

INSTRUCTOR: TOM KOUZMANIS

COURSE: "B" License

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TOPIC: IMPROVING DEFENDING IN WIDE AREAS

Required for session: 18 field players total for session (stage 2-3). Soccer balls + Flag poles + pinnies: 9 attackers, 9 defenders + 2 for GK's + cones + field markings

STAGE	OBJECTIVES	EXERCISE DIAGRAMS	KEY COACHING POINTS
<p>TECHNICAL WARM-UP</p> <p>10 mins with dynamic stretching in-between each segment</p>	<p>Play ball to opposing player to create a 1v1 situation down the touchline of the grid. Opposing player is trying to cross the endline to 'score' a point. The warm up is to re-enact a wide player closing down the wide attacking flank player. objective is to get wide player to stop forward penetration or force him to go back away from goal. Defender can win the ball also if an opportunity arises. Progress to 2v2</p>		<ul style="list-style-type: none"> - Defender trying to pressure quickly and close gap/space. - <u>Technique:</u> Speed of approach, angle of approach, distance to attacker arm length apart approx, body shape, lead foot, knees bent slightly, weight on balls of feet, eyes on the ball - force opponent down the line or back to prevent penetration - Jockeying and patience on the ball - Force attacker to make a mistake, entice opponent - Do not dive in and can you look to win the ball
<p>SMALL-SIDED ACTIVITY</p> <p>6 v 7 + 1GK</p> <p>3 target players (also scrvers)</p>	<p>Attacking team is in a 2-1-3 formation. Defending team is in a 4-2-1 formation. Offside line is approx 30 yds out from the goal-line. Goal for attacking team is to score in goal, the goal of the defending team is to win the ball and play to the target players across the field (2 acting as wingers, 1 acting as a striker). Wide defenders looking to pressure quickly, team presses as a unit, trying to prevent forward penetration</p>		<ul style="list-style-type: none"> - Anticipate ball movement & shifting across as ball is moving - Trying and prevent opponents to play wide. If defender cannot close down quickly to pressure, can the defender look to delay? - Same principles as above for technique to look for - Communication among defenders - cover, balance, support play of team - To consider: is the player fast? force player to wrong foot? - Continuation of above principles & techniques - LMF & RMF (#11 & #7) are added to the game - Tucking in and providing cover, support, balance, and shape - Tracking back of players if caught in transition play - creating 2v1 situations defensively on the wings - shifting quickly, prevent 2v1 situations for attacking team - prevent crosses and/or penetrating play - Communication
<p>EXPANDED SMALL-SIDED ACTIVITY</p> <p>9 v 9 + 2GK's</p>	<p>Attacking team: 3-2-1-3+GK formation. Defending team: 4-2-1-2 formation+GK. Offside line is pushed up an additional 5 yards to the 35 yrd line. Attacking team is trying to score, the defending team is looking to win the ball and score in the opponents goal set up at the opponents penalty area. Focus is on the wide players and how they shift and cover individually and as a unit within their lines.</p>		<ul style="list-style-type: none"> - To consider: is the player fast? force player to wrong foot? - Continuation of above principles & techniques - LMF & RMF (#11 & #7) are added to the game - Tucking in and providing cover, support, balance, and shape - Tracking back of players if caught in transition play - creating 2v1 situations defensively on the wings - shifting quickly, prevent 2v1 situations for attacking team - prevent crosses and/or penetrating play - Communication
<p>MATCH</p> <p>11 v 11</p>	<p>11v11 Match. Defend wide play, prevent opponents from attacking down the wings and getting in-behind. Can we draw opposing wingers to be offside?</p>		<ul style="list-style-type: none"> - Continuation of above principles & techniques - applying pressure individually & pressing as a unit on wings - Tucking in and providing cover, support, balance, and shape - Tracking back of players if caught in transition play - creating 2v1 situations defensively on the wings - shifting quickly, prevent 2v1 situations for attacking team - prevent crosses and/or penetrating play - Communication