

# PRACTICAL 8

## Developing our Team Style

### - Defending

# DRILL NOTES

## **BOX/TRAP DEFENCE:**

### **GOAL: DEVELOP THE COERVER POSITIVE DEFENDING MINDSET**

**“Lose,Win,Keep,Attack”**

#### **1. WINNING THE BALL**

##### **a) Individual Pressing**

Our 4 P's with Key Coerver Words

- Pressure : “Touch Close”
- Patience : “Brake”
- Position : “Steer”
- Persistence : “Fighting Spirit”

##### **b) Small Group Pressing:**

##### **3 Essentials**

- Working together as a group
- The first defender triggers the press from his teammates
- Good Communication & Support distance/angle

#### **2. KEEPING THE BALL**

Our goal is to develop defenders who have the skills to protect the ball once they win it, and look to start attacks.

We want all Coerver defenders to have the same skill sets as attackers.

##### **Individual Topics:**

- Shielding & Passing

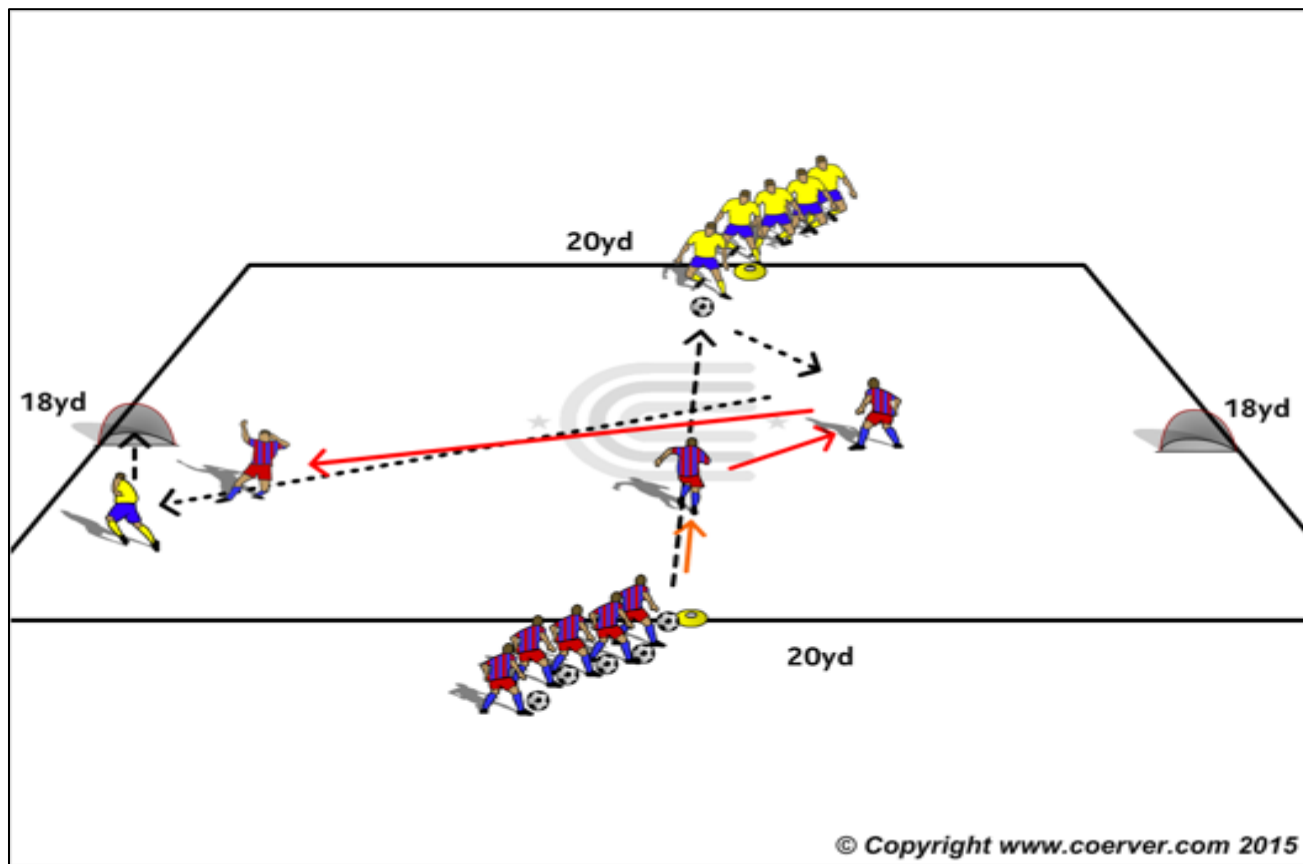
##### **Group Topics:**

- Combinations
- Fastbreak Attack



# DRILL 74

## INDIVIDUAL PRESSING (PRESSURE, POSITION)



**PURPOSE.** To Improve Individual Pressing.

**SET UP.** A 20 x 18yd area. Two teams facing each other across the grid, the defending team with a ball each.

Two small Goals on each side line facing the Defending Team.

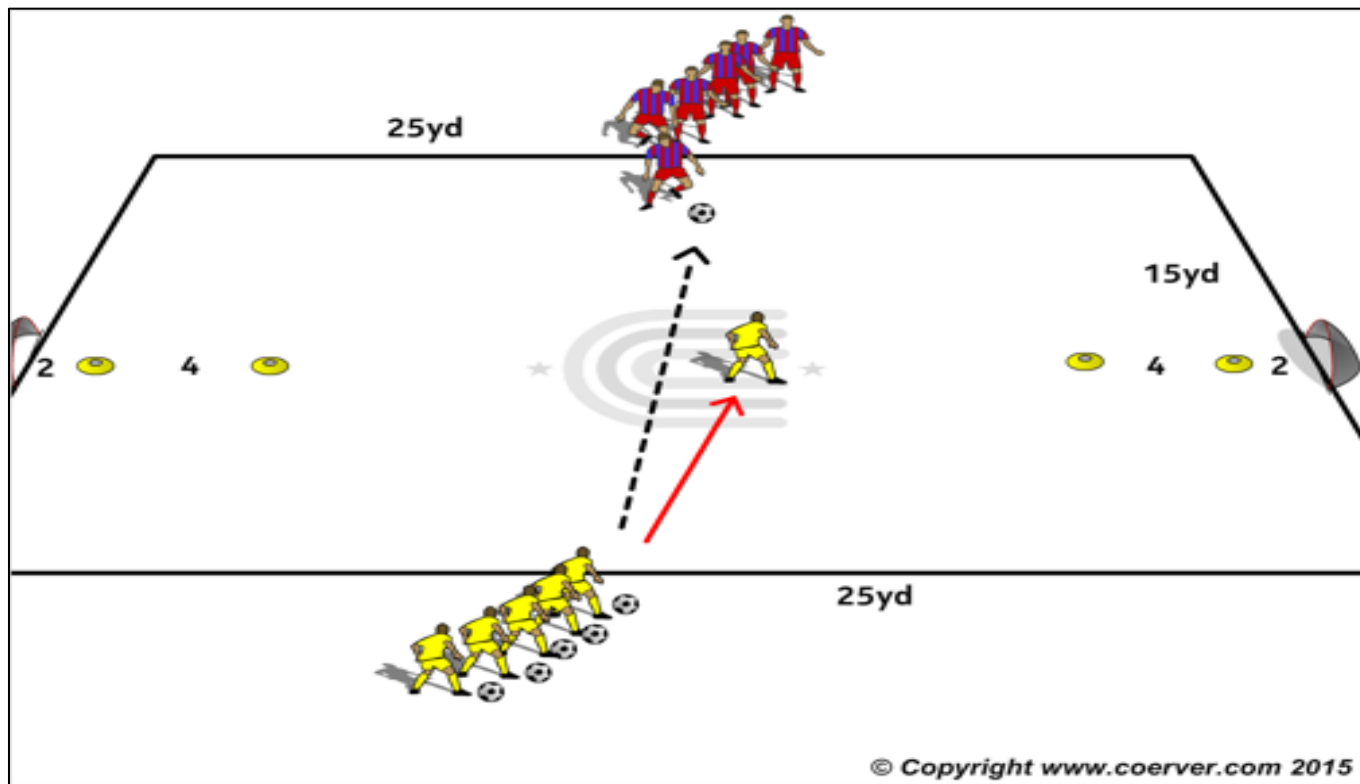
**ACTION.** The First player on the Defending team passes to the first player on the opposite team and sprints to pressure opponent and prevent him/her penetrating the half line to score on the goals facing the defending team.

**COACH TIP.** Encourage Defenders to get across the half line quickly as the press cannot start until that happens.

**PLAYER TIP.** Try to be touch close when pressing and keep opponent from crossing the mid line. The longer you press the more likely the opponent will tire and make mistakes, forced and unforced.

# DRILL 75 (V1)

## PERSISTENCE (PATIENCE,PERSISTANCE)



**PURPOSE.** To Encourage Coerver Turnovers.

**SET UP.** Two small goals 25/30 yards apart with 4 yd cone gates 2 yards in front of each goal. Two teams in pairs facing each other across the field. One team with a ball to each pair.

### **ACTION.**

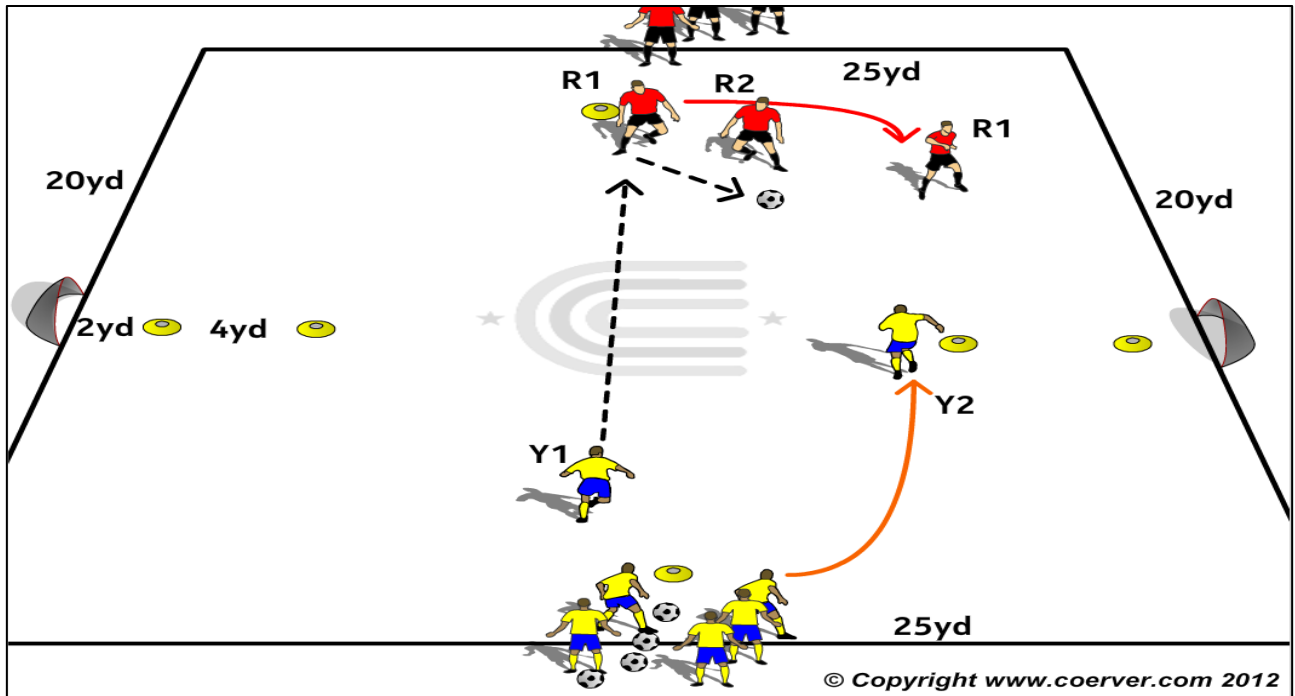
**V.1:** 1v1. Attackers can only score if they dribble through the gate in front of the goal they shoot into. If a player dribbles through a gate at one end then changes direction for the other they must still go through the other gate before shooting. If the Defender wins the ball he can score.

**COACH'S TIP.** Remind the players of the Coerver "3 P's"

**PLAYER TIP.** Defender, don't give up, block your opponent from going through the gates till they tire, then go in and win the ball.

# DRILL 75 (V2)

## PERSISTENCE (PATIENCE,PERSISTANCE)



**SET UP.** Two small goals 25/30 yards apart with 4 yd cone gates 2 yards in front of each goal.

Two teams in pairs facing each other across the field, one team, with a ball to each pair.

**ACTION.** Y1 passes to R 1 who passes 1st touch to R2 and overlaps behind R2. R2 can use R 1 on the overlap or can choose another action.

Defenders can score if they win the ball.

Teams can only score by either dribbling through one of the gates to shoot or passing through a gate for their team mate to shoot.

If a player dribbles through a gate at one end then changes direction for the other they must still go through the other gate before shooting.

**VARIATION.** Players can only score with a first touch finish.

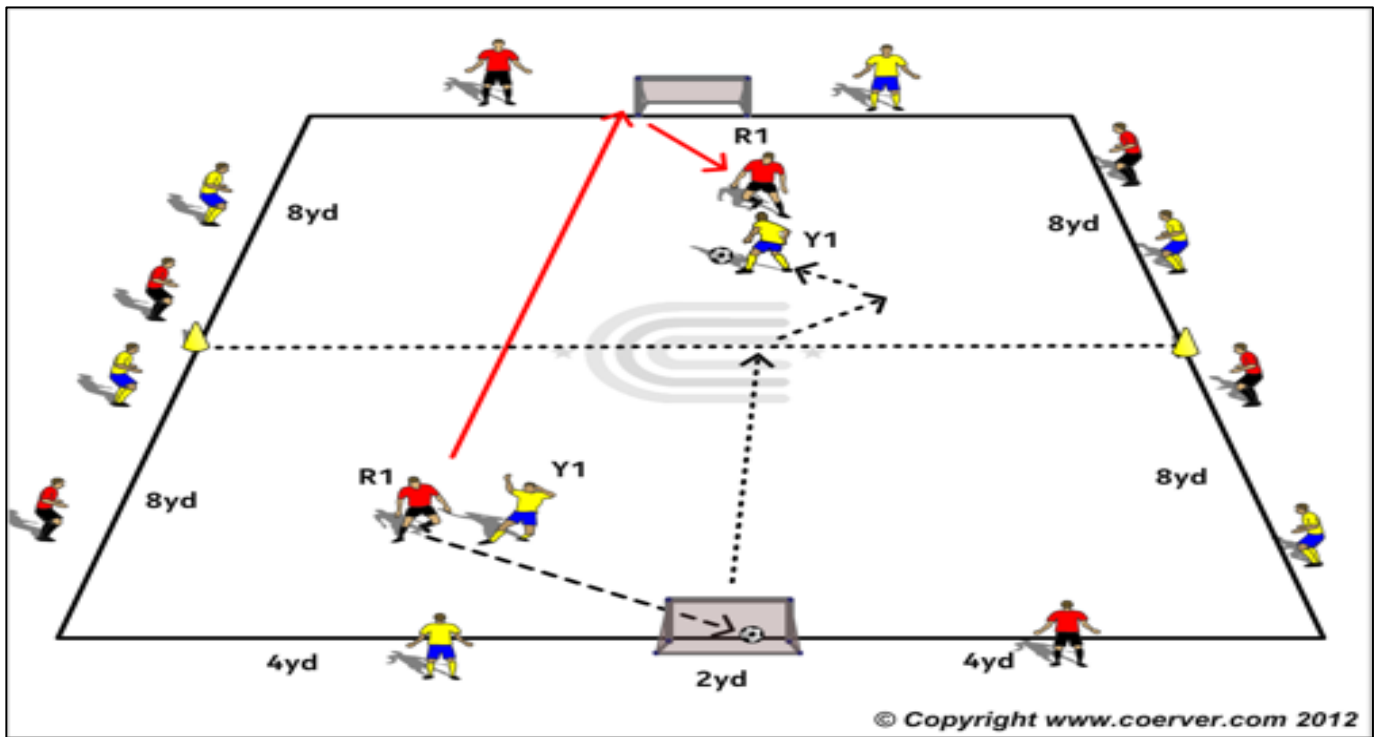
**COACH'S TIP.** Encourage lots of communication between players especially overlapper and his team mate. Defenders too.

**PLAYER TIP.** Defenders, work together, communicate constantly and don't be too far away from each other

# DRILL 76

## THE COERVER MIND-SET

### “LOSE-WIN-KEEP-ATTACK”



**PURPOSE:** To improve Coerver Turnovers.

**SET UP.** A 16 x 8 yard mini field with a small goal at each end.  
Two teams of players are positioned around the field and on either side of the goals.  
Red 1 & Yellow 1 on the pitch (1 v 1)

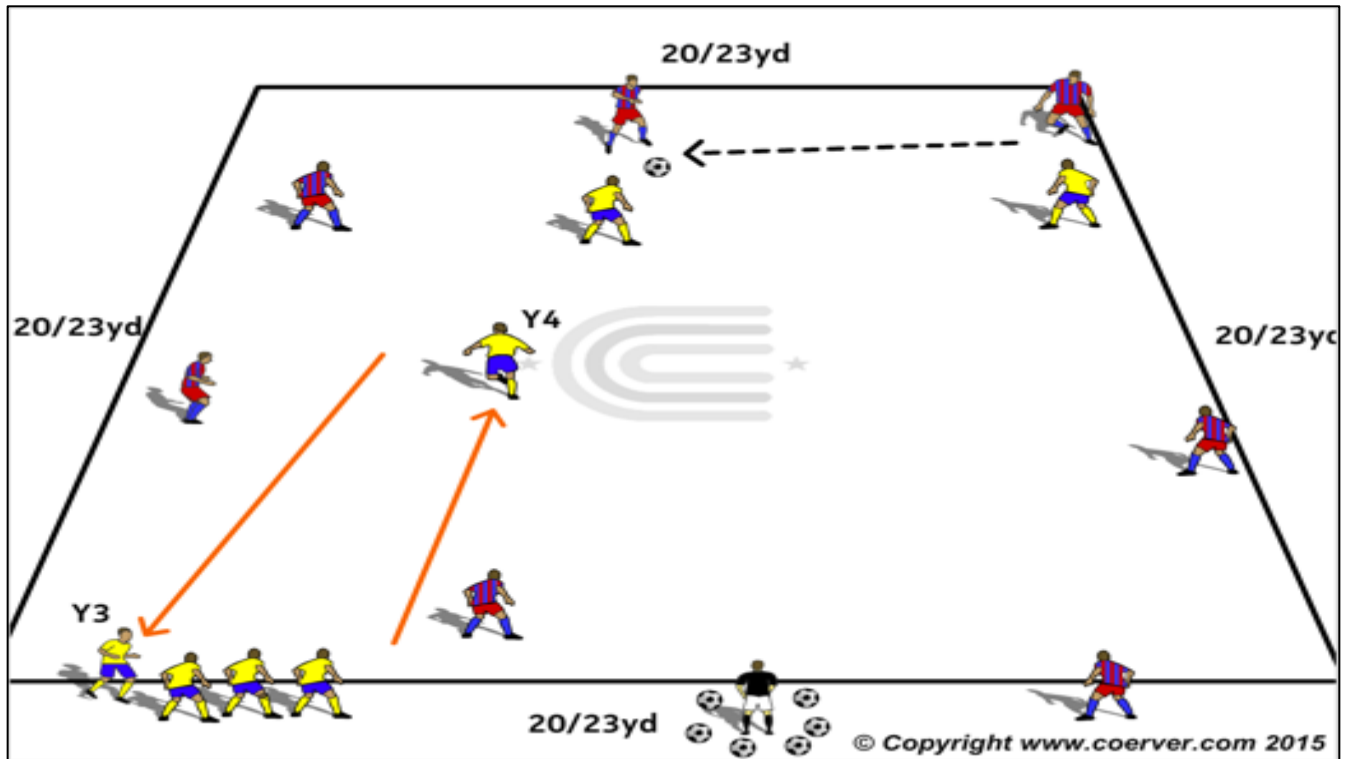
**ACTION.** On the coach's signal two players start with a foot each on the ball in the centre spot.  
On the coach's call, they play full pressure 1 v 1 looking to score in each other's goal.  
When the ball goes to the perimeter, the perimeter players play it back in 1 touch and the game continues.  
Players can only shoot to score over the half way line. When a player scores they must sprint back to their own goal and touch it before defending. When scored against, players must retrieve a ball from their own goal and attack the opponent's goal as quickly as possible.  
Each game lasts for 1 minute or as the coach designates.

**COACH TIP.** Match the players fairly, adjust the time according to your player's abilities.  
This drill is physically demanding so the time of each game is crucial.

**PLAYER TIP.**..Work as hard as possible for the whole game to win the ball as soon as you have lost it.

# DRILL 77 (V1)

## SMALL GROUP PRESSING



**PURPOSE.** To improve Group Pressing and possession.

**SET UP.** A 20/23x20/23yd field. Two teams of 6/7 players.

**ACTION.** Attackers play 6/7 v 3 defenders according to the players abilities. Defenders can change on the fly when they get tired.

The coach counts the time it takes for the Defenders to get 10 touches on the 10 balls coach plays in. They don't have to control the ball. Just touch it while attackers use the whole area to keep possession, teams change roles.

**COACH TIP.** Encourage 1st Defenders to press the ball and team mates to work in close support.

**PLAYER TIP.** Press together with your team mates as a group and not as lone Defenders. Change with waiting perimeter defender as soon as you are tiring.

Touch corner Marker Cone after passing

R2

20/23yd

R1

20/23yd

Y4

20/23yd

Y3

20/23yd

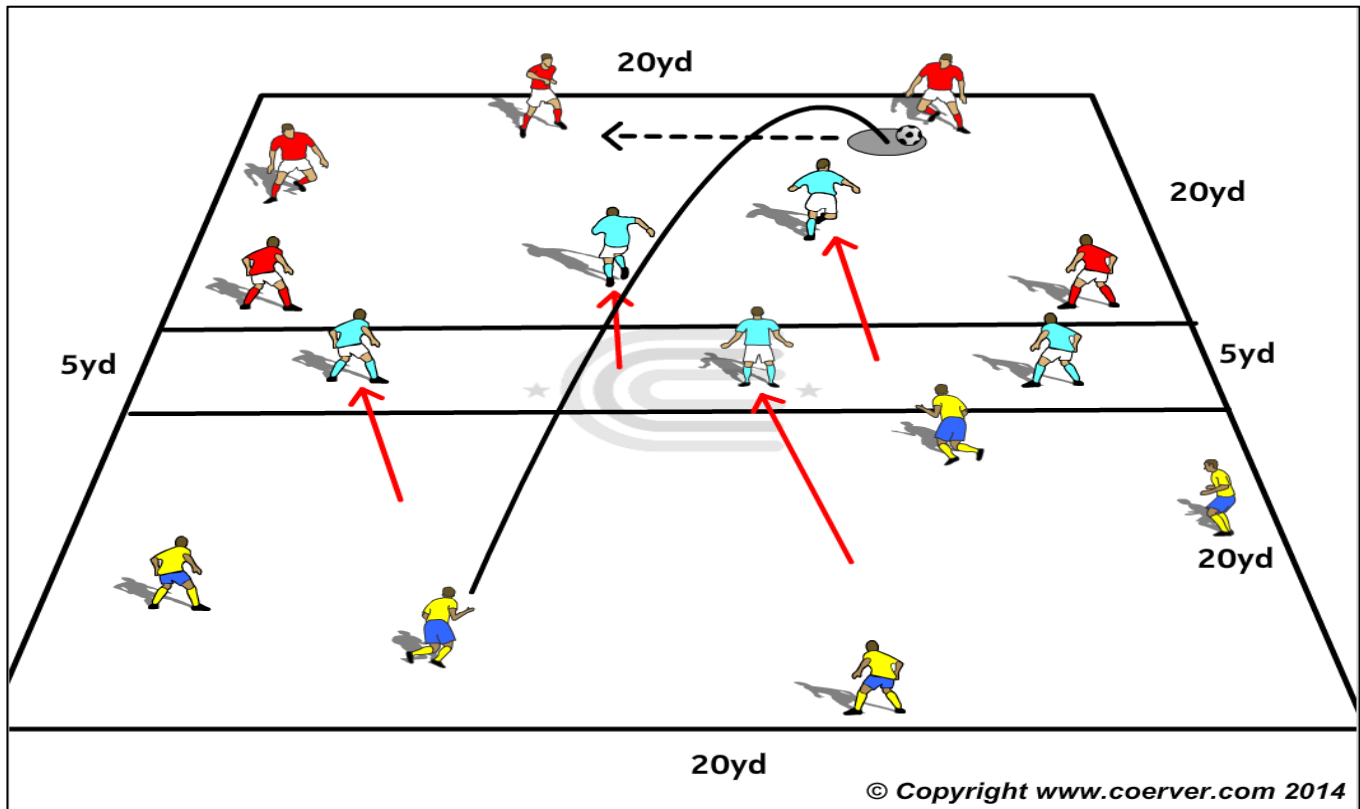
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**Same as Drill 77 V1 but now passer has to touch a cone as soon as they pass, then get back in the game.**



# DRILL 78

## PRESSING, POSSESSING



### **PURPOSE.** To improve **PRESSING, POSSESSING.**

**Set Up:** Two 20/23x20/23 grids(as appropriate for age and ability of players) with a 5yd neutral zone between them.

Three teams of 4/5/6/7) players. One team in each of the grids. The Team in the neutral grid start as the defending/pressing team. GKs play for all the defending teams in the neutral zone and only the GKs can use their hands.

The neutral zone team tries to stop passes to the opposite grid by 1. Pressing in the grid and touching the ball or 2. "Saving" the ball by the GKs(with hands) &/or team mates in neutral zone( without using their hands.)

**ACTION.** When the coach passes a ball to one of the attacking teams the neutral zone team sends 1/3 players (according to your players ages and abilities) to press and get a touch on the ball.

The Attackers pass between them to make a chance to pass (over or past the neutral defenders) to the opposite grid team.

If defending team gets a touch or interception in the neutral zone they change with the attacking team who now join GKs in neutral zone and send defenders to try to touch the ball or stop pass in the opposite grid..

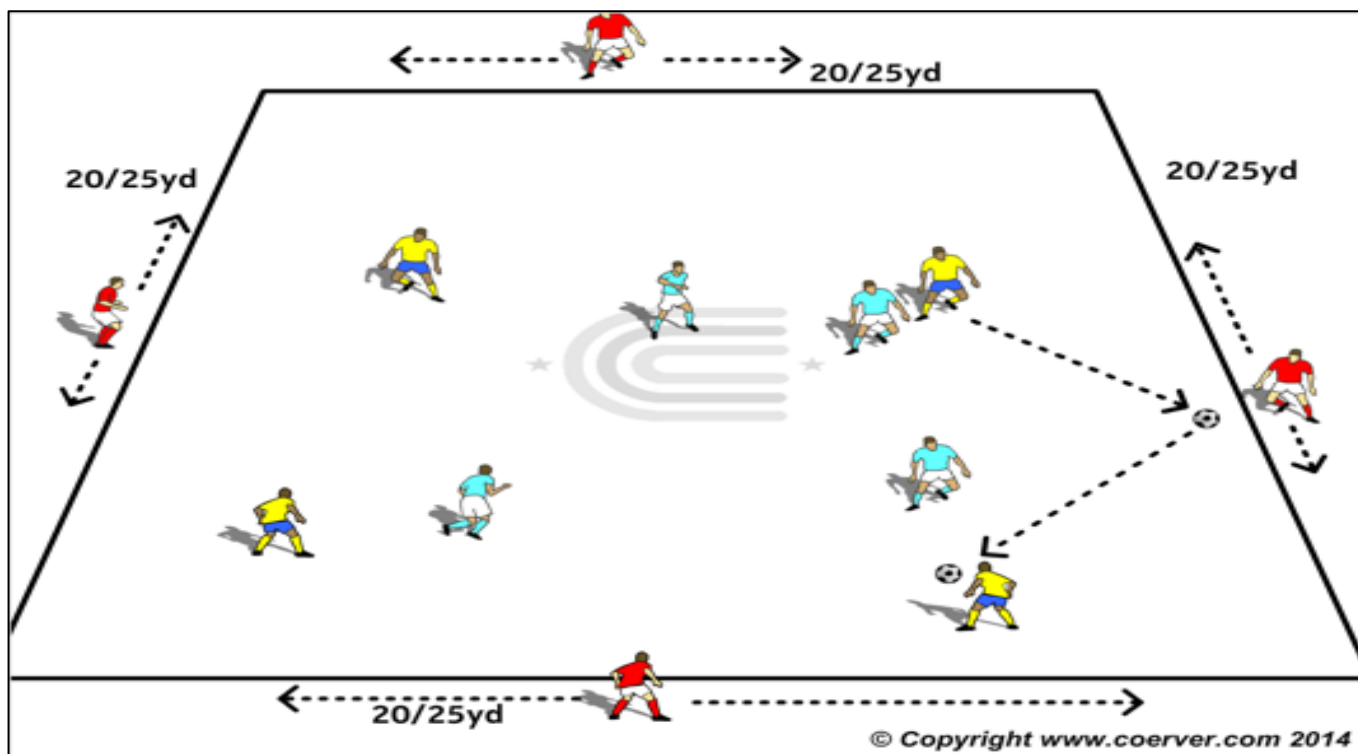
**COACH TIP.** Adjust the numbers of pressing players and field sizes to suit your player numbers, ages & abilities.

**PLAYER TIP.** GK & Defenders constantly communicate.

As soon as you pass to a team mate move into space to support. Press as a group

# DRILL 79

## “WIN KEEP”



**PURPOSE.** To improve keeping the ball once it is won

**SET UP.** A 20/25 yds. grid according to players ages and abilities. 3 teams of 4 or 5 players.

**ACTION.** Two teams compete in the box while the third team are wall passers on the outside lines playing with the team in possession.

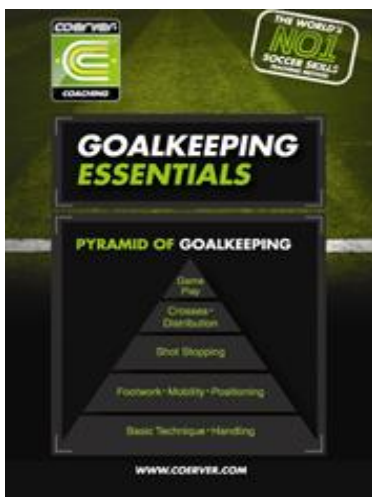
The teams in the middle compete for 3 minutes to see which team can get the most interior passes inside the box.

Teams can use the Wall Passers to keep possession but the passes to and from the wall passers don't count towards the team total. Only interior passes count. Teams change roles and count team totals at the end.

**COACH TIP.** Give teams at least a couple of rounds of this kind of competition as they often improve dramatically once they get the feel of the game.

**PLAYER TIP.** Supporting Defenders inside the field should try to anticipate inbound passes and position themselves to press them for possession, once you win the ball, keep it with quick combinations. Use your GK to keep possession and start attacks'.

# COERVER® LEARNING



# BALL MASTERY APP

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