



Defending in the Midfield

Category: Tactical: Defensive principles
Difficulty: Moderate

Steve Davis, Westchester County, United States of America
Individual-Adult Member

Play (15 mins)

6v6 to two goals at each end with bumpers on all sides of the 44x30 field. Bumpers have two touches. Play begins each time from center circle with bumper.

Organized/stay organized. Make it compact and keep it compact. Press the ball and recognize situations



6v7

6v7 (GK) 60x44 yards - Attacking team (6, 8, 10, 9, 7, 11) - Defending team (1, 2, 3, 4, 5, 6, 8). Attacking team is going to large goal, and defending team goes to two target players or small goals when they win the ball. The #2 and #3 can open up and use the wide channels in transition to attack.

Blue can enter outside wide channels when the #2 and #3 become active, but they can only occupy two adjoining zones at the same time.

Objective: Disrupt build up in middle and defensive thirds, and prevent opponent from creating chances and scoring.

Make it compact and keep it compact

Pressure the player with the ball, shape & discipline (cover/balance)

Frustrate opponent into making poor decisions - press in identified situations - outnumber

Points: Shape & Discipline - Organized & Balanced, Stay Organized & Balanced

Goalkeeper: Commanding and demanding

Laws of the game are applied



7v8

Progression 1: Allow the full width on one side of the field and add #2 to attacking team & #10 to defending team

Defending team now has to recognize when the attacking team is attempting to pull them apart.

Objective: Disrupt build up in middle and defensive thirds, and prevent opponent from creating chances and scoring.

Make it compact and keep it compact

Pressure the player with the ball, shape & discipline (cover/balance)

Frustrate opponent into making poor decisions - press in identified situations - outnumber

Points: Shape & Discipline - Organized & Balanced, Stay Organized & Balanced



Goalkeeper: Commanding and demanding, keep defenders on their toes using "what ifs"

Laws of the game are applied

7v8

Progression 2: Allow the full width on the other side of the field and add #3 to attacking team (take off #2)

Defending team now has to recognize when the attacking team is attempting to pull them apart

Objective: Disrupt build up in middle and defensive thirds, and prevent opponent from creating chances and scoring.

Make it compact and keep it compact

Pressure the player with the ball, shape & discipline (cover/balance)

Frustrate opponent into making poor decisions - press in identified situations - outnumber

Points: Shape & Discipline - Organized & Balanced, Stay Organized & Balanced

Goalkeeper: Commanding and demanding, keep defenders on their toes using "what ifs"

Laws of the game are applied



7v8 half field (40 mins)

Progression 3: Full width of the field and coach steps in as the #6 for attacking team in the role of server and target for defending team.

Defending team 6, 8, 10 have to work together to make play predictable and keep the ball in front of them. 2 and 3 have to recognize when to step and press. 4 and 5 get organized and balanced, and work with and off each other. Both central defenders can step up and deny or delay the attacking 9, 7, 11, 10 if they are operating between the lines, and the 6 and/or 8 are occupied.

Goalkeeper: Same as previous exercises, now has the role of allowing her team to circulate the ball through her in transition.

