

EUSC COACHES TRAINING
1st/2nd/3rd DEFENDER TRAINING/TEAM DEFENDING

1st DEFENDER TRAINING:

Coaching Points: Look for proper defending technique/speed & approach

Activities:

- 1) Pass to Attacking player facing Defender
- 2) Pass to Attacking Player w/back to Goal
- 3) "Win the Bacon": 1v1
- 4) Immediate Chase: Get Goal-side
- 5) "Queen/King" of Hill: 1v1
- 6) 6 Goal Game: 1v1

2nd DEFENDER TRAINING:

Coaching Points: Proper positioning relative to 1st Defender;
recognition of 1st/2nd; Communication; Technique

Activities:

- 1) 2 defenders vs 1 attacker (with or w/o support players)
- 2) 2nd defender passes to 1 attacker & sprints to get Goal-side and become 2nd
- 3) Any type of 2v2 small sided games (with or w/o support players)
- 4) 3v2 games: allows for success for 3 attacking players; lots of defensive training

1st/2nd/3rd DEFENDER TRAINING:

Coaching Points: position of 3rd defender relative to 1st/2nd defender;
recognition of 3rd defender position; communication; technique

Activities:

- 1) 1-2-3rd Defender Positioning Drill
- 2) 6/5v3 Circle Passing Game
- 3) Fire Drill (w/or w/o Keeper)
- 4) 3v3 games
- 5) 4v3 or 5v3 games

TEAM DEFENDING:

1) Man-to-Man

- Man Marking all over Field

2) ZONAL DEFENDING

- Players control Zones of the Field
- Lends itself to 1/2/3rd Defending approach

Activities:

- 1) Grid/Channel Game
- 2) 8 Goal Game

3) COMBO: Zonal Defending 2/3rd of Field; Man-Marking
in Final Defending 3rd of Field