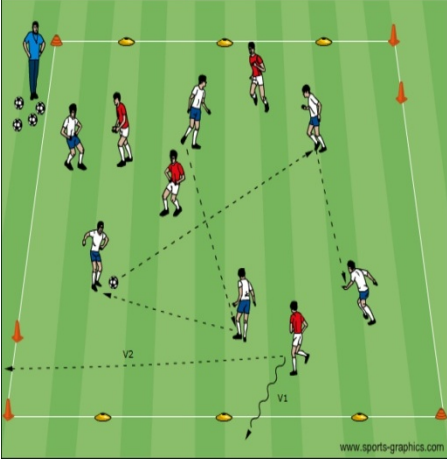
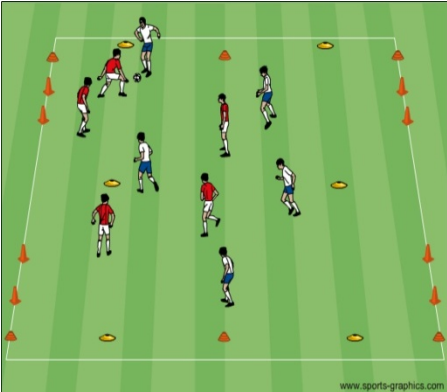
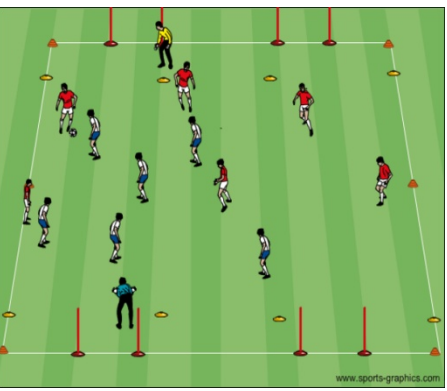


14U-18U *** Week 7

Topic: Defending in Small Groups

Technical Warm up	Organization	Coaching Pts.
	<p>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</p> <p>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> <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 your 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 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;">Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p>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.</p> <p>Team Alignments: Red: 2-1-2 and White: 3-2</p> <ul style="list-style-type: none"> ➢ Play with Offside's ➢ Approx. 20 yd x 15 yd ➢ Approx. 40 yd x 30 yd <p style="text-align: right;">Time: 15 minutes</p>	<p>Communication</p> <ul style="list-style-type: none"> • Short & concise • Energetic • Commanding • Empowering <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
<p style="text-align: center;">Exp. Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p>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. Play with off-side's on half a field.</p> <p style="text-align: right;">Time: 20 minutes</p>	<p>Balance, Compactness & Staying Connected</p> <ul style="list-style-type: none"> • All of the above
<p style="text-align: center;">Game</p> <p style="text-align: center;">11v11 Scrimmage</p>	<p style="text-align: center;">Organization</p> <p>Play with Goalkeepers. Encourage keepers to communicate with teammates.</p>	<p style="text-align: center;">Coaching Pts.</p> <p style="text-align: right;">Time: 30 minutes</p>
<p style="text-align: center;">COOL DOWN</p>		<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>