



## Group Defending

**Category:** Tactical: Defensive principles  
**Skill:** First Team

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Individual-Young Member

### 3 vs. 3 vs. 3 Defending Activity (15 mins)

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##### **Organization:**

In a grid 15x20 yds - 3 vs 3 vs 3 (Forward three, Midfield three, and Defensive three)

##### **Activity:**

Play possession. Defensively, the forward three, try to funnel centrally, the midfield three try to funnel centrally or play pressure - cover and avoid being split and the back three play only pressure cover without being split. When ball is won, play with your teammates and team the team that you DID NOT win the ball from.

##### **Coaching Points:**

###### **When funneling**

1. Move together as ball is going from player A to player B
2. Once close eliminate wide options
3. Once wide options are eliminated, close the 1st attacker and force a predictable pass or mistake

###### **Pressure-Cover**

1. Pressure when ball is moving from player to player
2. Do not ball chase but work in tandem with cover player
3. Make pass predictable or force mistake



### Sm Sided Game-Small Group Defending (15 mins)

#### 1v1 to 3v3 Defending (15 min)

##### **Organization:**

Field Size - 30 yds x 25 yds with one large goal and one counter goal. Defenders by the large goal and attackers by the counter goal.

##### **Activity:**

Individual and small group defending. Alternate 1v1 and 2v2 and build up to adding in a 3v3.

##### **Coaching points:**

- Absorb an attacker running at you and force them to the outside (can be inside when there is a cover player)
- Low center of gravity; staggered stance; eyes on ball only; feet moving with weight slightly forward; establish good pressuring distance.
- Do not allow the 1st attacker to turn whenever possible.
- When defending in small groups or bigger, communicate: "my ball" - "force towards me" - "force outside" - "contain" - "close" - "step" etc.
- When ball is won, turn defense into immediate offense.



### Expanded Sm Sided 2 vs. 2 + 1 vs. 2 vs. 2 + 1 (15 mins)

#### 2 v 2 v 1 Defensive Sm Sided Game (15 min)

##### **Organization:**

2v2+1 vs 2v2+1 - 2 zone game (4 goal game). Field size - 40x30 yds

##### **Coaching Points:**

- Communication
- Good individual defending
- Keep shape, dont chase into teammates zone...pass players on when possible
- Create instant offense after losing the ball



## 5 vs. 5 - 1 (15 mins)

### **Organization:**

1/2 field-44 x 60 yards. Each team has 5 players.

### **Activity:**

Train the midfield (3) to defend in a shape and look for opportunities to win balls and counter attack. Each team has 5 players. However the team with the ball has all 5 and the team defending can use only 3 with the other two players dropping off to a line below the defensive 1/3 of of the field. When ball is won, the 3 can counter-attack if its on or they can play back to their keeper or two out of game players to come forward as a five, while the defending team drops two players.

### **Coaching Points:**

- Communication
- When ball is central, the shape should be a triangle or pie-shaped
- When the ball is wide, the shape in the midfield should be a diagonal
- When the ball is won, a quick decision on whether a counter against the 5 is on or not...if not, then bring in the additional two.

