

Defending – 'D' License session

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Warm-up

Want lots of repetition. Pass and move. Pass and sprint 5 yards to side. Pass and close down (passive) work on footwork. Close down as much as possible as ball is moving. Work on defending footwork as attacking player slowly cuts the ball from side to side. Concentrate on dropping foot, keeping low center of balance, on toes.

Then work on closing and trying to force attacking player the way we want.

Player 1 dribbles towards Player 2 and plays it 3 yards past. Player 2 collects and Player 1 becomes defender. Work on getting close early, don't let player with ball turn. Coach defender. Defender can place his hand on attacker's hip if they want. Try with and without (medium pressure). Use whichever is most comfortable.

Play 1v1 to lines in a 10x15 grid. Coach defender.
Make it 15x20 to 2 yard wide goals.

Play 1v2. Coach is server and can play ball to either side. 1 attacker comes out to ball, 2 defenders come from opposite end. Work on communication from back defender.

Work to 2v2 to small goals (2 yards).

Finish with 4v4 to goals. Talk about shape and pinching in when defending. When defending man to man, get in position near enough and goalside and inside, so player can intercept ball or at least get to player as he gathers his first touch.

Press as a unit. Introduce offside for realism.