

# 1 1 V 1 1 T R A N S I T I O N A T T A C K T O D E F E N D

## REINFORCEMENTS

- Love how you organized (midfield, defending, forward) shape right after we lost it - that shows leadership!
- You read that well - great press and recovery as a team!
- Your reaction was immediate - you are locked in and focused! That shows you care about the success of the team!
- Great timing on that press - you saw a cue and your communication helped us (win the ball, recover, stay compact).
- You are preparing before the ball is lost to support in positions to defend quickly - that shows next-level thinking
- Your decision changed the recovery - reading the game like a leader!

## COACHING POINTS

**Goal is to develop coordinated pressing triggers to induce compactness and discipline in the transitional moment to prevent forward counter attacks**

- Press or recover?
  - Can we win it back within five seconds?
  - If not, get organized behind the ball - regain shape
  - Know your lines of confrontation - don't press if not organized
- Roles
  - Deny forward passes first - cut off most dangerous options, track dangerous runs
  - Compact between lines - drop to support behind the ball
  - Communicate with teammates - what are we communicating and when?
  - Who is pressing, are we pressing or dropping, where are they dangerous?

## QUESTIONS

- What should you do when your team loses the ball?
- Who should press first when we lose the ball?
- Why is it important to try and win the ball back quickly here?
- What does "get behind the ball" mean? What does it mean to be compact?
- When should you press and when should you drop behind the ball? What cues help us know it's time to drop versus press?
- How can you help your team delay the opponent's counter? How can we force the other team to play backwards when we lose it?
- What does it mean to "delay" the attacker?
- How can pressing too early hurt the team if you are not organized? What happens when one player presses and other's don't?
- How can we structure our attack so we're ready to defend if we lose the ball
- Does a square pass, rather than a diagonal or vertical pass, create a better counter for the opponent if they win it?
- What is our forwards role in transitioning to defending?

Red - Base level questions    Orange - Mid-level questions    Green - Upper level questions

## NOTES

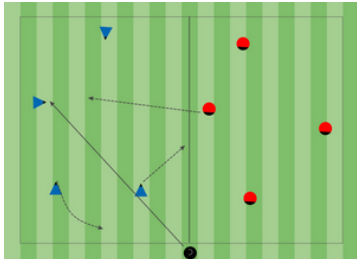
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

## STANDARDS

- Defending
  - Pressure
  - Cover
  - Delay
- Awareness
  - Scanning
  - Body position
  - Quick reaction
- Player Communication
- Preventing Counter-Attack
- Role of 1<sup>st</sup> Defender
  - Where are we forcing?
  - Do we try to win or delay?
- Role of 2<sup>nd</sup> Defender
  - Close gaps, keep them closed
- Individual and Team Discipline

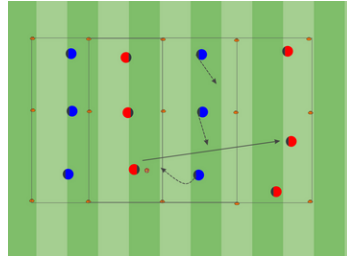
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## D.42 4v1/5v2 Transition



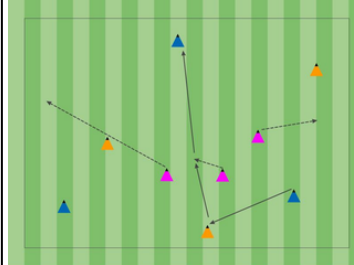
- 2 grids - about 15x25
- 3-5 players in each grid
- Play a ball to one side, then one player goes to defend. If team gets four passes, another player can go. Add until they win it.
- Win a player wins the ball, they play to their side
- Transition quickly
- When we lose it, how many do we have vs them?
- Easier to win it 4v1/5v2 or wait until they play it and have the advantage?

## 2 team - 4 zone



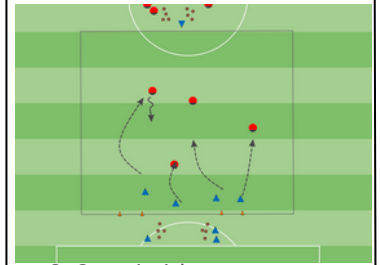
- Four grids - about 10x20 each.
- Score by winning and playing to your team in end zone
- One team in 1<sup>st</sup> and 3<sup>rd</sup> grid, other in 2<sup>nd</sup> and 4<sup>th</sup>
- Play ball only into 2<sup>nd</sup> or 3<sup>rd</sup>
- Five passes or pass across for a point
- One opposing player can go in and win it.
- If defending team wins it, how can we deny them the ability to play quickly to their team?

## 6v3 (3v3v3)



- Three teams of even numbers (3 or 4) in fairly large area
- Two teams trying to keep possession, one team trying to win the ball
- Whichever team loses possession becomes the defending team
  - Guide for a few minutes, "who is on defense", "blue is on defense" - then let them figure it out
- When we lose it, are they in good shape? Win it quickly!

## 4v4 Central



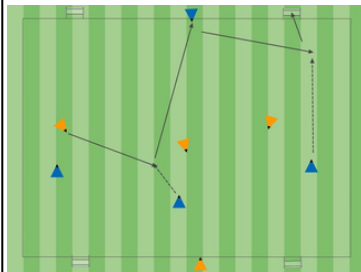
- 3v3 or 4v4 in space as shown above - Can alter numbers
- Play to two goals for attacking team and endline/target for defending team
- Dribbling over endline will allow for quick transition into the attack if they have space
- The target will allow a quick pass forward
- Get immediate pressure if we lose it
- Get cover and compact to prevent target pass
- Close gaps - keep closed

## 1v1 or 2v1 to Goal



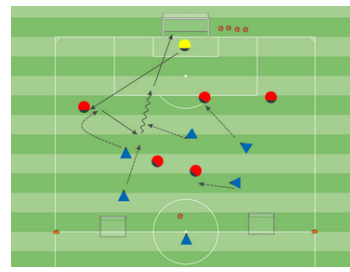
- Area marked as shown - wide areas with a diagonal to central
- 1v1 or 2v1
- GK plays out to 2 or 3 and its 1 v1
- Red dribbles across endline
- Blue wins it and goes to goal quickly
- Can add blue shown at top of 18 WHEN we win the ball to create a 2v1 or pass and touch/shot option
- Prevent quick counter - force wide
- Good GK repetition

## 3v3+1 to 2 goals



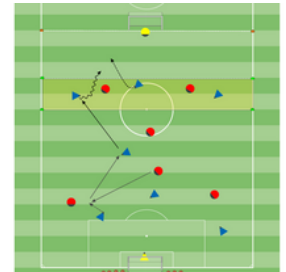
- Area between box and the half line.
- 3v3, 4v4 or 5v5 to targets and two goals
- Teams play to two goals and defend the other two goals
  - Can make it a requirement to play to target
- When we lose it, can we prevent forward movement and cut off pass to target
- Close gaps - keep gaps closed

## 5v5 to GK



- Area between 18 yard line and the half line.
- Can work transition from the back and near opponents goal
- 4v4 or 5v5 with GK and Target
- Blue attempts to win the ball and attack quickly
- Reds attempt to find target and play into goals
- Focus on cutting supporting options, delay, winning through interception, then going to goal/target quickly

## 7v5 +Gk



- Attacking 2/3 of the field
- 7 "coached" players in blue - 5 opposing in red
- 4v4 in half field - 3v2 in endzone area
- Red in endzone can deny a pass, but if ball goes into blue in endzone, opens up to 3v2 to goal
- If we lose the ball, do we win or get shape and delay
- Can we prevent quick counter
- Drop, delay, prevent pass to target
- If successful, may need to alter goals to score in