



BASA RECREATIONAL SOCCER



Topic: Learning how to defend.

All Age Groups

Activity 1: Create a 20x20 yard grid. Have players begin with a dynamic warm-up. Jogging, stretching and moving, accelerating and stopping, shuffling, etc.

Activity 2: Knee tag. Object of the game is to tag other player's knees. You cannot run in this game you can only shuffle in defensive position, trying not only to avoid being tagged but also trying to take the right opportunity to tag players. **This is fun warm-up game and gets players ready to move in defensive position.

Activity 3: Players get in pairs (for U11 and up players can start with one ball between the pair). Player A faces Player B and is in good sideways on defensive position (chest facing player A, one foot slightly behind the other foot on an angle. If player A is trying to force player to his left there right foot should be back). Player B will slowly zig zag(jogging) at player A who is trying to shuffle backwards to keep Player B in front of them (the players should be approximately 2 yards away. Coaching points: you are looking for good form, quick feet, the ability to shuffle and the ability to drop step in-order to switch directions).

-Next step now player B does the same thing but dribbles the ball at Player A (who is still just trying to shuffle backwards, drop step and keep player in front of them) Player B is still not trying to beat Player A (just trying to get them moving backwards from side to side)

-Next step now Player A moves 10 yards away from player B. Player A passes ball to Player B and tries to put immediate pressure on the ball. While player B tries to dribble by them. Player A is now closing down space and must delay only for the first 5 yards, after 5 yards they can attempt to win ball. (By having this restriction you are encouraging good habits defensively but eliminating diving in).

Example Below: (x=cone, *ball, A/B=players)

**Player A passes across must delay for at least the first 5 yards

x A* x
5yds

x x
5yds

x B x

- 1v1 to lines (no restrictions) add more players to each grid and 5 more yards in length (direct all coaching points to defensive objectives: good positioning, good patience, quick feet, not diving in, when tackling making sure they win ball, etc)

-To work on cover (now that you have focused on pressure and delaying) the cover defender is the second defender behind the ball. With same 1v1 groups now play 1v2 with same rules and objectives. One defender should try and put immediate pressure on attacker while other defender should put themselves in good cover position (a good cover position means if your teammate got beat you could slide over to defend, if you were playing 2v2 you and the player passed you would be able to quickly get across and put pressure on the ball.

Pressure/Cover looks like this (A/D vs B/C) A has ball B is putting pressure on ball, C is in good cover position).

A* D
B
C

Activity 4: Play Steal the bacon. Create a grid 25x35 yards. Create two small goals on end line in center of field. Coach and two lines of players are positioned on one side of the field. Coach calls how many players that are to enter field (1,2,3, etc) Players run around there defensive corner and through the goal they are defending. Coach purposefully plays balls to one specific

player/team/side specifically focusing on the player or team who does not receive the ball. Player/team with ball tries to score a goal, player/team without ball is trying to play solid defense, win the ball and counter attack by scoring at the other end). Start with 1v1 and build up. ***Again coaching points should only be focused on defensive issues.