



## U9U10 Week 6 2V2 Defending

Category: Technical: Attacking skills  
Difficulty: Moderate

Craig Higginbotham, Barrington, United States of America  
Individual-Adult Member

### 2v2 (10 mins)

#### Set Up

In a 20x20 area players are split into 2 teams, each team is split into two lines on opposite ends of the grid. One team always starts with the ball.

#### Implementation

Team with the ball plays a pass to either player on the other team. After the pass is played the first player in both lines for the passing team become defenders and try to win the ball.

The receiving team become attackers and try to get the ball across the line of red cones.

The defending team win the ball they attack the blue line.

Players move line after each go.

#### Coaching Points

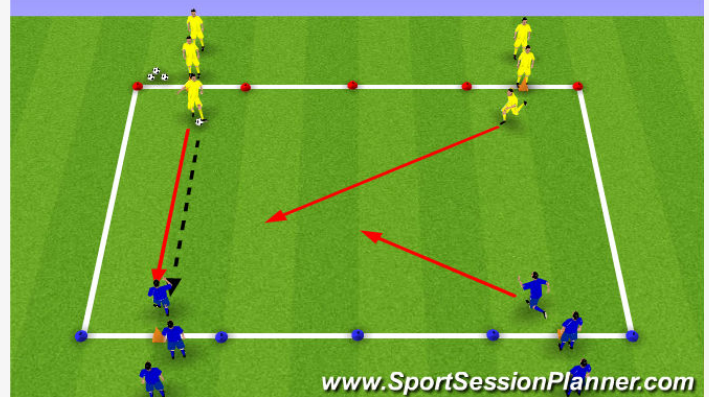
Player closest to the ball goes and presses and becomes the first defender.

Player furthest away becomes the 2nd defender and comes to offer cover.

1st defender applies pressure on the ball and curves their run to force the attacker towards the second defender.

2nd defender is at a 45 degree angle behind the first defender, ready to step in and win the ball if the first defender get beat.

If the attack passes, players switch roles.



### 2v2 lopsided (15 mins)

#### Set Up

In a 20x20 area players are split into 2 teams, each team is split into two lines. There are 3 lines along one side of the grid and 1 line on the opposite side. All the balls start with the line on their own.

#### Implementation

The Player 1 starts by running into the grid to ask for the ball, Player 2 plays them a pass and then joins them to attack and try and get the ball over the red line of cones.

Once the ball is passed Player 3 and 4 can join in and try to win the ball, if the defenders win the ball they try to get the ball over the blue line.

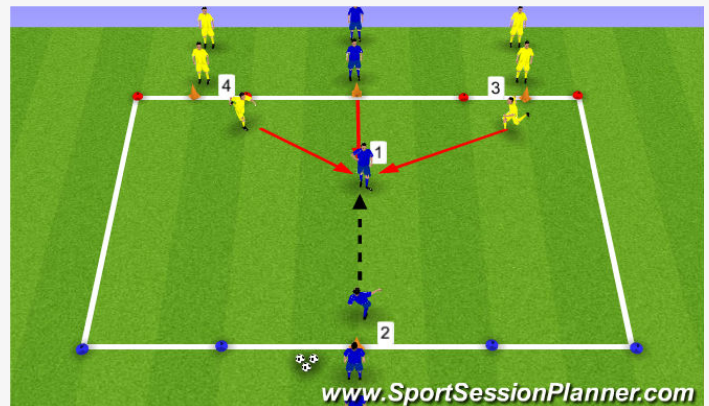
#### Coaching Points

Defender closest to the ball presses the player in possession (1st defender). They need to possess quickly and stop them from turning. Get "Touch tight" to the player.

The other defender (2nd) moves into a supporting position, 45 degree angle, close enough to step in if the 1st defender gets beaten.

1st defender forces the attacker towards the 2nd defender. They then step in and win the ball.

Or force them to play backwards, in which case players press and cover again.



### 3 goal game (15 mins)

#### Set Up

Field is set up roughly 30Lx20W with 3 goals on each end of the grid. Players are split into two teams and will be lined up on either end of the grid. (Lines of no more than 3)

The Coach has all of the soccer balls.

#### Implementation

When the Coach serves a ball into the playing area the first players in line race onto the field to get to the ball. Once a player has the ball they and their teammate look to score. If the players don't have the ball they are to try and steal it, and score themselves.

#### Coaching Points

Apply pressure to the ball quickly, covering player offers support to the player pressuring.

Force the opposition to play backward or sideways.

