



"Dispossessing The Opponent – An Offensive Minded Approach To Defending"

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Warm-Up

"Players in Pairs"

- ✓ Draw (pulling the ball away)
- ✓ 1-2-3 tackle (tackling the ball)
- ✓ 50/50 self serve tackles (winning the ball in the air and securing it)
- ✓ Thru legs serve, no turn (denying the turn)
- ✓ 1 vs. 1 to lines (poking the ball away and responding accordingly)



Small Group Activity

"Pairs hunting"

Divide the group into pairs. Half of the pairs have soccer balls, the other half do not. Pairs work together to "hunt the ball" from the other pairs who have the ball. A pair with the ball who passes out of play or dribbles out of play, loses possession to the team who was pressuring them.

Coaching Points

- ✓ Knowing what and where is behind you – only tackling when you have cover
- ✓ Recognizing visual cues for tackling (head down, poor first touch, back to you, no space)

Small Sided Games

"8 ball"

Divide the group into two equal teams. One group is in the field of the play, the other is out of play next to the coach. The object of the activity is to see how long the team in the field of play can possess 8 soccer balls. When the first ball is played in by the coach, the clock starts and 3 defenders from the waiting team enter to defend. Once the ball is out of play, the coach starts a new ball and 3 fresh defenders enter. This continues until the 8th ball is out of play and the clock stops. The time is announced and the roles of the two groups are reversed.

Coaching Points

- ✓ Poke tackles
- ✓ Pressure / Posture / Patience
- ✓ Swarming – creating numbers up



"Turn The Heat Up"

Divide the group into two equal teams. As above, one group is in the field of play, the other is out of play next to the coach. The object of the activity for the possession team (in the field of play) is to see how long they can keep possession and this is determined how many defenders are in the grid before they lose possession – after 5 passes, a new defender is added into the grid for the defending team. The object of the activity for the defending team (outside of the grid) is to see how quickly they can win the ball, secure the ball, and dribble out of play. Once the defending team dribbles out of the play, the roles reverse and the coach starts a new ball immediately and the players must transition quickly on and off the field.

Coaching Points

- ✓ Same as above but now poke tackles are not enough, the standard is raised and the players must win the ball

Final Game

Players play normal soccer with the overall emphasis on the two following two areas of focus:

"HOW QUICKLY CAN WE GET THE BALL BACK?" Goal – within 10 seconds of losing it.

"WHERE DO WE WANT TO WIN THE BALL?" Answer – the other team's half.

*can add restriction – team scores 2 points for a goal when they score after winning the ball in the other team's half and one point if they win it in their own half.

This must be done safely and responsibly because while the players want the ball back quickly, if they are reckless, they could get countered and give a goal. Tying in all of the ideas from above, players must make decisions based on when to:

- ✓ Tackle
- ✓ Intercept passes
- ✓ Double or triple team the ball

