

12+ Week #8 -

PLAY — PRACTICE — PLAY

"Defending in Small Groups"

Dribbling move Step over

PLAY		
10	mins.	

Play- as players arrive have them join in a small sided game.

Set Up- 3V3 or 4V4 small games. -20yrds X 20yrds fields

Let them play -Set up multiple fields if needed

Activity Description

Set Up Diagram

Coaching Points

#1

15 mins

#2

15

mins

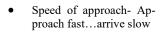
6v4:

6 players pass to each other consecutively maintaining possession. 4 defending players apply pressure to dispossess opponents.

Version 1:Defender wins possession, finds a teammate who then dribbles ball out of grid

Version 2:Defender wins possession, finds a teammate and then group of 4 attack small goals on either side of grid

After 5-8 yard pass; press sideways on & try to gain possession of ball with block tackle, poke tackle, body, or shoulder.



Angle of approach-We want to direct the player one way on the field, take away option of advancing forward

Communication

Short & concise

Energetic

Commanding

5v5 w/small goals:

The midfield line is the restraining line (offside line). Each team attempts to score in one of the 2 goals opposite them. Work with one of the teams to help them maintain the flat shape of the defending action.

Team Alignments:

Red: 2-1-2 and White: 3-2

Play with Offside's



Visual cues to regain ball

Type of first touch from oppo-

Heavy touch, step in and win it

Close touch, respect play

Pop up, step in and win it

Read the first touch and decide quickly

5v5 or 6v6 + GK's to 4 Goals:

On half field play 7v7 or 9v9 with a midfield restraining line (offside line). Each team attempts to score in one of the 2 goals opposite them. Work with one of the teams to help them maintain the flat shape of the defending action. GK's defend two goals on their end line.

15 mins

#3

Play with off-side's on half a field.



Balance, Compactness & Staying Connected

- Cover dangerous space between 1st defender and you: cannot allow a penetrating pass to split you and the 1st defender!
- Stay connected to 1st defender
- Communication with 1st defender

Scrimmage

PLAY

11V11 Scrimmage

25 mins



Let them play



Organized-set up and ready to go Game like-activity must be game like Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged Coaching-the right coaching based on the age/level of the players