



Coaching Academy

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Topic: Coach Individual Defending - National Diploma

Coaching Methodology

Technical Progressive

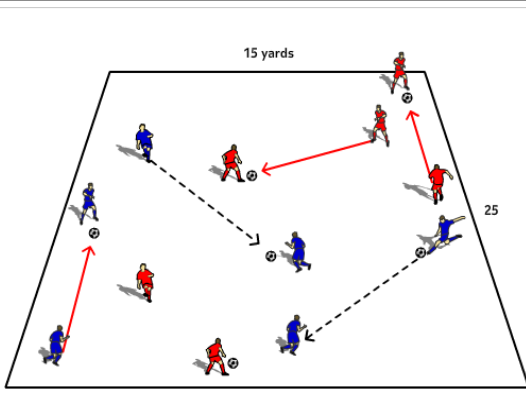
Tactical Progressive

Functional Training

Phase Play

Shadow Play

Warm-Up Exercise



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Organization / Instructions

Players in pairs - one ball between two

On coaches instruction "Go" or "Step" the players approach the closest ball and prepare to defend

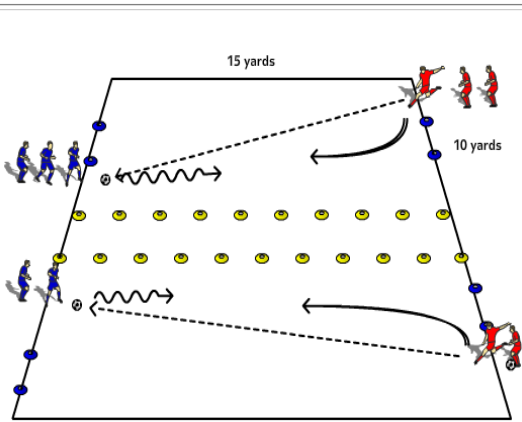
We will cover:

- Technique of tackling
- Technique of closing down from the front
- Technique of closing down from the rear

Coaching Points

- Introduce Block Tackle - Inside of foot tackle (back foot)
- Introduce Poke tackle - Top of the foot (front foot)

Main Theme Exercise 1

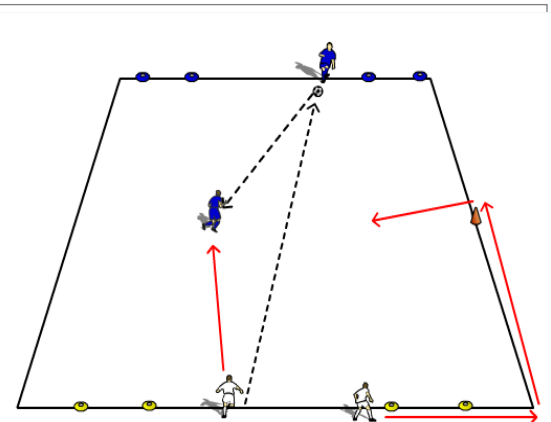


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Organization Exercise 1
1v1 dribble through coned goals to score. Pass ball to opposing players and go defend. Defenders can counter attack.
Variation: Moves go off center to force defender to change angle of approach

Organization Exercise 2
1v2 plus recovering defender (2v2)
One of the defenders needs to run around a cone before entering the field. This creates an initial 1v2 so 1st defender has to make adjustments until his cover arrives

Main Theme Exercise 2



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Coaching Points: (Include Visual Cues)

Coaching points - From the front (poke tackle)

1. Close opponent down quickly (long strides)
2. Slow down as you get closer (short steps)
3. Focus on the ball
4. Lower center of gravity
5. Sideways on
6. Force attacker into an angle (angle of approach - cut off the goal)
7. Retreat as opponent dribbles forward
8. Tackle with front foot but stay balanced

Coaching points - From behind

1. Close opponent down quickly (long strides)
2. Slow down as you get 5-6 paces away (short steps)
3. Lower center of gravity (balanced and so you can see the ball)
4. Sideways on
5. Position should be 'one touch' away
6. Position should be behind foot that is playing the ball

Coaching points - Block Tackle (see manual)

Coaching points 1v2

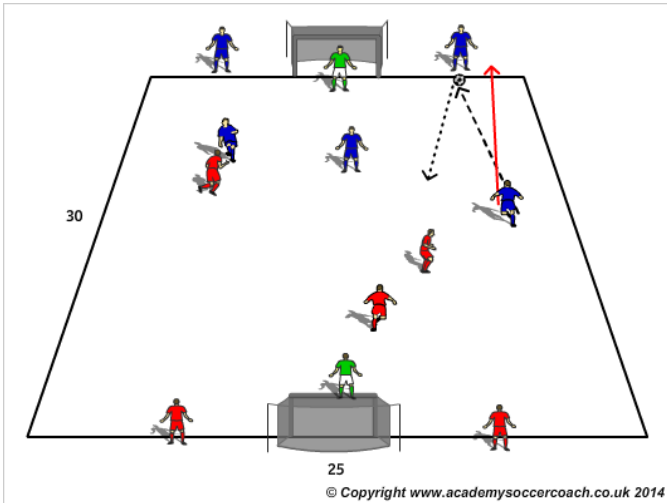
- Limit attacker's passing options
- Deny penetration / make play predictable - show away from second attacker when outnumbered or depending on cover
- Get the attackers head down
- Angle of challenge - Angle to intercept, tackle or predict
- Fake challenge to see if attacker will react
- Tackle if they take a bad touch



Coaching Academy

Main Theme Exercise 3

Organization



4v4 plus GK plus 2 support players

The two support players on the goal line are for their own team and can dribble in when a team mate passes them the ball. The player who passes them the ball has to leave the field and take the support players place.

This makes the 1st defender have to make a decision on pressuring the ball higher up the field. They will also look to make play predictable and will show the attacker one way based on the 2nd defender

Variation: You can make the support players stay on the goal line and limit them to 2 touches. This may give the defending team more opportunities to close down from behind if they match up player for player.

Extra balls are kept near the goals.

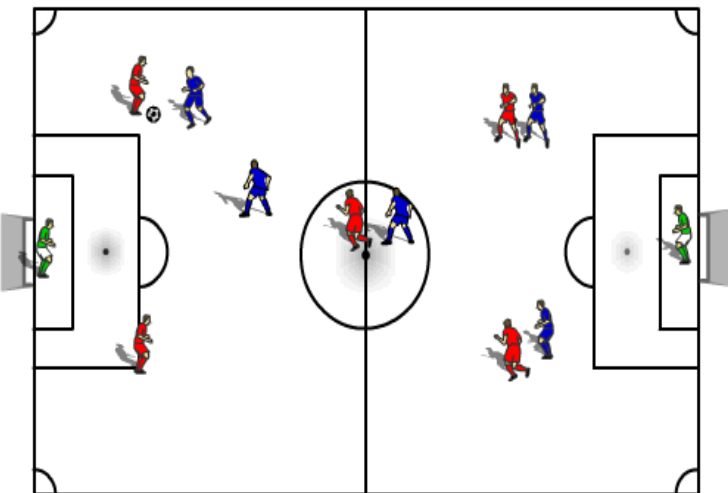
Coaching Points

When and where to pressure
 Speed and Angle of Approach
 Can I intercept the ball?
 Body position - make play predictable based on whether you have cover or position on field
 Focus on the ball
 Can I stop them from turning?

Can I prevent a forwards pass?
 Can I fake to tackle?
 When to delay - ball under control/outnumbered/running at speed
 When to tackle - poor first touch, 50/50
 Drop off if the attacker releases the ball
 Track my player

Diagram Team Shape - Provide Field Dimensions

Organization



6v6 game

60 x 40 yds

Both teams playing 2-1-2

Variation - Chnage to 3-2 to allow numbers up or numbers down situations

Print Session

Email to NSCAA