

INSTRUCTOR: SHANNON MURRAY

COURSE: D - INSTRUCTIONAL WEEKEND – JULY - 2013



TOPIC: DEFENDING - BACK FOUR + GOALKEEPER

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES	KEY COACHING POINTS
<p>TECHNICAL WARM-UP</p> <p>1v1 / 2v2 LINE SOCCER</p>		<p>PART 1 – “TAG” (10yds x 20 yds) -2 groups of 7 / 2 players are “it” and must look to tag someone PART 2 – 1v1 / 2v2 -Attacking group looks to dribble across opponents end line/Defenders look to win possession and counter</p>	<p>-1st person defending = feet staggered, knees bent, proper distance from attacker/visual cues when to close and when to delay -2nd defender = Angle and distance in cover – cues when it changes, communication, changing roles</p>
<p>SMALL-SIDED GAME</p> <p>5v3 GAME</p>		<p>-50 yds wide x 45 yds long -Reference line for Back 4’s “starting position” - Back 4 + Glk look to defend against a front 2 and server; Counter to wide gates when possession is won -Progression: server joins in</p>	<p>-Back 4 shape -Role of Cover Defender -Central Def’s dealing with ball in the central channel -Glk aware of space in behind back line -Communication & changing of roles</p>
<p>EXPANDED SMALL-SIDED GAME</p> <p>7v6 GAME</p>		<p>-55 yds wide x 60 yds long -Reference line for Back 4’s “starting position” -1-4-1-1 v 1-3-2</p>	<p>-Same as above -Defending shape with ball in wide channel -Partnering with the Holding MF in dealing with ball in central channel -When & how to counter after winning possession</p>
<p>MATCH</p> <p>7 v 7 GAME</p>		<p>-55 yds x 70 yds -1-4-1-1 v 1-1-3-2 -Match Rules</p>	<p>-Same as above</p>