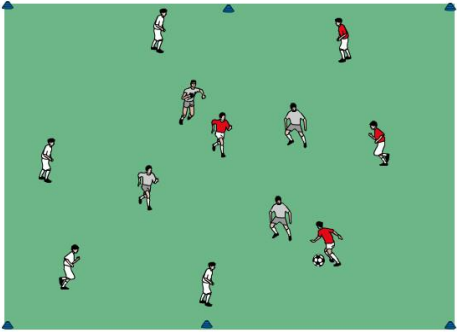
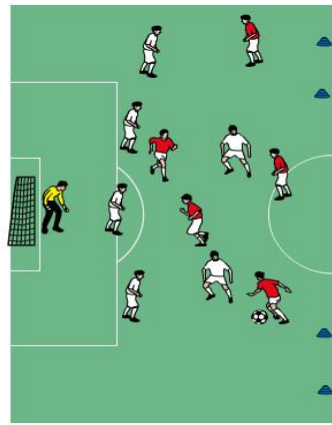
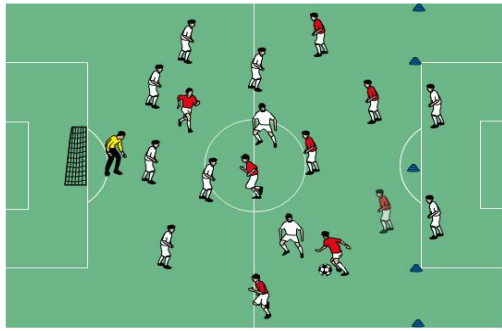
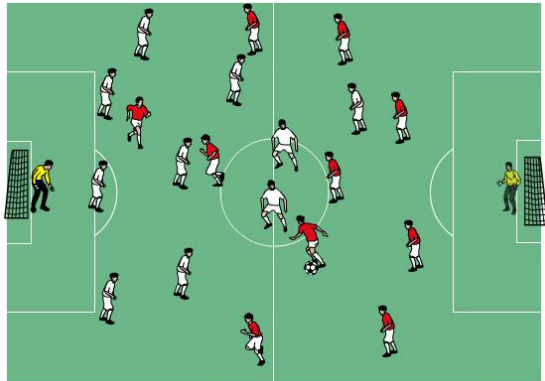


TRAINING ACTIVITIES
U14-19 Technical/Tactical Functional Training for Defenders
Mike Haas, US Youth Soccer Region IV Head Boy's ODP Coach

Activity	Description	Diagram	Purpose/Points
Warm-up (28 x 40)	<ul style="list-style-type: none"> • 4 v 4 v 4 • Different colors for each team of 4 • Two teams play against the other team. • Team defending must win the ball. • Once a team loses the ball on attack it becomes the defending team. 		<ul style="list-style-type: none"> • Defensive Shape (Pressure, Cover, Balance) • Interceptions • Passing • Receiving • Transition
Exercise #1 (60 x 70)	<ul style="list-style-type: none"> • Two 8 yd. counter goals and one full size goal. • GK and 6 defenders • 5 attackers go to goal and defend counter goals. • 6 defenders attack counter goal and defend large goal 		<ul style="list-style-type: none"> • Starting positions • Aggressiveness • Compactness/Reading Game • Passing/Receiving-short service • Running with the ball • Zonal/Man Responsibilities • Progress to giving a goal to the defense for offsides
Exercise #2 (75 x 70)	<ul style="list-style-type: none"> • One goal and 2 target players • GK+8 defenders go to targets, defend large goal. • 8 attackers attack goal and defend two targets. • Targets give the ball back to attackers. 		<ul style="list-style-type: none"> • Starting positions • Shifting and sliding • Compactness • Connection with MF • Passing-long service • Zonal/Man responsibilities • Passing on of players • Transition • Receiving
Final Game (full field)	<ul style="list-style-type: none"> • 11 v 11 (if possible) • Playing forms can vary depending upon coaches preference 		<ul style="list-style-type: none"> • All of the above. • Add defenders getting into the attack, i.e. dribbling, crossing.