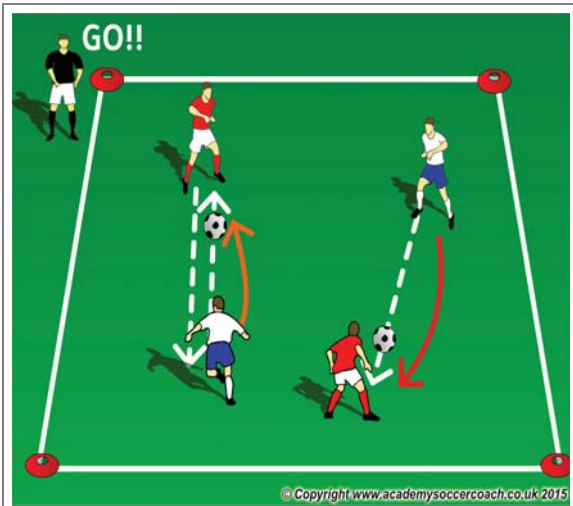


Season Fall 2015 Team/Age Group U10 Week 4

Topic Individual Defending

Objectives 5W's

To improve the player's ability to defend and tackle an opponent:
WHO: The defending player closest to the ball - **WHAT:** Defensive pressure and tackling the ball - **WHERE:** In the central and flank areas of the field -
WHEN: After loss of possession of the ball - **WHY:** To deny penetration and recover the ball



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

PARTNER DEFENDING:

Partners are 7-10 yards away from each other passing a ball back and forth. After every 3rd pass, whoever has possession of the ball puts their foot on top of it. The player without the ball acts as the defender and pressures the ball. Repeat for 5 minutes making sure both players get numerous chances to close down on the ball.

Variation: Now the attacker can dribble towards the defender and attempt to dribble past them

COACHING POINTS / KEY CONCEPTS

- Technique of 1v1 Defending: Angle of approach, speed of approach, body shape, distance from the attacker about one and a half arms length away, jockeying
- Tactics - Pressure: When to pressure, what direction to force the attacker



2. SMALL SIDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

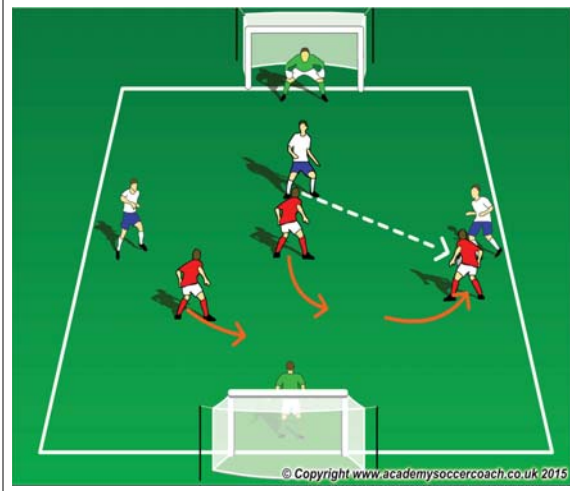
2v2 TO GOAL:

In a 15Wx20L yard grid, one goal at each end line.

Players will play 2v2.

COACHING POINTS / KEY CONCEPTS

- Technique of 1v1 Defending: Angle and speed of approach, distance of approach, body shape, jockeying
- Tactics - Pressure: Who will pressure, when to pressure, when to tackle, what type of tackle technique to use - Delay: When and why



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

4v4 INCLUDING GK'S:

In a 30Wx40L yard grid, one goal at each end line.

Players will play 4v4 (including 1 as the GK)

COACHING POINTS / KEY CONCEPTS

- Technique of 1v1 Defending: Angle and speed of approach, body shape, defending distance, jockeying
- Tactics - Pressure: Who, when - Delay: When, Why - Control and Restraint

4. GAME **6v6** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION **Red team will play a 1-2-3, and the Blue team will play 1-1-3-1**

COACHING POINTS / KEY CONCEPTS **Encourage players to recognize when and how to apply pressure on the opponent.**