Pro-Club: Club Deportivo Chivas U.S.A.

Session: Defending progression Excercises
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**1v1**

**Organization:**

Two grids going at same time. Objective is to slow down opponent and force him away from the mini-goal, keeping the opponent locked into on one side. This could be used as functional work for specific positions based on where you are on field.

1. Can not win ball in attacking half of box
2. Only can win ball in defensive half of box
2 points for scoring in mini goal
1 point for dribbling over line

**Key Coaching Points:**

Be aggressive, close hard, dont dive in, move your feet

Get attackers head down

Dictate play by body position

**Time of Session:**

3:00 min games x 2
3:00 min games x 2
2v2

Organization:

Two grids going at same time. Objective is to slow down opponent and force him to your help. Making play predictable is important. Initial pressure does not need to win ball. Force opponent to make mistake. This could be used as functional work for specific positions based on where you are on field.

1. Can not win ball in attacking half of box
2. Only can win ball in defensive half of box

2 points for scoring in mini goal
1 point for dribbling over line

Key Coaching Points:

Be aggressive
Get attackers head down
Dictate play by body position

Time of Session:

3:00 min games x 2
3:00 min games x 2
**2v2 deny penetration**

![Image](http://www.SportSessionPlanner.com)

**Organization:**

The objective is for the pair that is defending to work together to deny forward penetration of the opponent. Players need to be aggressive and step and close while the other player is providing cover and cutting off passing lanes. This could be used as functional work for specific positions based on where you are on field.

A point is scored if attacking team plays on the floor into target successfully. Can use neutrals on outside as they only have one touch. Attacking team is not allowed to play backwards to endline neutral.

Players in the middle have unlimited touches.

**Key Coaching Points:**

Be aggressive

Get attackers head down

Dictate play by body position, make yourself big, pressure, cover, shift, communicate

Don't get flat defensively, bump and track runners, recognize when to step and create 2v1s.

**Time of Session:**

2:00 min games x 6

16x20 yds.
7v7 6 zone game

Organization: 6 grid game, attacking two small goals defending two small goals.

44 width x 40 length

7v7: unlimited touches

Key Coaching Points: Defensively trying to force ball wide, lock it into one side, sliding across and not letting opponent switch point of attack. Creating #’s up around the ball and making the play predictable. 1st player closest to ball must apply initial pressure, doesn't have to win it but must contain ball on one side.

The defending team must be in 2 zones at one time...always leaving the far zone open with the idea that you are locking it in on one side and not allowing the switch of play.

When ball is won must be able to play 1st and 2nd pass out of pressure with the idea that if we can play forward quickly we must try.

Time of Session: 2x6 minutes