

BGSC Coach Education Program-DEFENDING

October 24, 2008

Session Plan:

Teaching 1v1 defending with pressure on the ball/opponent leading up to 2v2 and eventually small sided team defending with 3 defenders. The main theme will be "pressure/cover/balance" which is the main principle/formula to defending.

INTRODUCTION - *Pressure and competitiveness:*

The introduction of defending will be in fun and high tempo drills to stress competition and trying to win against an opponent, something that needs to be encouraged to successfully defend

- **Drill 1: Shadow warmup** - this will serve two purposes, 1) to complete a warmup and get the players moving and ready for the session, and 2) introduce positioning as a defender against an attacker that has the ball. The drill will start with passive shadowing, building up to 50% effort with pressure to win the ball, ending with 100% pressure where a battle will occur on my signal for possession of the ball. A 25X30 area is required with a ball between two players.
- **Drill 2: "Catch the tails"** - This intro level drill is meant to provide competition, start teaching the idea of holding up an attacker, and also implement an aggressive mentality to go after an attacker. Will be done in the same 25X30 area. Players must "catch the tail" of their partner before their partner gets to the other side of the grid.
- **Drill 3: 1v1 to score on small goals.** Players compete against their partner to score as many goals as possible in small areas. Players would have been given a brief 30 second water break after drill 2 so I can set up for drill 3 in the same area by simply dropping "goals" that consist of 2 cones in many places. This drill is very hard physically as you are asking for total physical competition and many small sprints between so shouldn't last more than 30 seconds at a time with regular rests.

TECHNICAL - *Understanding levels of pressure, when to attack, and when to drop/cover:*

The second phase of defending will be teaching the principles of defending in drills that stress pressure while still being "small sided" and in small spaces so we can identify the weaknesses of players and teach and correct without having a large game situation.

- **Drill 4: 1v1 in small rectangles.** This will implement and teach body position when pressuring, understanding when to press and when to hold, and how to dictate to the attacker where you want them to actually go to create better ball winning opportunities. The defender passes the ball in to the attacker and then defends her line from the attacker who tries to stop the ball on it. The progression is for the defender to recognize a bad touch by the attacker and either attack early with pressure or hold if the attacker plays a good touch onto the attack so we will back up the distance and ask for harder service after 10 minutes to create a larger playing area and the ability for the defender to read a bad first touch. Rectangles should be 10X15 for U15, but could be 8X12 for U11 or U12....the length will be increased when you are asking the defender to play in a harder ball as the progression to a 10X20.
- **Drill 5: 2v2** will be the progression into a larger space and with awareness introduced now of "cover" and positioning of the partner being introduced. An area of 15X20 is ideal.

GAME - *Implementing into a more realistic game situation:*

The final third of the session is a game related situation where all aspects of the theme are not only possible but enforced by the coach and evident to the players. At this point, when you "freeze" the play, the players should be able to recognize the types of **PRESSURE**, where the **COVER** should be, and whether they are in **BALANCE**....although we are not playing more than 3 defenders, the defending concepts from 1v1 up to multiple defenders is the same. We will play 3v3 in a 25X30 area and many "freezes" of play may be needed for teaching points until a flow is established. The three defenders will be under 2 minutes of high pressure work with the coach serving balls and asking them to adjust defensively and get organized each time.