

Compact Defending II



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Area – 30 x 40 (Three zones, two 30x15 areas and central 10x30)
6v6 is played with two mini goals at each end as shown.

1. The attackers can go in any zone.
2. The defending team must have players in two touching zones.
3. Defenders can also use the halfway line as a 'line of confrontation' and they set a defensive block behind this line and in two zones.
4. When the defenders win the ball, their mindset changes. They spread out and counter or keep controlled possession.

Coaching points:

Team-work and communication
Force the play wide. Get compact and keep compact.
Make play predictable.
Pressure, cover and balance.



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Area: 60 x 40 with two goals with goalkeepers. 7v5 is played on the field. The field has a halfway line marked out. The coach has all the soccer balls.

1. The grey team of 7 players play possession soccer. Wherever the **FIFTH** pass is made, the greys can now attack the goal in the opposite half of the field. When the fifth pass is made, yellows protect the goal greys are attacking and form a defensive screen in that half of the field.
2. If the yellows win the ball, they can score on any goal at any given time.
- 3.. If greys win the ball back, they start the count from one again.
4. Switch roles of the players.

Coaching points: Defense – Work together, stay compact.

Attack – Play with a 1-2 touch mentality, scan the field.



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Area – Full field. 11 v 11. The field is marked out in zones. We will play against the reserves. They have been working on attacking. Look for signs of learning and teamwork.

Coaching points:

Stay compact out of possession. Communication. Work as a unit
Transitions – From A>D and from D>A
Closest player pressure the ball.
If we press high and one goes, we all go.
When does the group set the 'line of confrontation'?
Quality possession when we win the ball.