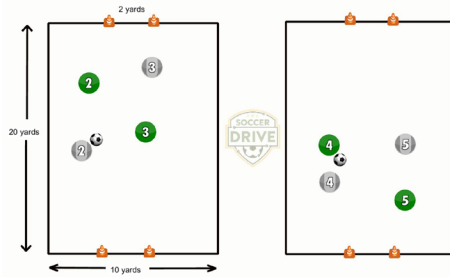




INDIVIDUAL DEFENDING

AGE LEVEL: U10 TIME: 60 MINUTES

PRACTICE PLAN



20 X 10 2VS. 2

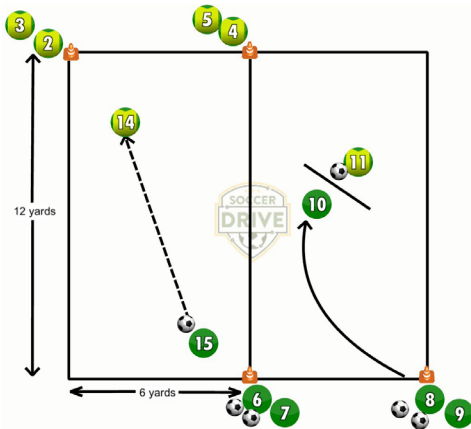
TIME 10 minutes

SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



SHADOW DEFENDING

TIME 10 minutes

SETUP

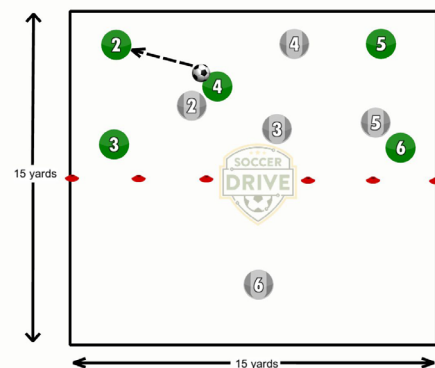
- » Make two 6x12yd grids. There are two lines per grid, with one line having the balls.
- » First in line passes ball to first person in opposing line and then goes to defend them. They may not tackle ball.
- » The person with the ball dribbles over the defender's end line, and then both players switch lines.
- » Continue with new ball in. Get game moving quick!

COACHING POINTS

- » Initial pressure on ball is all about slowing attacker and getting their head down, so teammates can get back to help defend.
- » Once ball is played to attacker, defender needs to get to attacker as quickly as possible to make them look down at the ball
- » As defender gets closer to attacker, it important to make their steps shorter and choppy. If they come in too fast with long strides, the attacker will just touch the ball to the side to beat them!
- » Defender needs to lower center of gravity as they approach attacker.
- » Encourage defender to not approach the attacker "flat," meaning parallel to the attacker. Instead, defender should angle their body one way or the other to force attacker in one direction (explanation below).

PROGRESSION

- » Allow defender to try and win the ball off attacker. Important: don't progress to tackling until proper form is established with initial pressure (see coaching points below) If ball is won, defender can then try to dribble over attacker's endline for a point.



TRANSITION DEFENDING

TIME 10 minutes

SETUP

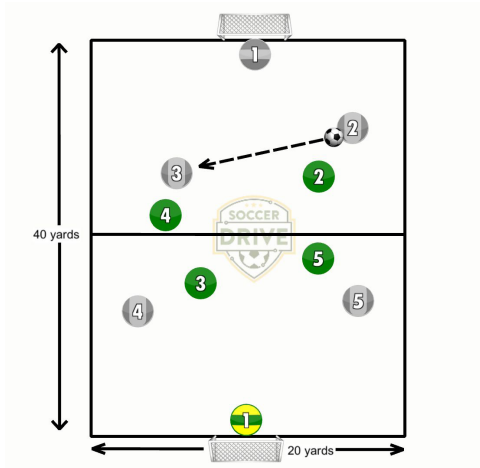
- » Make two 15x15 yard grids that boarder each other (size depends on ability and number of players).
- » Play 5v4 in one grid, while the remaining player is alone in the other grid. When the four players win the ball, they try and play the ball to their one player in the other grid, and then move into that grid to support. The now defending team can send 4 players into that grid as well, creating a new 5v4 game.

COACHING POINTS

- » Same coaching points as above when putting on the initial pressure
- » Try and angle pressure to force attacker in one direction. This will tell the other defenders on your team where the next pass is likely to go.
- » Encourage players to double team when possible - When attacking team loses possession, they must try and win ball back immediately before defending team can play it to the other grid.



INDIVIDUAL DEFENDING



DEFENDING IN ZONES

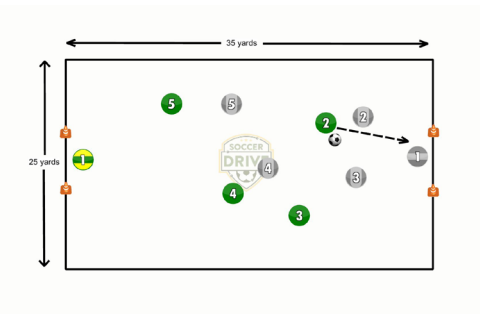
TIME 10 minutes

SETUP

- » Play 5v5 on a 40x20yd field. Divide field in half with cones. All normal soccer rules apply.
- » Encourage defending team to try and win the ball in the opponent's half of the field. If they win the ball in opponent's half, and score a goal after that, the goal is worth three points instead of one.
- » If ball is one in own defending half, and a goal is then scored, goal is worth one.

COACHING POINTS

- » Encourage players to pressure the ball early on the field to cause the other team to make mistakes.
- » Players who aren't immediately pressuring the ball need to move up field to compact the space behind the pressuring defender.
- » Make sure players don't "stab" into challenges. Get attacker's head down is the main priority of 1v1 defending. If (when) the attacker makes a mistake, then try to win the ball.
- » Communicate!



5 VS. 5 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- » Cones for goals are 5yds wide and use goalkeepers.

COACHING POINTS

- » None! Just sit back and let them play.
- » Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

END OF PRACTICE QUESTIONS:

Use open-ended questions to guide discovery:

- » What is the pressuring defender's main purpose? (to get the attacker's head down).
- » Why? (so the defender can't see where there is space to pass the ball, or take a shot).
- » What should the pressuring defender do with their speed and length of steps as they approach the attacker? (slow down, get choppier, and lower center of gravity so attacker can't just touch the ball by you).
- » Why angle your pressure rather than approaching an attacker straight on? (because it forces the attacker one way, and makes it easier for your teammates to anticipate where the ball is going next).