



U.S. Women's National Teams Program

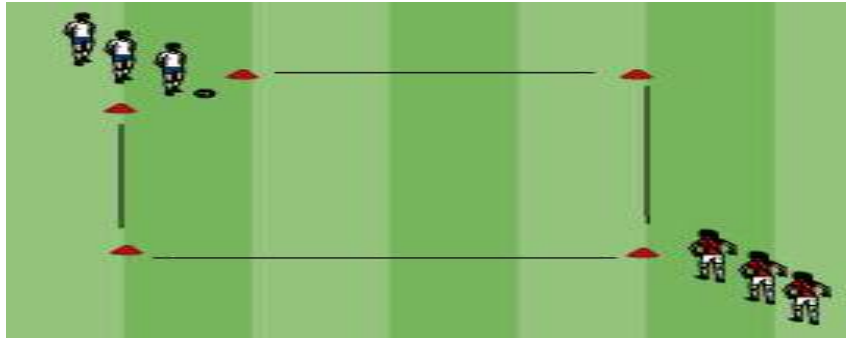
Training Theme: Defending



Team: U.S. U20 WNT

Objective:

1. Defending in Pairs
2. Defending to Attack vs. Defending to Destroy



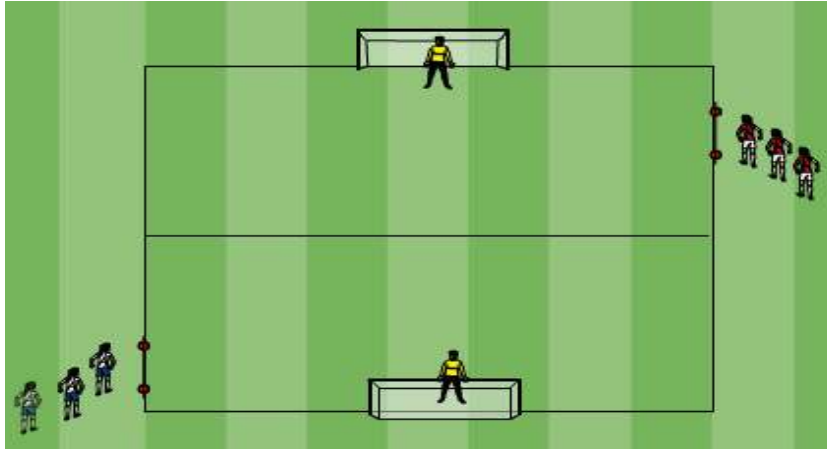
I. Warm Up: Individual Defending (15L x 10W)

- 1v1 with one diagonal goal. Rotate lines.
- Pass ball out, offensive player tries to dribble through the goal.
- If defender wins the ball, she spins out and plays a “drop” ball or plays to the next teammate in line.
- Progress to adding two goals so the game is live both directions.



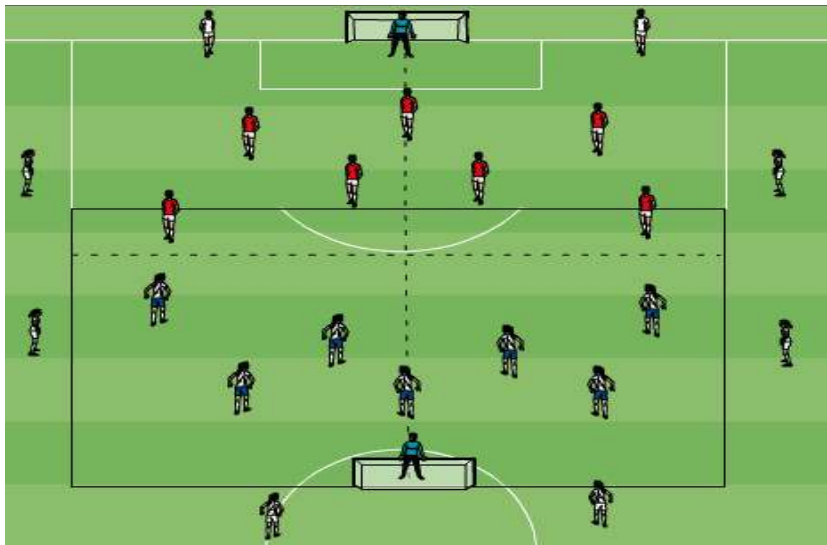
II. 4v2 Defending (15Lx10W)

- Work in pairs defensively to pressure/cover and cut off options.
- All must play 2 touch. Progress to 1 touch.
- Make competitive by sending 2 defenders to their opponent's grid.
- Passes must go through grid; 6 passes = 1 point, 1 min rounds.



III. 3v2 to goal (2 teams) 35L x 30W

- GK throws ball out to 3 Team A attackers. 2 Team B defenders come out from the opposite gate.
- Play ends if the defenders win the ball, if the attackers shoot, or if the ball goes out of bounds.
- 3 Team A attackers clear the field; 2 Team A players from the gate come on to defend.
- The initial 2 Team B defenders become the attackers, plus an additional player joins from team B (3 total attacking players).



IV. 7v7+7 (40L x 18W) with halfway line

- If the outside player receives the ball in the possession team's offensive half, the player crosses early or gets end line and crosses.
- If player receives the ball in possession team's defensive half, the player plays a possession pass.
- 2-3 touch max outside.
- End line players have 1 touch.
- Defend based on known cross or known possession.