's •Play ball then close down, attacker takes on defender a few steps (Pressure) •Cues: (1) stop ball, (2) let ball role (3) turn away from pressure OBJECTIVE: Create a mindset to defend	•closing down/pressure •angle of approach •body shape, foot position •delay •deny turn •decision to tackle
SMALL-SIDED ACTIVITY		(30x40) 4v4 to end zones Prevent opponent from penetrating into the end zone. OBJECTIVE: Defend the line	•Isolate the ball carrier and put their head down. •Eliminate passing angle •Control pace and angle of ball carrier •sharing workload/exchanging roles •communication (What information can your teammates communicate to you visually and verbally?)
EXPANDED SMALL-SIDED ACTIVITY		(30x40) 4v4 to small goals OBJECTIVE: Defend the goal in small groups	•Pressuring angle determines covering angle and distance (Predictability) •Switching roles (step and drop) •intercept pass/deny turn/delay •Awareness of space in behind •tracking •Can you see the player your marking and the ball?
MATCH		(60x40) 6v6 (2-1-2) OBJECTIVE: Defensive organization	•Pressure •Cover •Balance •Compactness •All defenders see all attackers and ball CONCENTRATION