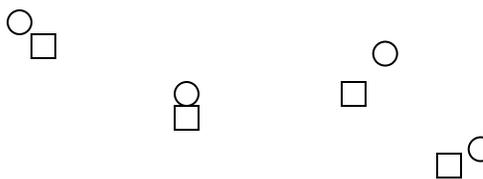
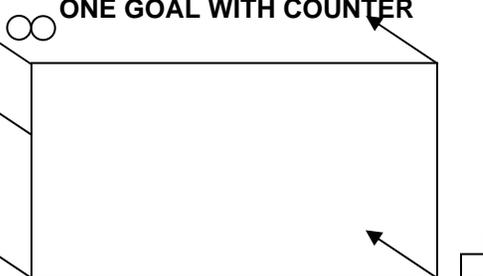
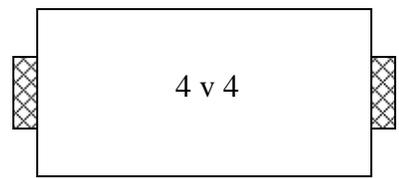




Name: Matt Callahan

Topic: Pressuring defender

Date:

<b>UNRESTRICTED SPACE – WARM UP</b>	<b>ORGANIZATION</b>	<b>KEY COACHING POINTS</b>
	<ul style="list-style-type: none"> <li>▪ 1v1, slow pace</li> <li>▪ Defenders work on turning</li> <li>▪ If attacker takes short steps so does the defender</li> <li>▪ Use head fake without moving feet to throw off attacker</li> <li>▪ Progress to defender tackling only when the ball is off the dribblers foot</li> </ul>	<ul style="list-style-type: none"> <li>▪ Good defensive stance               <ul style="list-style-type: none"> <li>○ Body weight on front of feet</li> <li>○ Eyes on the ball</li> <li>○ Slightly angled – one foot closer to attacker</li> <li>○ Close enough to make attacker look at ball</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>▪ Short line of players behind the circle and the square</li> <li>▪ Circle pass to square and then pressures</li> <li>▪ Square gets one point for dribble past endline and three points for dribbling through small goal</li> <li>▪ Circle gets one point for getting the ball out of bounds and three points for stealing it and dribbling it across the far endline</li> </ul>	<ul style="list-style-type: none"> <li>▪ Good defensive stance</li> <li>▪ Apply pressure to take away space/time</li> <li>▪ Priorities are:               <ol style="list-style-type: none"> <li>1. win ball back</li> <li>2. deny penetration</li> <li>3. limit the attacker's vision and options</li> </ol> </li> <li>▪ Approach quickly but not too fast</li> <li>▪ Angle approach to limit options</li> <li>▪ Body feint to throw off 1<sup>st</sup> attacker</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Same as above but play 2v2</li> </ul> <p><b>Progressions:</b> Move the goal to the center of the rectangle. The defender must then move more in front of the attacker to prevent a shot on goal.</p>	<ul style="list-style-type: none"> <li>▪ Good defensive stance</li> <li>▪ Approach quickly but not too fast</li> <li>▪ Angle approach to limit options</li> <li>▪ Body feint to throw off 1<sup>st</sup> attacker</li> <li>▪ Funnel first attacker to:               <ul style="list-style-type: none"> <li>○ Dribble away from center of field</li> <li>○ Towards a tight space (touchline)</li> <li>○ Into a covering defender</li> <li>○ Make the attacker play the ball with a weaker foot</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>▪ 4v4 + GK's</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if players realize when to become the pressuring defender</li> <li>▪ Observe to see if players apply smart pressure</li> </ul>