



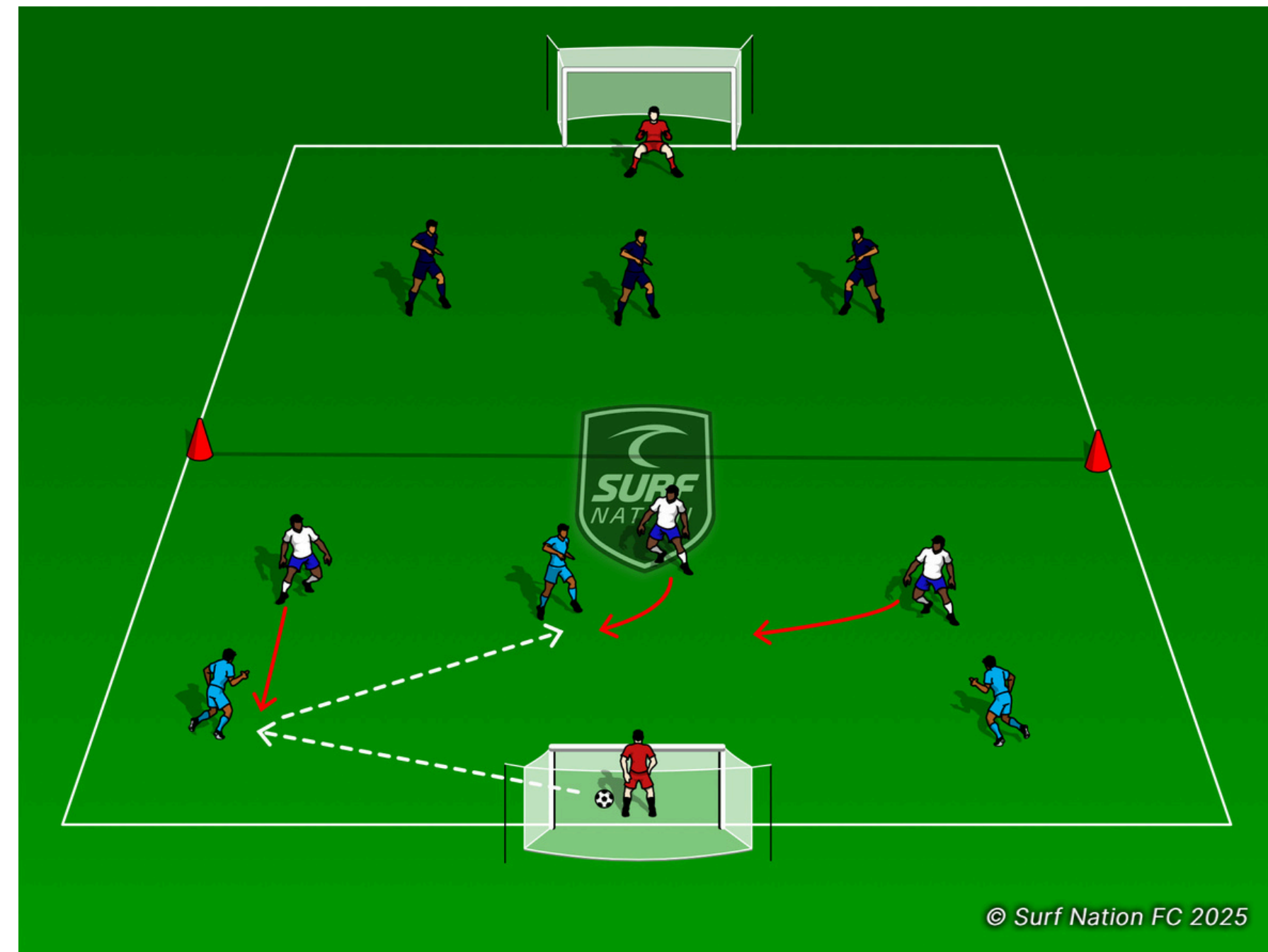
DEFENSIVE TRAINING GAMES

7V7/9V9



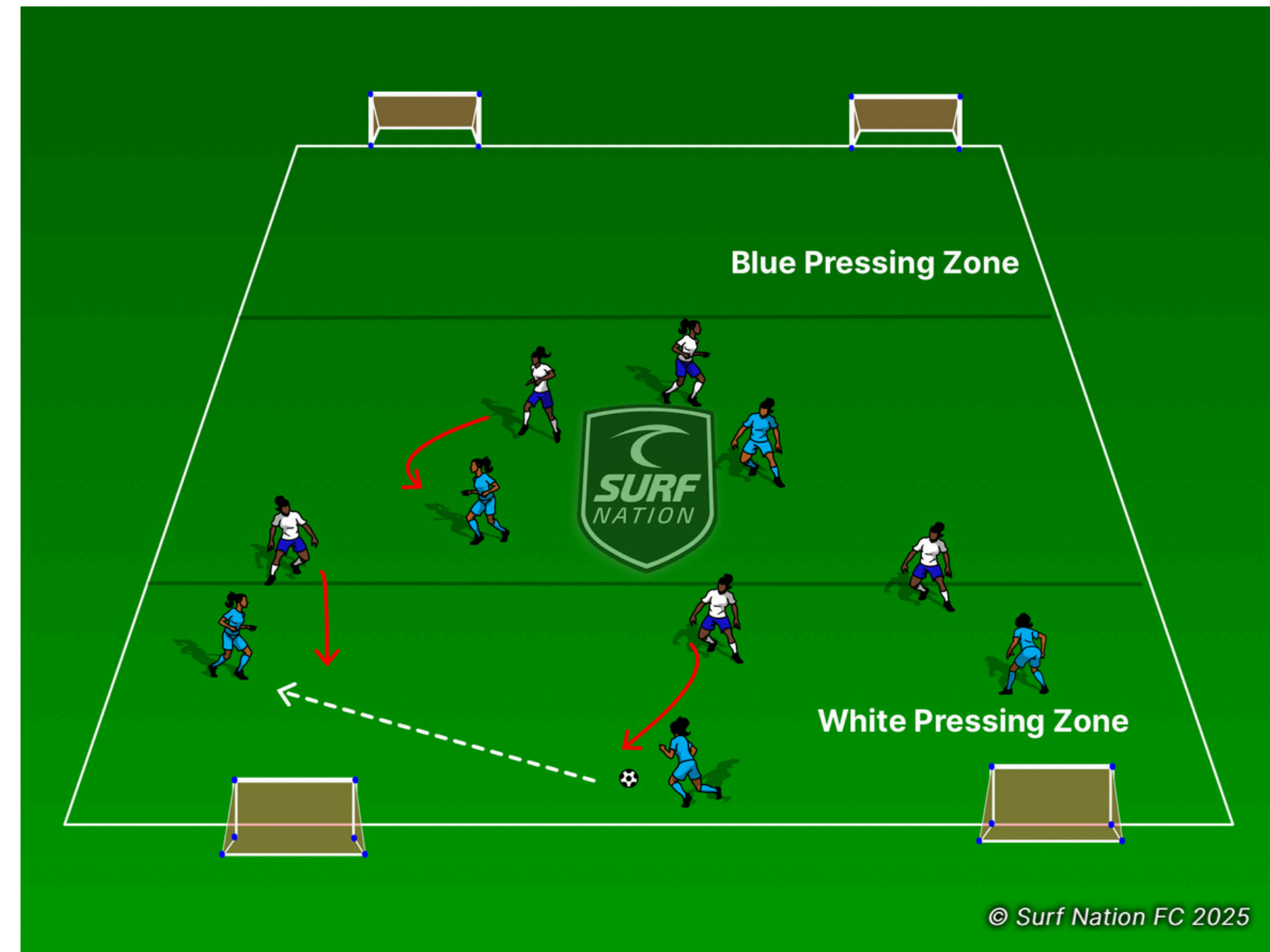
Pressing From The Front!

- Eleven players are organized into three teams of three, plus two Goalkeepers
- Game takes place in a 20x30 yard pitch with a half-way line
- One team starts as the defensive team (white team in example) with the other two teams start as possession teams
- The objective for possession teams is to build from the goalkeeper and successfully pass the ball across to the other possession team
- If the defensive team win possession they look to score immediately and then change roles to become possession team
- If the ball is transferred across successfully, the defensive team must then go and press at the other end
- Coaches can add a pass restriction to slow the game down



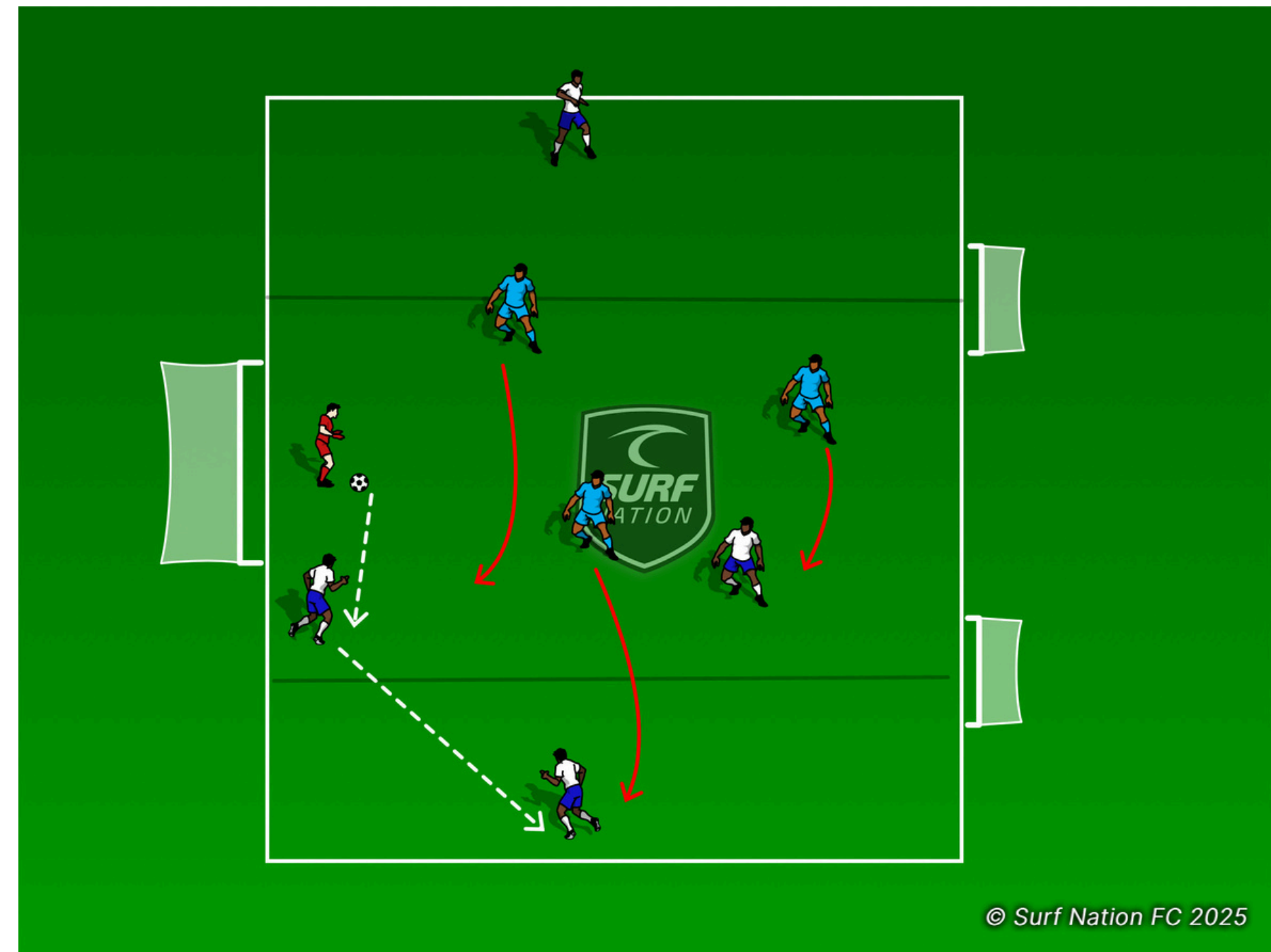
Pressing From The Front!

- Ten players are organized into two teams
- Exercise takes place inside a 30x20 yard area split into three horizontal zones
- Players are free to move anywhere on the field
- Each End Zone acts as a Pressing Zone for each team
- If a team wins the ball in the Pressing Zone and scores, the goal is worth two points
- Goals scored without pressing are worth one point
- Play 3x6 minute games and keep score throughout



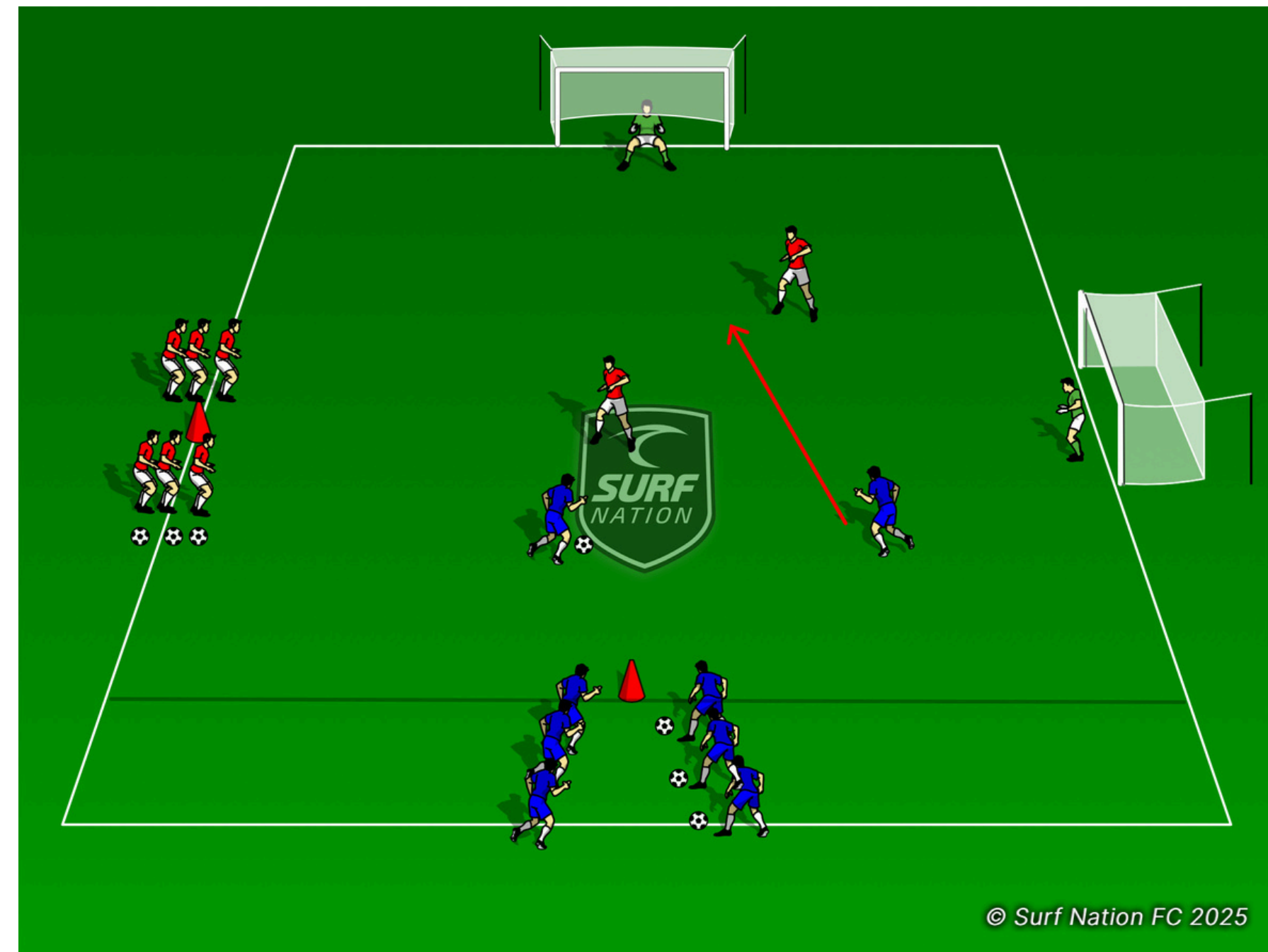
Shifting Together & Defending Outnumbered

- Eight players are organized into a possession team of five (including a GK) and three defensive players (in blue)
- 5v3 exercise takes place inside a 20x30 yard area, split into three zones, with a central goal and two mini goals
- Exercise starts with the GK in the possession team with the attacking team looking to use their overload and score in the mini-goals
- Players can move anywhere at any time
- Defensive players are encouraged to use the three zones as reference points for distances. For example, when the ball goes into the wide zones, all three defenders should occupy two zones (as pictured)
- If the defensive team win possession, they can score in a mini-goal for two points
- Play 3x5 minute games and keep score throughout



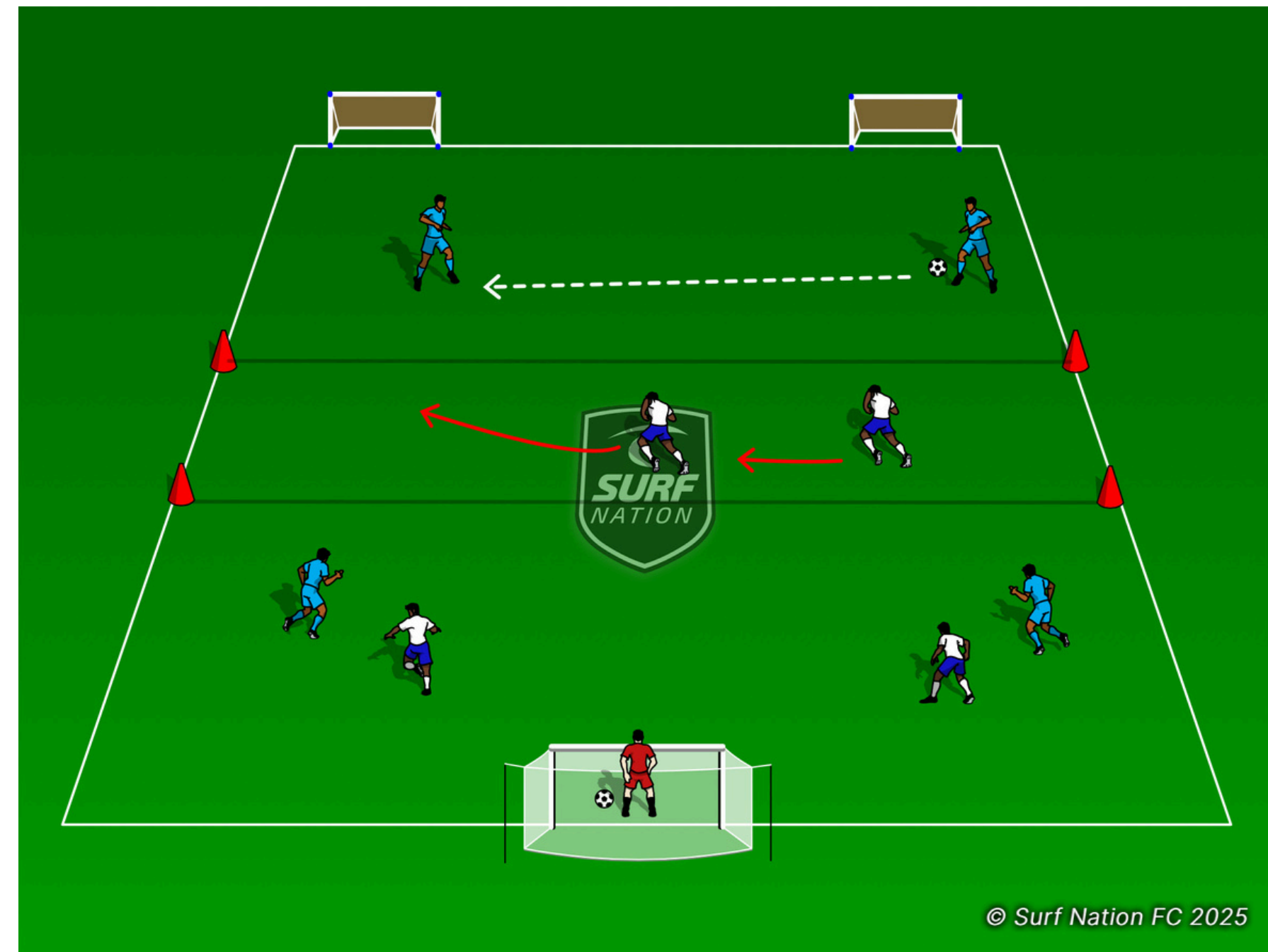
High Tempo Pressure & Cover

- Players are organized into two teams with a Goalkeeper on each team
- Exercise takes place inside a 20x20 yard area with two goals
- The teams take turns to attack and then react to defend
- The game works continuously for a set period of time or until a number of goals are scored
- It's important that after attacking, the two players react quickly in order to recover and defend
- Emphasis is on quick transitions and a focus on 'pressure and cover' relationship for defensive team



4v4 Preventing Forward Passes

- Exercise takes place inside a 10x25 yard area, with a 5-yard zone in the middle
- Eight players are organized into two teams, plus a GK
- Possession team (in blue) start with two midfielders in one zone and two attackers in the third zone
- Defensive team (in white) start with two players in the median and two defenders in the third zone alongside the GK
- Game starts with blue team looking to possess and find an entry pass into an attacker in the final zone to score
- Defensive team are looking to shift together, intercept passes and break out to score in mini-goals
- Each defensive team goal is worth two points
- Play 3x4 minute games and keep score throughout





THANK YOU



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