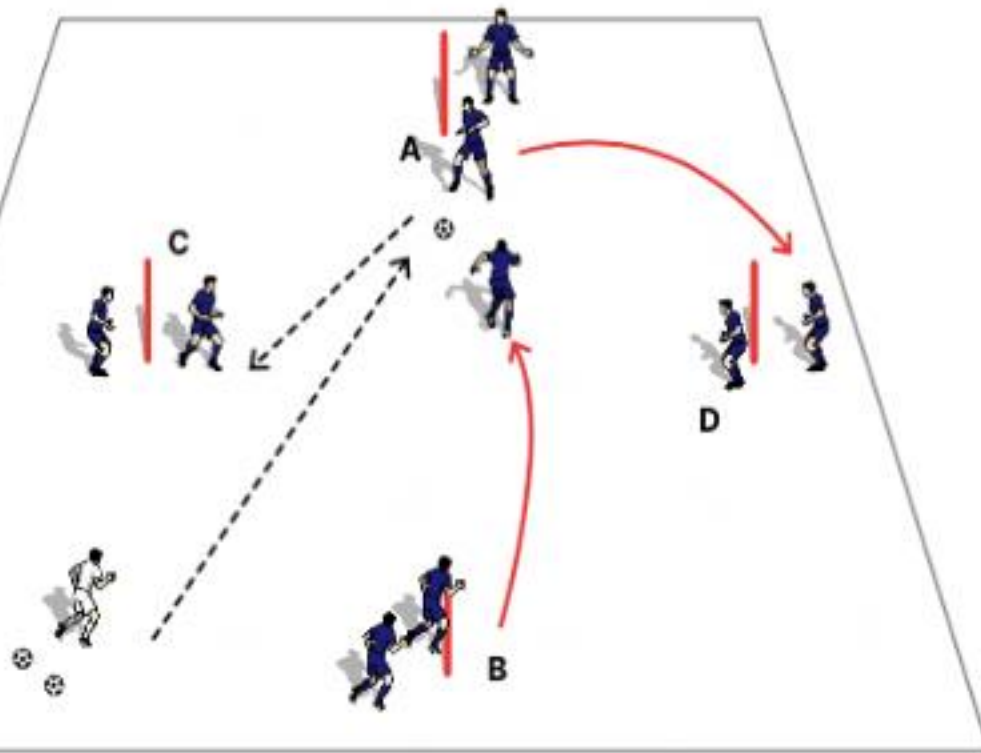


Compact Defending



Technical:
Area – Set up a 10x10 diamond, 2 players on each pole, the coach has the soccer ball. This exercise is working on reactions, forcing play a certain way and quality passing.

1. The coach serves a ball into player A. This is the trigger for player B to press.
2. When player B gets a correct distance from A, player A passes to the right, to player C, and then moves to the left.
3. The opposite player D, then reacts and presses player C, and so on.

Variation: Now pass to the left and move to the right.

Now let the pressing player decide.

Coaching points:

The defensive stance – Reaction when the ball is played. Arc your run. Get low.

Technical/Tactical:

- Defensive stance
- Make the play predictable – Force it one way
- Get compact, stay compact
- Pressure, cover, balance and depth
- Make the tackle

Physical:

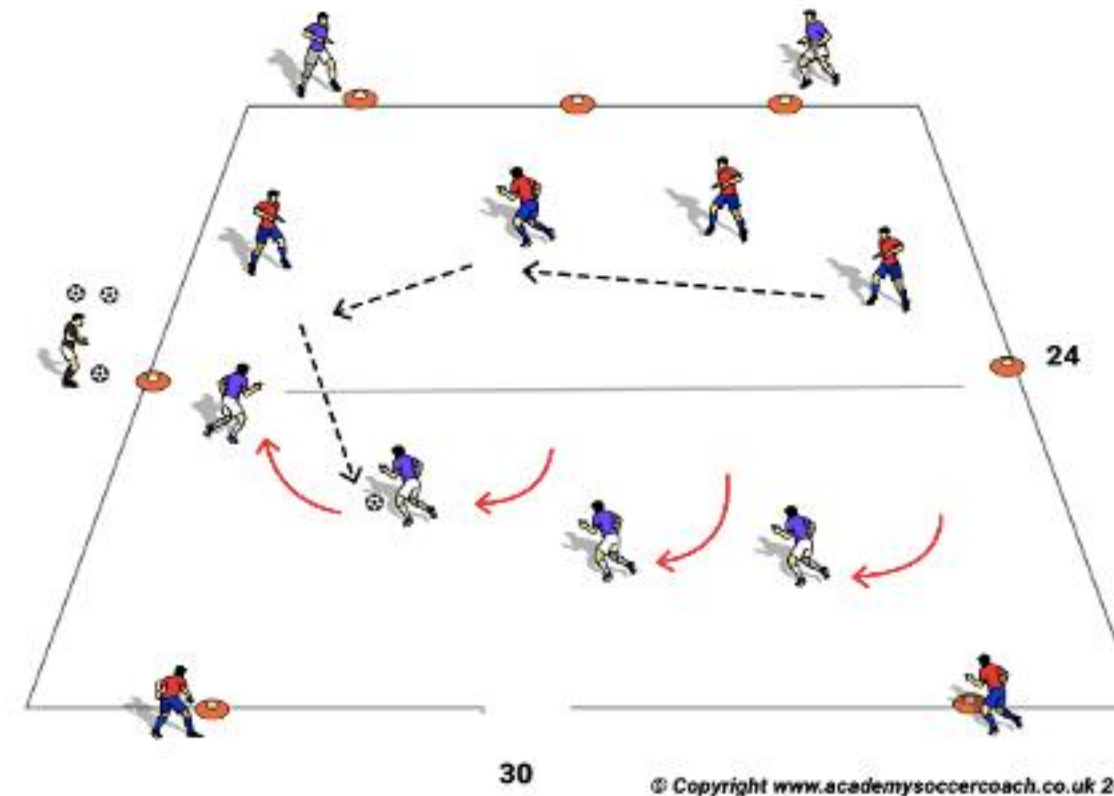
- Competing
- Be at your best – 100%
- Make contact with the player
- Use your body

Mental:

- Listen and focus
- Believe you can win the 1v1
- Understand your role
- Great defenses win championships

Social:

- Be a good teammate
- Enjoy the art of defending
- Applaud good play and help others who got it wrong



Area – 30 x 24
 (Two 24 x 15 areas)
 4v4 with 1 or 2 target players outside the area. The coach has all the soccer balls.

1. The 4 players cannot come outside their area.
2. The coach serves in a ball.
3. The objective of the exercise is for the players in possession to pass to any of the target players. The 'back four' move as a unit and set a defensive block.
4. If a pass is blocked the game continues. If a pass is made to the target players they pass the ball to the opposite team for them to continue. Keep the score.
5. Change target players with defenders.

Coaching points:

Team-work and communication. Make play predictable. We are predicting where we want them to go. Positional sense, angles, balance of the four players. Pressure, cover, balance and depth. It's the attacking teams problem to solve.