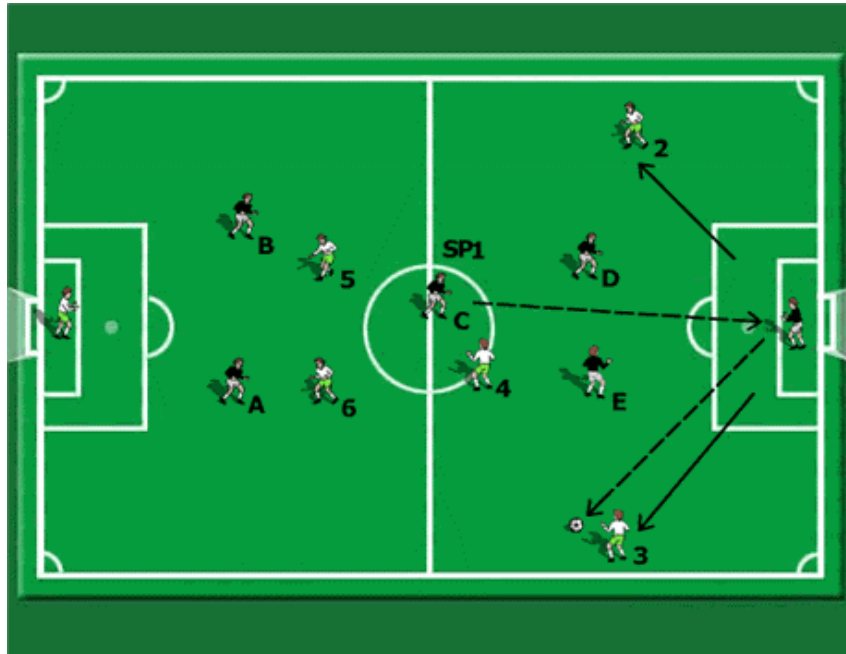


DEFENDING 6 V 6 SMALL SIDED GAMES

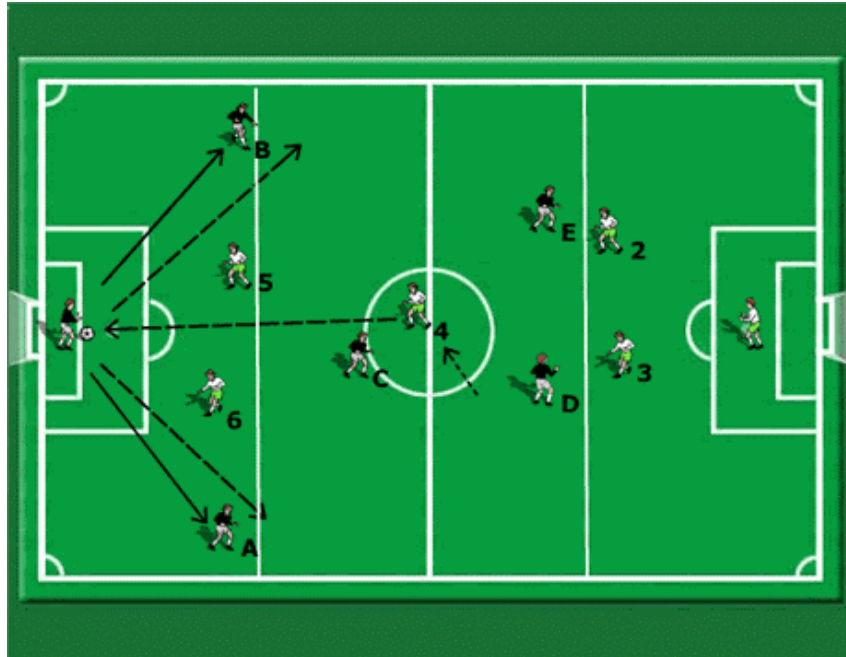
Start Positions For Defending In A Small Sided Game 6 v 6



(C) moves the ball with a touch to signify the beginning of the practice and shoots at goal. The keeper collects the ball and the defenders break wide to receive in space.

Working on defending from the front, midfield, and then the back can be the sequence, or you can do it the other way around and work from the back, the midfield then the front. If from the front using the strikers (D) and (E) as first defenders the keeper begins the movement with a pass or throw to the defenders (2) or (3). If from the back the keeper begins the movement with a pass or throws the ball to the front players (5) or (6) and you coach players (A) and (B) to begin.

Game 45: Defending In A Small Sided Game

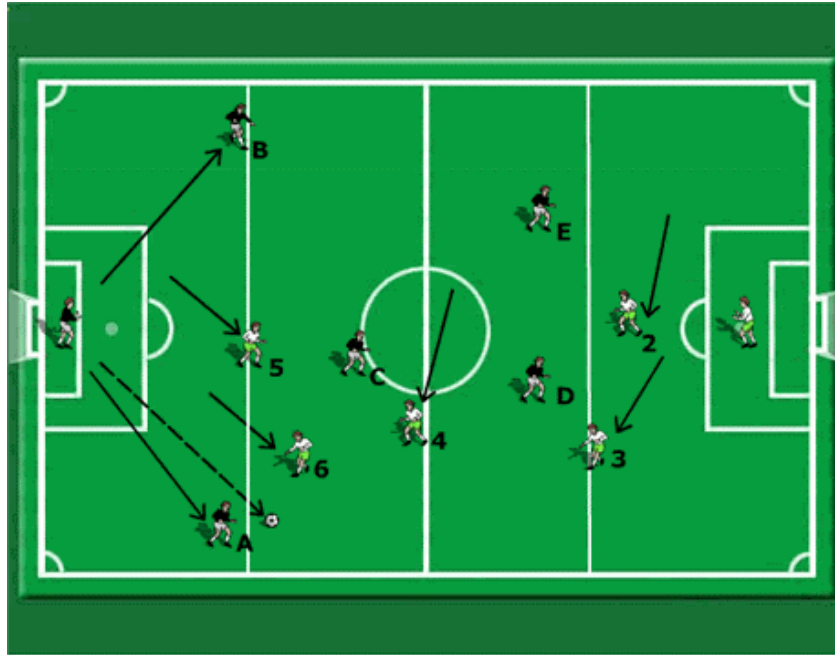


A SMALL SIDED GAME IS A GREAT WAY TO TEACH DEFENDING AS A TEAM WHEN YOU HAVE ALREADY COVERED DEFENDING IN SMALL NUMBERS.

START POSITION: (C) moves the ball with a touch to signify the beginning of the practice and shoots at goal. The keeper collects the ball and the defenders break wide to receive in space.

RULES: Attacking team have the ball and try to score. Defending team must win it back and have 5 passes or less to score (or 10 seconds), then the ball goes back to their opponents to start their attack again. Working on defending from the front, midfield, then the back can be the sequence, or you can do it the other way around and work from the back, the midfield then the front. If from the front using the strikers (D) and (E) as first defenders the keeper begins the movement with a pass or throw to the defenders (2) or (3).

Defending In A 6 v 6 Situation - Showing Outside

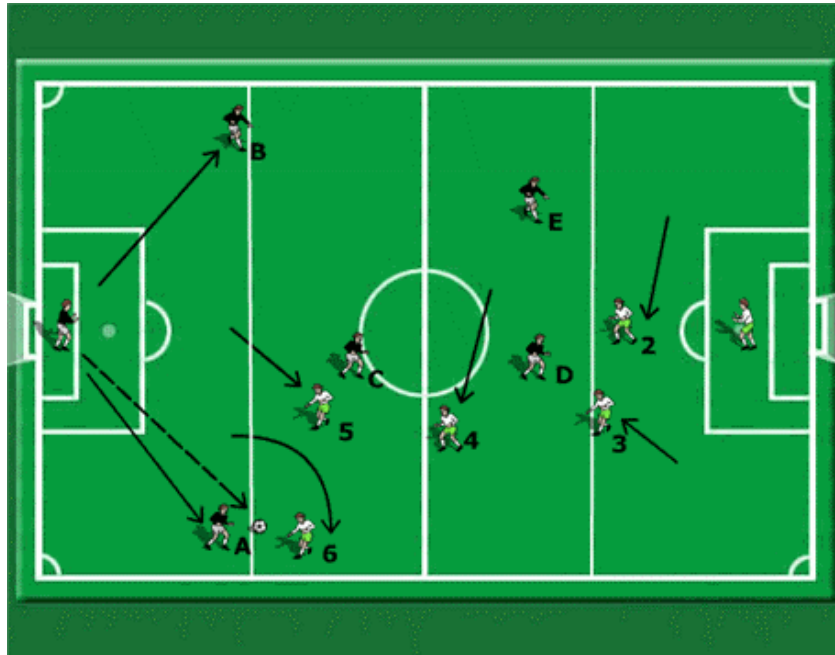


If from the back the keeper begins the movement with a pass or throw to the front players (5) or (6) and you coach players (A) and (B) to begin. Playing offside from the 20 yard line at each end (defensive third). All previous coaching points apply. Introduce getting compact from the back; playing offside from the thirds trains the player's minds to start to develop this aspect of play. Defending team make play predictable by forcing play down one route.

Key Factors of Defending are:

1. Pressure (Keeping play in front, delaying or winning the ball)
2. Support (Angle / Distance / Communication).
3. Cover / Balance (marking zones and / or players).
4. Recover (getting goal side of the ball).
5. Tracking (opponent's runs).
6. Double teaming and treble teaming (2 or 3 players closing down the same player on the ball from different angles).
7. Compactness (On regaining possession players pushing out from the back).

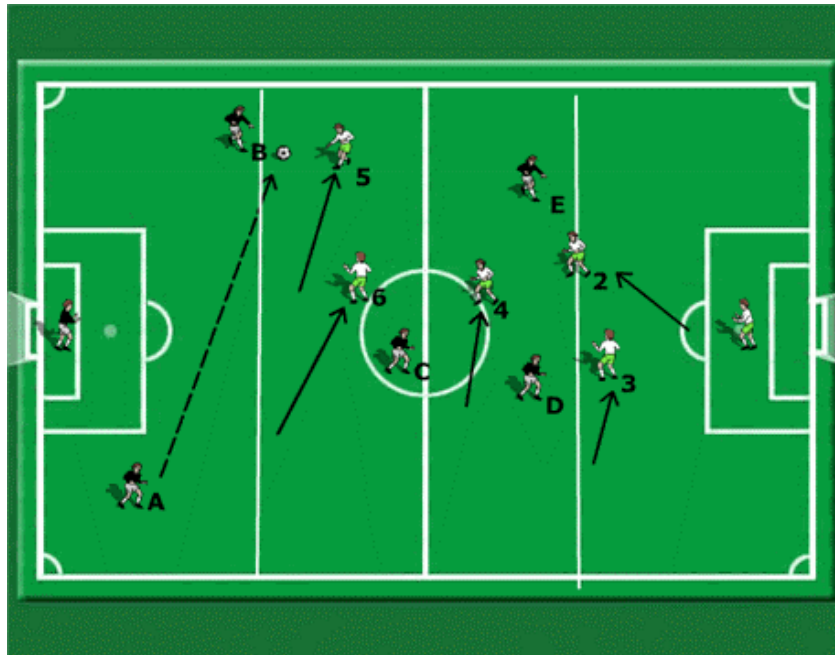
Showing Inside



(6) shows inside to numbers, stops the pass down the line and players adjust accordingly. Try to force (A) to play across to (B) and give (5) a chance to intercept.

(4) supports (6), covers (C) and screens the pass (marks space) into the front men ready to intercept. (5) Could even double team with (6), close at an angle so the pass to (B) is screened.

Full Team Adjustment

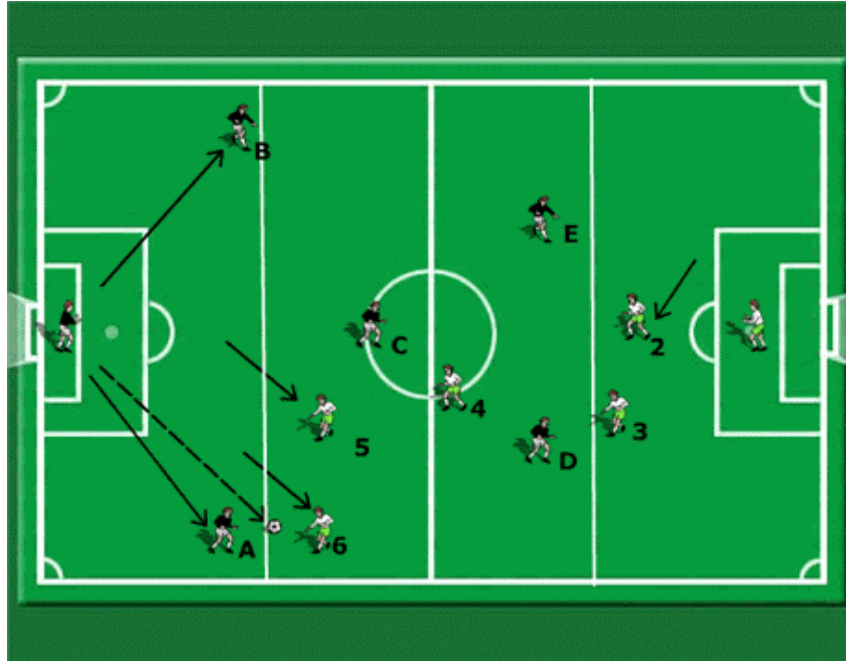


Here (A) has been forced to play the ball across the field to (B) by the positioning of the team preventing a penetrating pass forward.

The diagram above shows the team adjustment across the field to compensate for this and how they try to prevent the attacking team getting forward down the other side of the field.

(5)'s first action should be to try to intercept the pass. If this isn't successful then at least put pressure on (B). If (5) can force the player inside the above shape takes place. (4) Can still get close to pressure (C) and mark the space at the same time. (6) Can close down (A) if the ball is played back (or even intercept the pass with good anticipation) but also double up with (4) should it be played into midfield to (C).

Cover / Balance

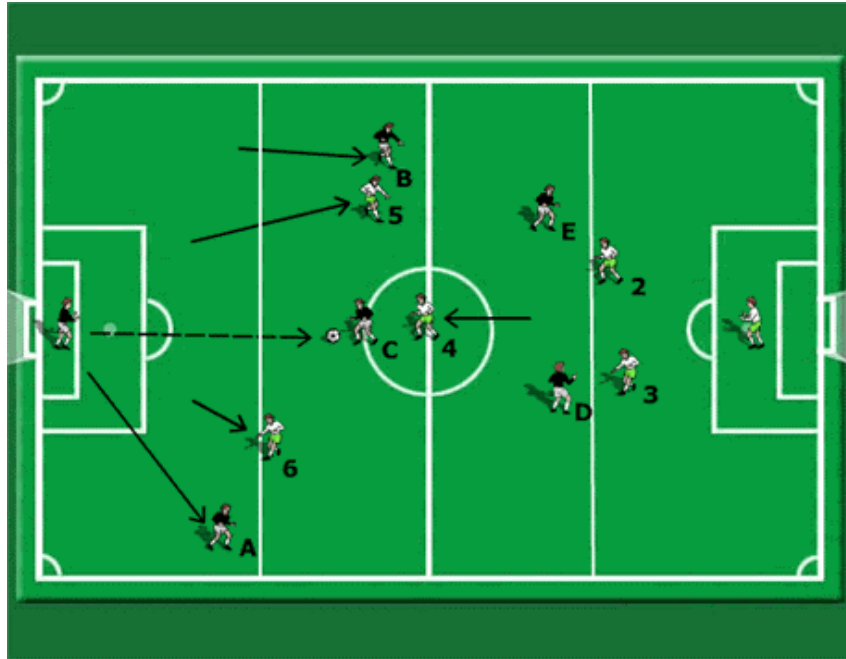


Dealing with the positioning of the players who are beyond the pressuring and supporting players of the team who provide balance and cover.

Here (6) forces the pass inside so (4) covers the likely space the ball can be played into and at the same time being aware of (C)'s position should this player receive a pass.

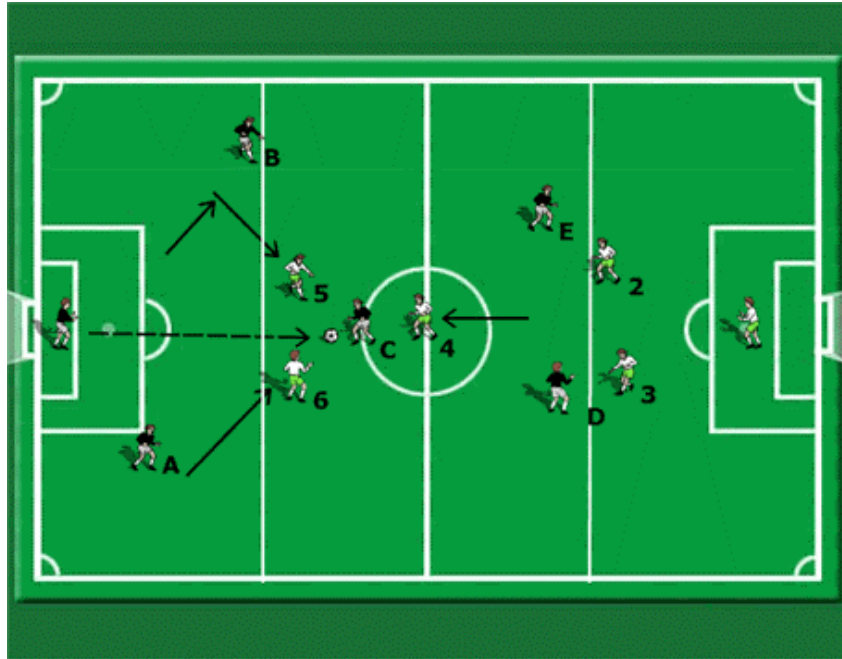
(2) and (3) come together into the positions where the ball is likely to be played from the position it is in at the moment but at the same time being aware of their defensive responsibilities regarding (D) and (E).

Tracking Players Runs



Here (B) has taken the initiative and made a forward run to help (C). If (B) is allowed to go free then the defending team are very vulnerable down that side of the field. If (5) does not track the runner it poses a problem for (2) who is the nearest defender to the ball, does (2) mark (E) or close down (B) ? Above, (5) has tracked the run of (B) showing how important it is for strikers to realize they are the first line of defense in the team. Hence we have created a situation to show how another key coaching point has been practiced in the game. The coach has to identify this situation and coach it, it may be that (5) didn't see the run of (B) or track it and this is a chance for the coach to affect (5)'s positioning by stopping the play and coaching the fault.

Double Teaming And Treble Teaming

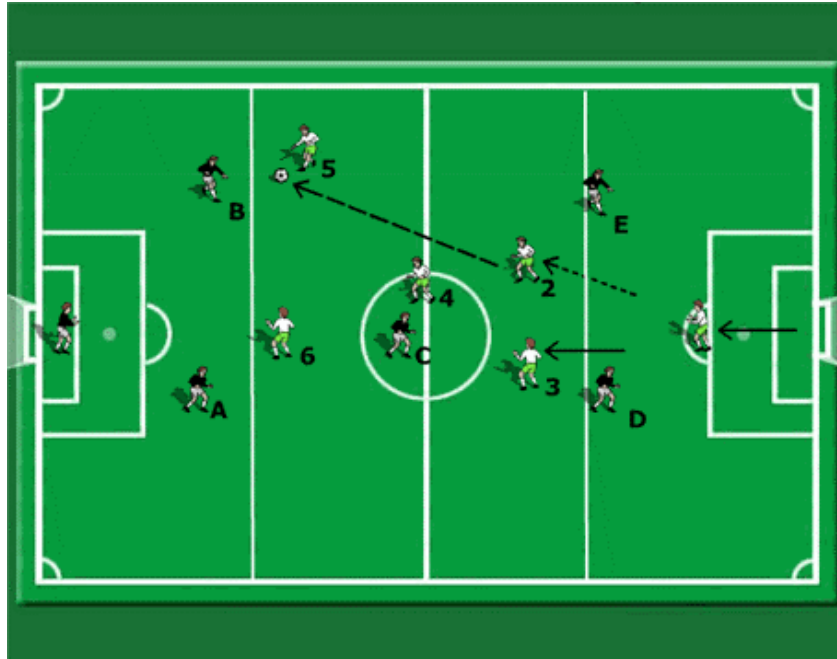


Here (5) has taken it a stage further with a recovery run into a double teaming position attacking and pressuring (C) from the other side to (4) thus creating a better chance of winning the ball.

If the players can react quickly enough you could have a treble teaming situation also with (6) closing down from another angle.

The recovery runs into double / treble team positions can be along the lines (passing lanes) of the passes back to (A) and (B) making it very difficult for (C) to escape with the ball.

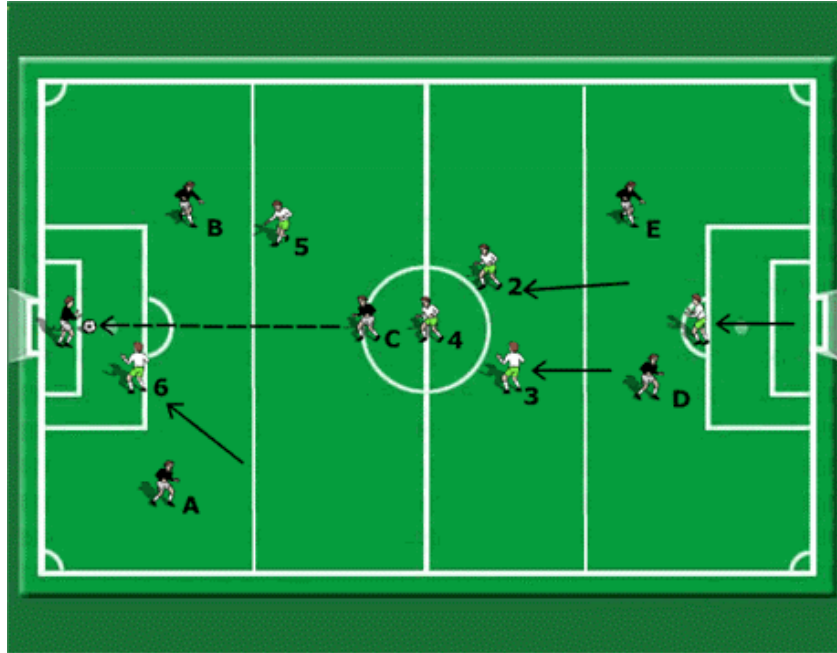
Condensing Play Creating Compactness



Here (2) has won the ball back in the defending third and played it forward. The whole team has moved forward creating compactness from the back leaving the opponents strikers offside and making themselves available to receive a pass should the ball need to be passed backwards.

Finally let the game go free and have the keeper play the ball to any player on the team and coach the faults as they occur during the game with all the key coaching points of defending in mind. To make sure you work consistently with the defending team allow them only a restricted number of passes to work a position to shoot at goal then the ball goes back to the other team as we want to work on defending and not attacking. Maybe give them six passes maximum to score after regaining possession of the ball.

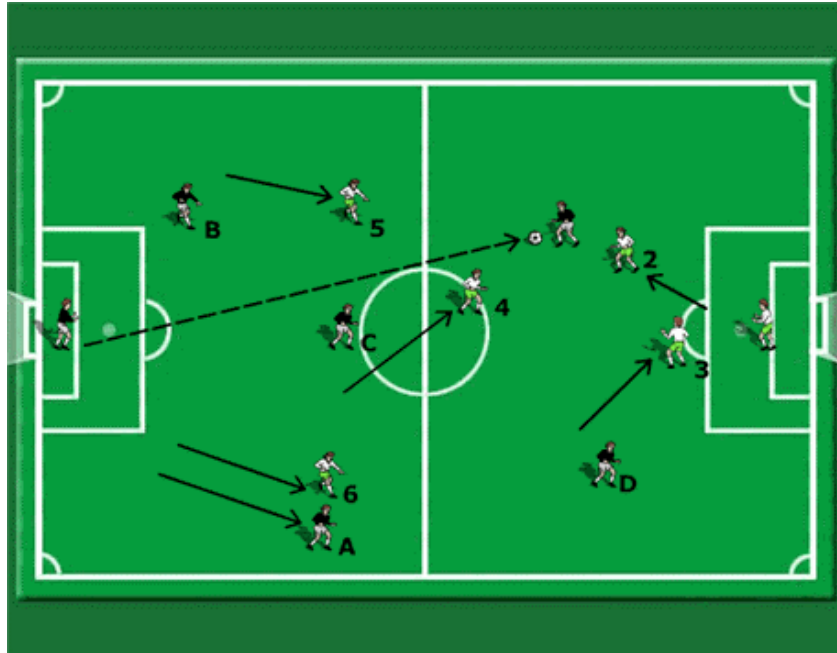
Condensing Play Creating Compactness



This is an example to show that the defending team do not only move forward when they regain possession of the ball and can do so even when the opponents have the ball in their possession. Good pressure by (4) has stopped (C) from passing the ball forward. (5) And (6) position to prevent the pass back to (A) or (B). The only option is a pass all the way back to the keeper. This longer pass particularly, gives defenders (2) and (3) time to move forward and as a consequence leave (D) and (E) offside. The defending keeper moves up also to cover for the defenders (keeper – sweeper).

(6) anticipates the back pass and produces more good pressure, this time on the keeper, which may result in winning the ball back. Should the keeper kick and clear the ball long, the movement in the meantime of, particularly the back players, will cause the attacking teams opponents to be offside from this clearance.

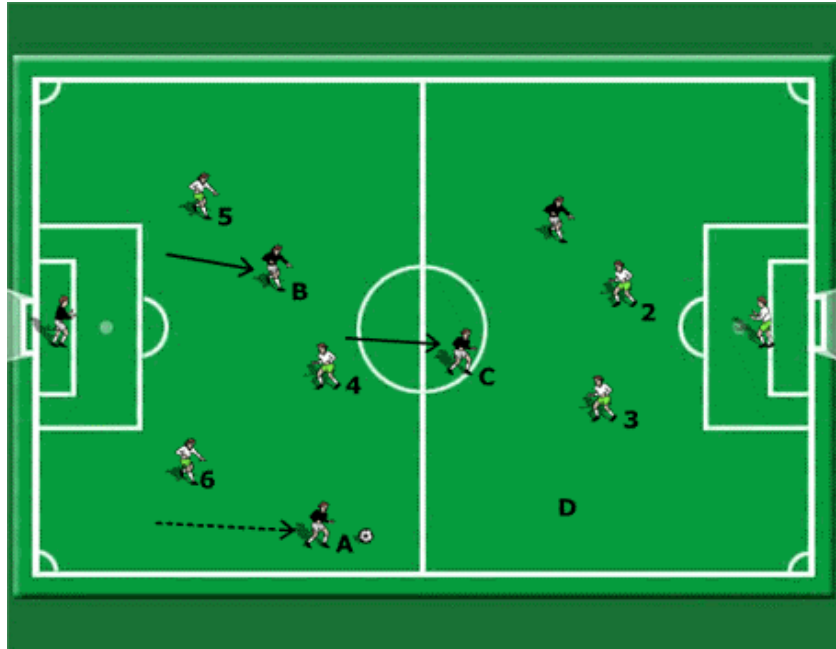
Showing All Key Coaching Points



Now have the keeper play the ball into the strikers and work on the defenders (2) and (3) pressuring and supporting bringing in the other key coaching points as they happen. This is the same idea as that used with (5) and (6) but in front of this the other players may need to deal with tracking runners, recovering back to help the defenders, maybe doubling teaming with (2) in the above situation and so on. Above are examples of what can happen with the defending teams players; (2) presses the ball, (3) drops into a support position, (5) starts a recovery run, (6) tracks the forward run of (A), (4) doubles up on (E) to help (2) win the ball back or at least try to force (E) into making an error and lose the ball.

Finally once the defending team win the ball back they obviously will look to play the ball forward at the earliest option and this will result in the team moving up the field from the back and the defenders at least getting up to the offside line at the limit of the defending third (this is condensing play from the back creating compactness).

Getting It Wrong

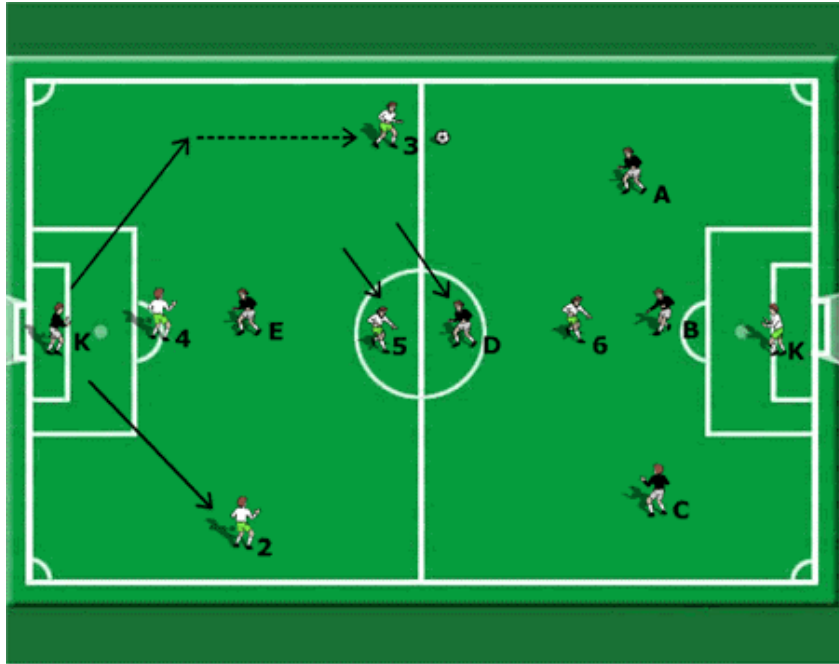


The numbers team have attacked and shot at goal and been caught going forward. The opponents catch them out with a quick break. (A) Starts the move after a pass from the keeper and (6) doesn't track the run.

Now we have a situation where (A) has no pressure and is free to play. No pressure on the ball means the strikers (D) and (E) can push (3) and (2) deeper to create more space in front for (A) and (C) to play in.

(4) doesn't recover back to get goal-side so (C) is open to receive a pass in lots of space and time. Other principles cannot now be applied; there is no pressure so there is no support. There is no cover at the back because of the overloaded situation.

Game 46: Running With The Ball In A Small Sided 6 v 6 Game



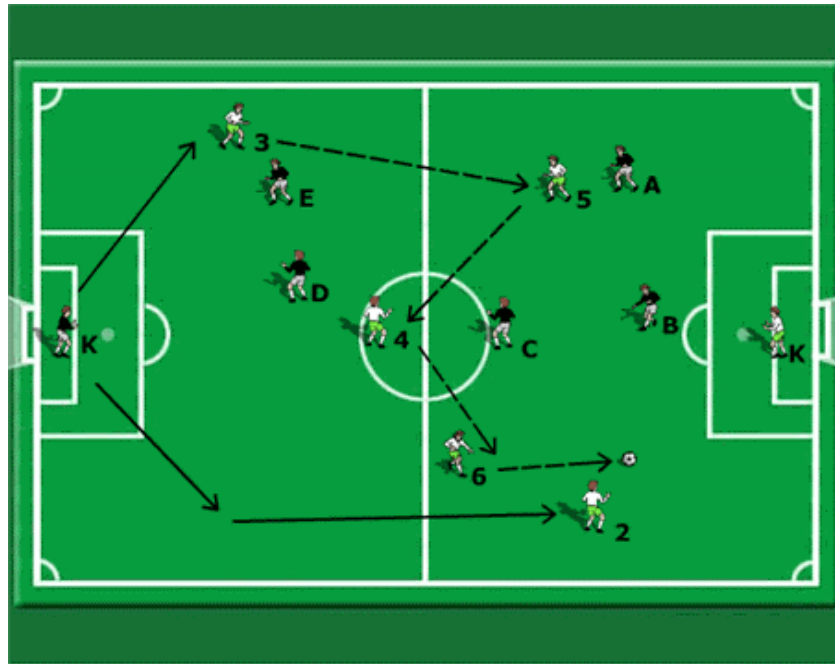
Here the theme is running with the ball particularly from the back. Use the progressions to get it going.

Coaching Points:

1. Creating Space – Players breaking wide to receive the ball from the keeper.
2. Decision – Can I run with the ball or do I pass.
3. Technique – Key factors of running with the ball, head up, good first touch out of your feet, and run in a straight line (the shortest route forward) with pace, using your front foot to control the ball.
4. Quality of Pass / Cross / Shot / Dribble at the end of the run.
5. Supporting Positions – support in front, fill in behind.

When you get to a 6 v 6 set up it may be useful to change the shape of the teams to 3 – 1 – 1 from a 2 – 1 – 2 so there is a 3 v 1 overload at the back to help players run out with the ball. The space is usually in the wide areas for this movement. This allows for a greater chance of success in the practice until players are comfortable and confident performing the theme.

Game 47: Switching Play In A Small Sided Game Of 6 v 6



As in ALL these 6 v 6 presentations the coach should use a progression method to build up to the competitive 6 v 6 game situations eventually.

Use the 2 – 1 – 2 system of play. The coach must decide how much of an overload is needed to build up to a 6 v 6 competitive game situation (6 v 2, 6 v 3 etc).

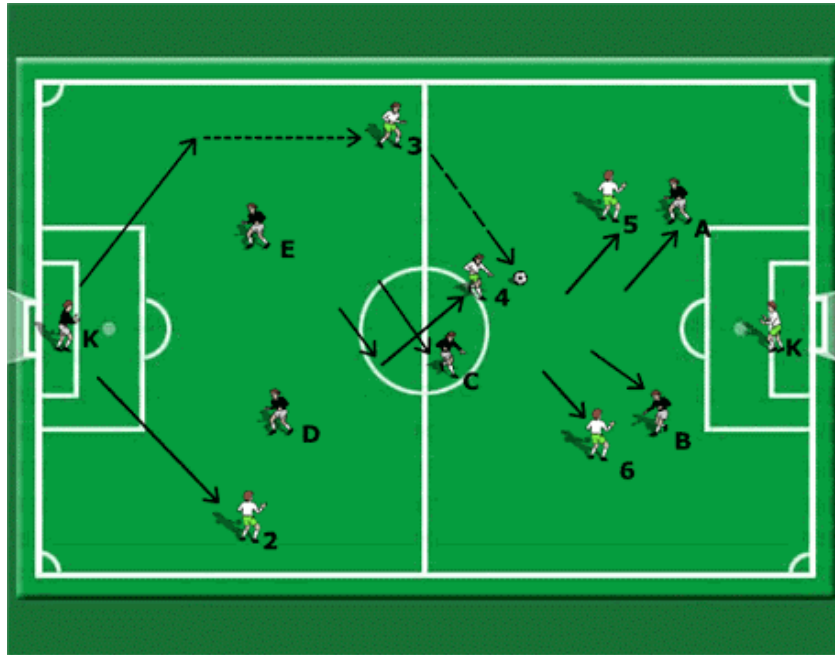
Use the 6 v 6 game with the two-team concept before going into a competitive 6 v 6.

Coaching Points:

1. Creating Space as individuals and a team.
2. Decision – When, where and how to pass the ball.
3. Technique – Quality of the pass, can I pass it forward or do I switch the play.
4. Support Positions – To switch the play (open stance to receive and pass).
5. Switching the Play – From one side of the field to the other.

In the above example the team have attacked down one side of the field but been stopped from further progress by good defending so they have come back and switched the play to the other side. A great run by (2) on the overlap compliments this move making a 2 v 1 situation on the opposite side of the field from which they started the move.

Game 48: Creating Space In A Small Sided Game Of 6 v 6



Here the players work to get free of their markers by their movement off the ball; they create space for themselves and / or for their teammates.

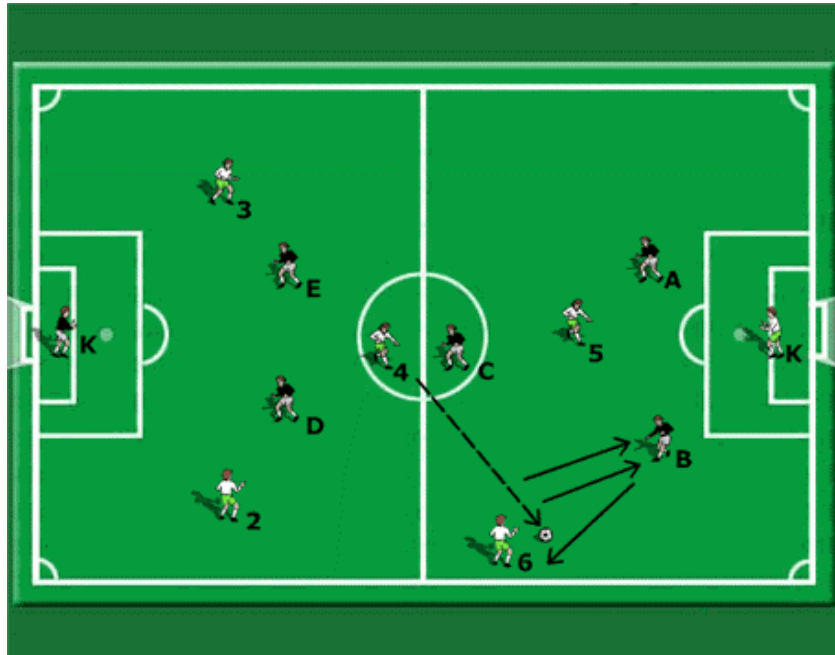
Coaching Points:

1. Creating Space – Spreading out as a team.
2. Decision – When, where and how to Create Space.
3. Technique – of passing and receiving.
4. Support Positions of players; angles and distances, movement off the ball.

In the above example (2) and (3) break wide to create space and offer two options to receive a pass from the keeper, (3) receives the pass and (4) runs off (C) to check back to receive the pass in space. (5) And (6) create space in front of the receiving player by making split runs to move (A) and (B) away from where (4) wants to attack and shoot at goal.

If either (A) or (B) do not track the two strikers and stay in the space in front to defend against (4) then (4) can pass to whichever play got free by not being tracked on their run.

Game 49: When And Where To Dribble In A Small- Sided 6 v 6 Game



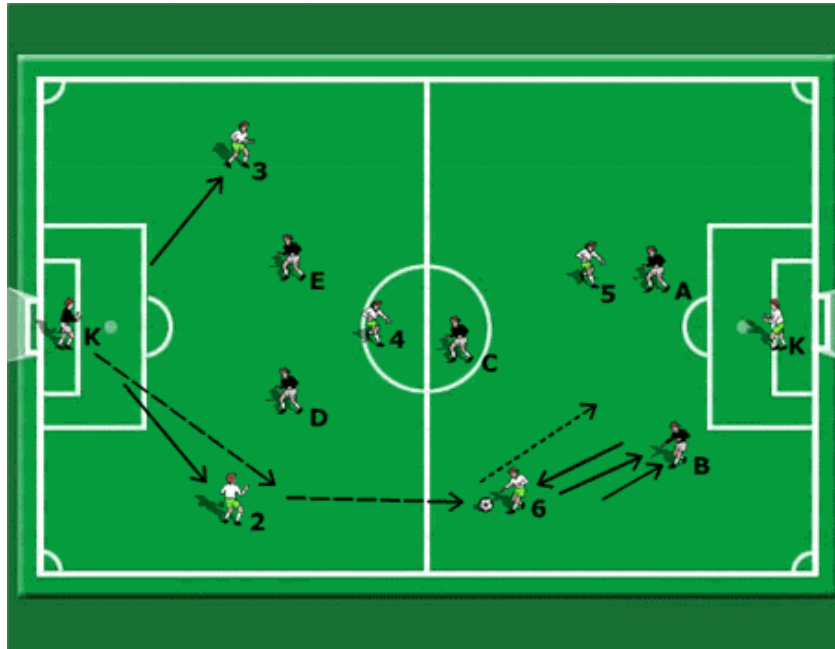
Looking to create 1 v 1 situations in the middle and especially the attacking thirds of the field focusing on players with a good dribbling technique.

Coaching Points:

1. Creating Space – Run the player off to check back and receive to feet. Body position half turned with the back to the touchline. Where the defender marks determines whether the attacker goes inside or outside.
2. Attitude to Dribble – Aggressive / Positive.
3. Decision – Does the attacker run, pass, cross, shoot or dribble?
4. Technique of Dribbling - when it is on to dribble. How to dribble using moves.
5. Safety and Risk Areas of the Field – where it is on to dribble.
6. Runs of the players – to support or create space.

Here (6) runs off (B) to create space behind to come back and receive the ball to feet. (6) Must shape up with their back to the touchline to be able to see the entire field and options available. If (B) doesn't follow then (6) can get the pass in front to attack the goal using (5) to create a 2 v 1 position.

Game 50: Developing Team Play And Individual “Themes” Through 6 v 6 Small Sided Games (Part Two) - Receiving And Turning In A Small Sided 6 v 6 Game



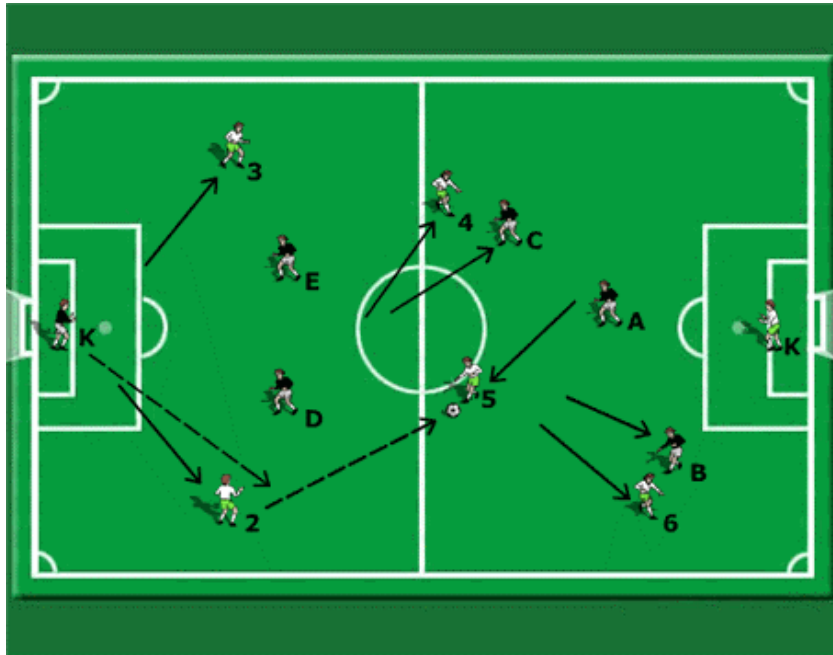
Here the theme is receiving and turning particularly in the middle and attacking thirds.

Coaching Points:

1. Creating Space by movement off the defenders.
2. Decision – When and where to receive and turn.
3. Technique – How to receive and turn, the best way, if you have time, is to run your marker off and return to the space you have created for yourself by that movement.
4. Quality of the Pass into the receiver for ease of control.
5. Positions of Support of teammates in front and behind the player on the ball.

In the above example (6) runs the defender (B) off away from the ball to check back to receive the pass. (4) Positions to support behind as can (2) also but if (6) has turned, (5) can make a run into a receiving position of support in front of the ball to take a shot or create a 2 v 1 situation with (6) by losing the marking of (A). If (6) is a very good dribbler then (5) can run off (A) away from the space in front of goal to leave (6) in a 1 v 1 situation.

Game 51: Diagonal Runs Without The Ball In A 6 v 6 Game



The theme is making diagonal runs with or without the ball to receive or create space for a teammate. When it is a forward diagonal run the player making it must avoid running offside in a game situation.

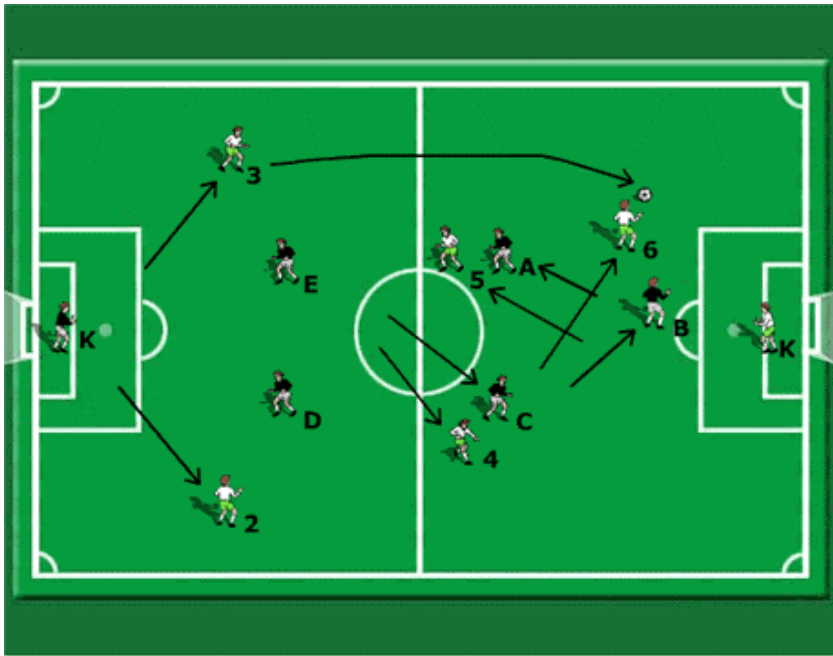
Coaching Points:

1. Creating Space.
2. Decision – when and where to pass into the receiver.
3. Technique – Quality of pass particularly the weight, accuracy and timing.
4. Angle and Timing of the Diagonal Runs both to create space and to receive the ball.
5. Support Positions of the players.

In the above example (2) is on the ball to pass it forward. (6) Makes a diagonal run away from the center taking man marking (B) with them. (4) Also makes a diagonally opposite run away from the central area taking (C) away also. This leaves space for (5) to come short with another diagonal run to receive the pass. As in receiving and turning (5) may have run (A) off to check back if time was available to do so thus creating more time and space on the ball.

Another way to create space for (5) coming short to receive would be for (6) to make a run towards (5) and cut across the path of (5)'s marker (A) to hold up their run.

Game 52: Forward Diagonal Runs To Receive In A 6 v 6 Game



Here (5) goes short taking (A) with them. This creates space behind (A) for (6) to run into to receive the pass. (4) Again runs off (C) to help clear the space.

Below, the strikers make opposite diagonal runs to get midfielder (4) in centrally.

Here (5) and (6) run off their markers breaking wide leaving space inside for midfielder (4) to run into.

