

Defending 4 versus 4 plus 2



Coaching Points

This practice can be used to emphasize either attacking or defensive skills and tactics.

Make a small sided field by extending the penalty area approximately 20 yards (18 metres). Place a goalkeeper in each goal. Divide your team into two groups of six players. Position 4 players from each team inside the field. Position one player from each team on each side of their goal. (see diagram above). Identify teams by using colored bibs.

Rules of the Practice:

One team starts off as the defending team and the other the attacking team. Have both teams start from the end-lines. The practice starts with the attacking team serving a ball to one of the defenders and receiving a return pass. Once the attackers receive the return pass the game is live and the defenders may pressure the ball.

The object is for the attacking team to try and score and the defending team to prevent them. Whichever team has possession becomes the attacking team.

After the attacking team has taken six passes, two extra defenders are allowed to come onto the field to make it a 4 v 6 situation in favor of the defenders.

This condition rewards good defending by denying penetration and forcing the attacking team to keep the ball in front of the four defenders. The condition also puts an emphasis on quick direct attacking to get a strike on goal using six passes or less.

The coach should emphasize the following coaching points:

If the emphasis is on Defending

- Close the ball down quickly after you have passed to the attacker.
- Closest defender pressures the ball.
- Force the attacker in possession to get their head down and deny penetration.
- Supporting defenders add balance and cover.
- Be patient, allow attackers to pass in front of you but not through you.
- Constant communication from the deepest defender.
- Keep the defensive shape compact.
- Squeeze the attackers away from the goal.

If the emphasis is on Attacking

- Cease the initiative and attack under six passes.
- Make forward runs behind the defenders, such as blind-sided runs and overlapping runs.
- Frequent use of "give and go" passes.
- Shoot from long range.
- Shoot if the goalkeepers view is obstructed by the defenders.
- Attack with width and depth.
- Run with the ball and dribble at defenders.

NOTES:



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