



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic: Principles of Defending

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><u>First Defender</u> In a large group the team passes the ball around. The nearest person to the player receiving the ball must place that player under pressure but they do not try to win the ball Progress to the two nearest players to the player receiving the ball placing that player under pressure. The second defender wins a point if they can cut out the next pass being made.</p>	<ul style="list-style-type: none"> * Communication * Immediate Chase * Delay * Pressure
<p>MATCH RELATED ACTIVITY</p>	<p><u>1v1 to goals</u> Set up the grid with two small goals in two opposite corners. Defenders stand next to one goal, attacking players stand next to the other, with one attacking player standing next to the cone as shown in the diagram. The attacking team plays the ball in to the person standing at the cone, who has to try and turn and score past the defender. The defender must win the ball and try and score in to the attacker's goal. Progress to 2 v 2</p>	<ul style="list-style-type: none"> * Read the pass * Immediate Chase * Can the defender cut out the initial pass * Delay * Deny the attacker the opportunity to turn * Force away from the goal <p><u>Progression</u></p> <ul style="list-style-type: none"> * Cover * Balance * Communication
<p>MATCH RELATED ACTIVITY</p>	<p><u>3 v 3 v 3 or 4 v 4 v 4</u> Divide the group in to teams of 3 or 4 players, with two teams placed on each side of the grid and one in the middle. The teams on the outside have a max of 5 passes amongst themselves before they try to play across the other side. If they take more than five or have a bad touch which sends them into the grid then that player must attempt to dribble and play the ball through. If at anytime the defending team win it or cut out the pass, they must attempt to dribble out at the end of the team that made the mistake.</p>	<ul style="list-style-type: none"> * Patience * Shift with the play * Pressure * Cover * Balance * Communication * Concentration
<p>MATCH CONDITION ACTIVITY</p>	<p>Regular Scrimmage Divide the group in too two equal teams Teams now have GK in the goals Have extra balls placed around the field to keep the game moving quickly Emphasize all defending aspects that have just been covered</p>	<p style="text-align: center;"><u>KEY TO DIAGRAMS</u></p> <ul style="list-style-type: none"> ● = Attacking Players ☺ = Defensive Players → = Pass ▲ = Cone/ Disk ○ = Ball - - - - -> = Running ⊘ = Goal