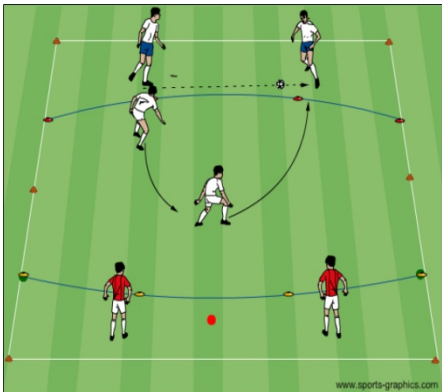
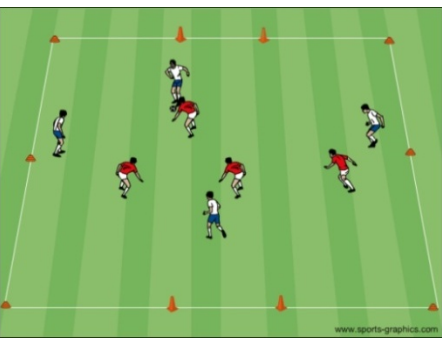
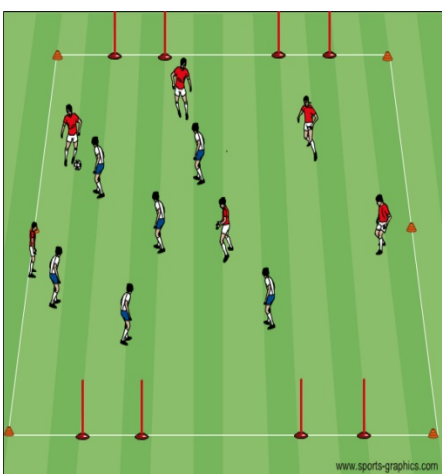


14U-18U *** Week 14

Topic: Defending (Pressure and Cover)

Technical Warm up	Organization	Coaching Pts.
	<p><u>Split the Middle (2v2+2):</u> In a 15x20 yard grid divided in three thirds: 3 -14 -3 yard zones. The coach divides the players in groups and places a defending team in the middle 3rd and a team in each end 3rd. The team in possession of the soccer ball tries to pass the ball to the other team. If the defense intercepts the soccer ball, they switch with the team they won the ball from. <i>Time: 15 minutes</i></p>	<p><u>Pressing Defender</u></p> <ul style="list-style-type: none"> • Speed of approach- Approach fast...arrive slow • Angle of approach-We want to direct the player one way on the field, take away option of advancing forward • Body shape-knees bent, on balls of your feet, one foot slightly angled in front of other foot • Decision to delay and/or to win possession of the ball
<p style="text-align: center;">Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p><u>4v4 to Small Goals:</u> In a grid, two teams will play to score in the goals. Players will defend, applying the principles and roles of 1st, 2nd and start introducing the 3rd defending roles. <i>Time: 15 minutes</i></p>	<p><u>Covering defender</u></p> <ul style="list-style-type: none"> • 2nd defender must recognize their responsibilities to cover the 1st defender as the ball is traveling to opponent (1st attacker) • Be positioned so that if the 1st defender gets beat with the dribble, you can become the 1st defender immediately • 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
<p style="text-align: center;">Exp. Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p><u>5v5/ 6v6 to 4 Goals:</u> 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. <i>Time: 20 minutes</i></p>	<p><u>Visual cues to regain ball</u></p> <ul style="list-style-type: none"> • Type of first touch from opponent <ul style="list-style-type: none"> ➤ 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
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">11v11 Scrimmage</p>	<p>Play with Goalkeepers. Encourage keepers to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p style="text-align: center;">COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. <i>Time: 5-10 Minutes</i></p>	