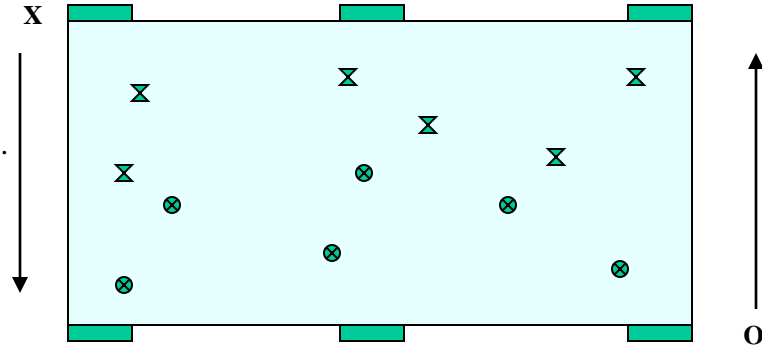




## CC UNITED SOCCER TRAINING PLAN SMALL SIDED GAME PRACTISE FOR 1ST 2ND 3RD PLAYER DEFENDING



- Organization: Area of field 50 x 35 yards
- 3 goals to defend, 3 goals to attack,
- Goals 3 yards wide on either side of the playing surface.
- 6 v 6 in area of field no goalkeepers , free play



- Objectives:
- Game consists of 6 v 6 no goalkeepers.
- 2 points for a goal scored in the corner goals. 1 point for a goal scored in the middle goal. Change number of points scored in each goal to encourage defending, (A) though the middle goal or, (B) defending the wide goals.
- Free play no restrictions. Direction of play  $\longrightarrow$
- The objectives of the game are to improve the individual and team defending through 6 v 6 small sided play.
- Coaching points:
- Instant chase when possession is lost, immediate closing down of the player with the ball, to include speed of approach, angle of approach, channeling the play away from the high scoring goals and finally attempt to make the play of the attackers predictable by jockeying and delaying forward movement of the attackers.
- The role of the second defender supplying support with correct angles, distance of support. and communication.
- The role of the third defender supplying support verbally and balancing off the defense: to include awareness of attackers making runs on the blind side of the defense.
- Concentration in defense to include when and how to tackle effectively, To remain calm under pressure and look for opportunities to steal or intercept the ball.