



CUSC Winter Coaching Clinics
2v2 defending
November 4th, 2009



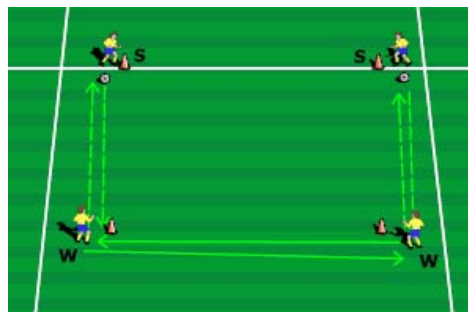
This session on 2v2 defending will introduce the first principles of cooperating with team mates to become more solid as a defensively. Just as when we improved our 1v1 defending last week, by improving 2v2 defending in our players, we will lay a foundation that forces our players to be wiser on attack to break down more realistic and challenging situations.

Review of 2v2 defending:

- The fundamental principles are effective pressure on the ball and proper cover given by the defender who is not immediately pressuring the ball. Pressure should be applied early and under control, just as was reviewed in 1v1 defending. The covering player should be able to help the pressuring player if necessary but also able to apply timely pressure to the other attacker if the ball is switched over.
- Just as with the 1v1+1 defending that was covered last week, the covering player must be in a position to cover the space behind his/her teammate, but remain aware of the other attacker and responsible for covering that attacker if the ball is passed over.
- Defenders should learn to recognize situations in which they should 'double team a player' or switch roles (ie: if a player is beat 1v1, the covering player begins pressuring while the player who was beaten retreats to provide cover.)

2v2 Training Session:

Technical warm-up: Begin with a warm-up technical warm-up which involves cooperation between 2 players, is active and demands technical proficiency and focus.



Set up :
10x8 yard square. 2 servers (S) with balls, 2 workers (W) without balls facing them.

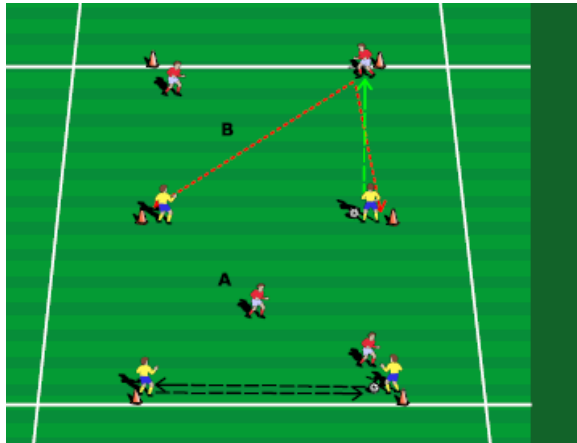
Instructions:
Servers play ball in to worker who returns the ball first time. The workers then quickly switch positions. Progress through various skills including volleys, controlling throw-ins with different body parts and heading the ball back. Work for 45 secs-1minute depending on age and ability. You can also progress to having the players pass the ball across diagonally thus forcing them to cooperate more closely.

Coaching Points:
Sharpness, technical proficiency, and communication. Ask the players to watch the ball into their foot to make sure they're using the proper part of the foot and striking the center of the ball. This warm-up is primarily about technical repetition.

This is a great technical warm-up and forces 2 players to coordinate their efforts which is a good introduction to the 2v2 defending. By progressing to having the workers pass the ball diagonally across the box, you will be forcing them to be aware of where the other player is and when they should play the ball across.

2v2 defending Shadow play to Live:

The first drill is an extended warm-up and introduces the movement expected in any 2 player defending scenario on the field. It also uses the same set-up as the first warm-up which makes it an easy progression for the coach.



Set up: 10x10 grid. 4 players in each split into pairs.

Instructions: Initially (A) two players stay on the cones and pass the ball back and forth. The defenders shadow against them by pressuring and covering. COach the proper body position and timing of the runs. They do not try to win the ball at this point. B - Defenders start on their own cones, and play begins with a pass to the attacking pair. The defenders must now defend the 2 attackers and keep them from scoring by touching the cones with the ball.

Coaching Points: pressuring player takes away the line, covering player is ready to either cover if his team-mate gets beat, or to pressure if the ball is passed to the other attacker. Coach the defenders to be patient! Play for a minute or two continuous to encourage the defenders to stay patient while time runs out.

During the shadow play (A):

Pressuring player: Closes down quickly and under control, putting the attacker under as much pressure as possible.

Covering players: Is ready to help the pressuring player if necessary, but close enough to the second attacker to cover him/her if the ball is played. Internal Dialogue for covering player "If the ball is passed to the second attacker, am I close enough to pressure him in time"

During live play (B):

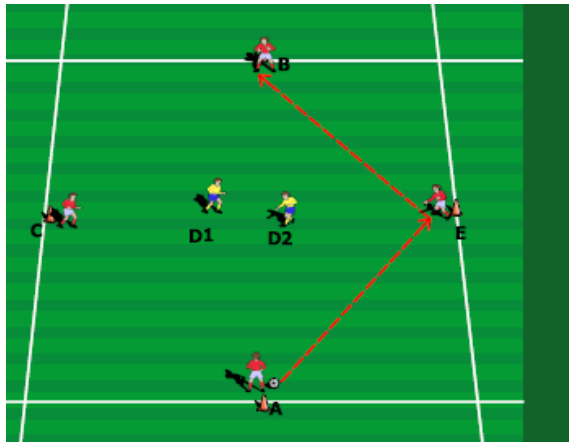
Pressuring player: Shut down quickly and under control to get the attackers head down. If possible, push the player wide and out of the grid using the sideline as an extra defender.

Covering player: Be ready to cover for pressuring defender if he/she gets beaten, but also ready to pressure the 2nd attacker if the ball is switched.

Progression 1: Allow the attackers to score simply by dribbling across the end-line.

Progression 2: Allow the defenders to score by dribbling across the opposing end-line if they are able to win the ball clean.

2v4 defending forward passes:



Set up: Diamond with 10 yard sides. A player on each cone with two defenders in the middle

Instructions: The two defenders work together for 1-2 minutes trying to prevent the outside players from getting the ball from A to B or back again. This is accomplished by pressuring and covering at the right times.

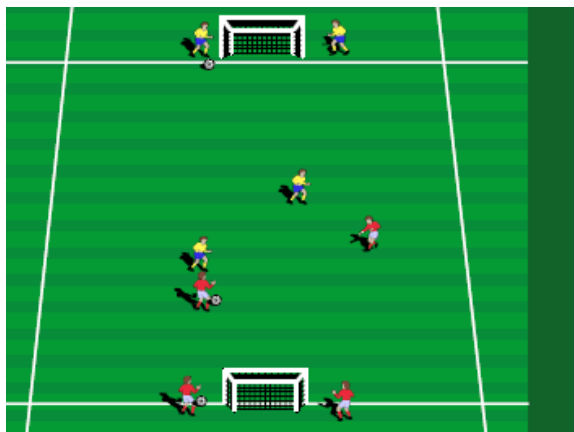
Coaching Points: when the ball goes to E, D2 should pressure and take away the pass while D1 covers in behind in case the ball does get through. The opposite happens if the ball is passed to C. When A or B have the ball the players are central to prevent an easy pass, and to remain responsive to either wide option. Each time the ball goes from one end to the other, a point is given.

Begin the first round by walking through the 3 defensive stances (ie: when A, C, or E have the ball). Then let the group play live, counting a point for each time the attacking team is able to get the ball from A to B or vice versa.

To give more success to defenders, make the diamond longer and narrow. To give more success to attackers, make the grid very wide and short.

2v2 Flying changes:

To finish the session, this 2v2 transition game allows players to repeatedly experience 2v2 scenarios and apply the concepts covered above in a more open environment. Initially, the coach will likely have to stop the drill often to ensure that the first attacker is immediately pressured and shut down, while the covering defender recovers and provides cover. Eventually the game will turn into a free flowing and fun team game that is also very hard work and a fun alternative to pure fitness drills.



Set up: 20 x 10 yard playing area with a goal on each end. Two teams are made with a minimum of 4 players on each team and a max of 6.

Instructions: the first two players of each team play 2v2 in the grid. When the Red team shoots and either scores or misses the target, the next two yellow players who are waiting behind their own goal immediately attack at full speed at the same 2 red players who just shot. The original defenders leave the grid and regroup behind their own goal again. Every time a shot goes past the endline, two new attackers come in.

Coaching Points: Watch the defensive shape of the defending pair. One is always pressing, one is always covering. Emphasize the quick transitions on attack, to maximize the attacking advantage and create 2 v 1's. Also emphasize the defensive transition and applying early pressure on the first attacker to slow the pair down.

Scrimmage at end: If there's time, end with a scrimmage in which you focus on pressure and cover and point out opportunities to work in pairs to defend.