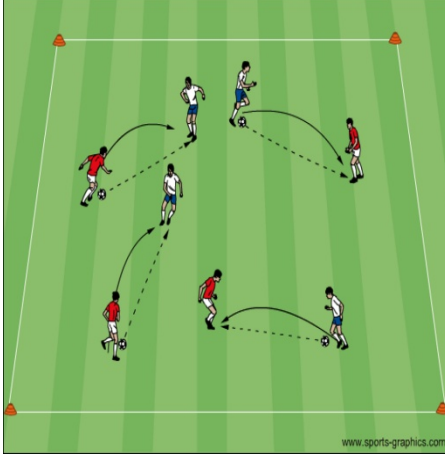
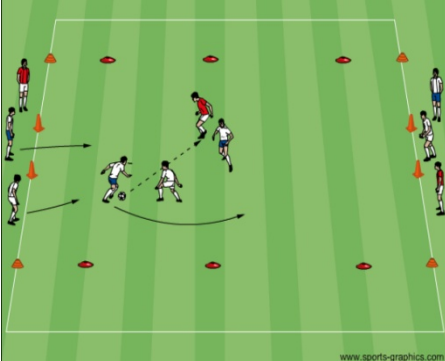
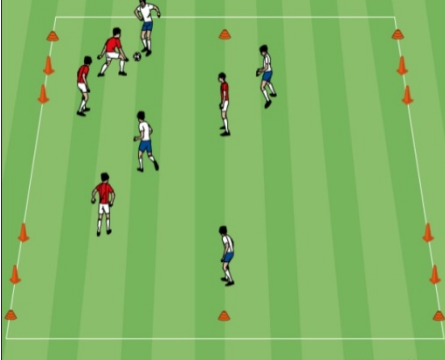


14U-18U *** Week 4

Topic: Defending (Pressure and Cover)

Technical Warm up	Organization	Coaching Pts.
	<p>Partners with a Ball : Players pass to member of other color and move...</p> <ul style="list-style-type: none"> ➤ to receive return pass ➤ after 5-8 yard pass: press sideways on & send opponent opposite direction of his first touch ➤ after 5-8 yard pass: press sideways on & try to gain possession of ball with block tackle, poke tackle, body or shoulder ➤ close down ➤ slow down ➤ get down ➤ stay down <p style="text-align: right;">Time: 15 minutes</p>	<p>Pressing Defender</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 feet, one foot slightly angled in front of other foot • Decision to delay and/or to win possession of the ball <p>Covering defender</p> <ul style="list-style-type: none"> • 2nd defenders 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
Activity 2	Organization	
	<p>2v2 w/small goals(20 min): Each field shall have 10 players; 2v2 on the field and 3 players waiting for next duel. After 2v2 a player goes back to original starting position and other player starts on opposite side. This allows players to have many different partners throughout.</p> <ul style="list-style-type: none"> ➤ Play with Off-sides ➤ Approx. 20 yd. x 15 yd. <p style="text-align: right;">Time: 15 minutes</p>	
Activity 3	Organization	
	<p>4v4-5v5 to 4 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.</p> <ul style="list-style-type: none"> ➤ Play with Off-sides <p style="text-align: right;">Time: 20 minutes</p>	<p>Visual cues to regain ball</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
Game	Organization	Coaching Pts.
11v11 Scrimmage	<p>Play with Goalkeepers. Encourage keeper to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	