

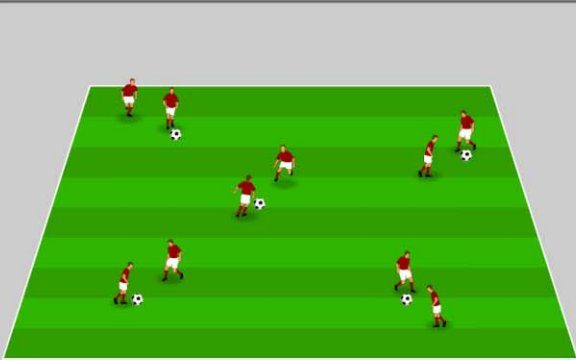
U11-U14 Weekly Session Plan - 09-08-14

Date : 8/Sep/2014
Time : N/A

Duration : N/A
Age/Level : U11 - U14

Session Objective: Defending Phase - Pressure and Cover Principles

If You Don't Have a Ball - Get One!



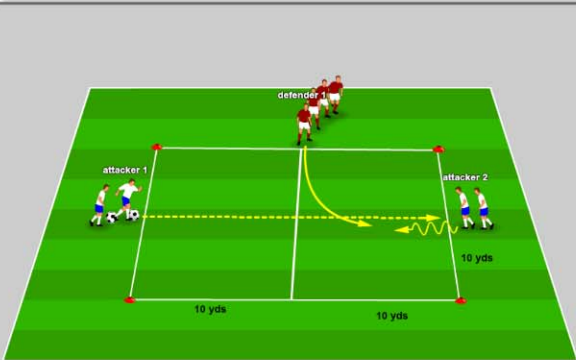
Description :

Half of players with ball dribbling in a grid.
 If you have a ball, try to keep it.
 If you don't have a ball, try to steal one from another player.
 Any ball that goes out of play is gone and can't be retrieved.
 Players who have a ball when the coach yells stop are the winners.
 Players without a ball have a consequence to make competitive

Coaching Points :

Aggressive ball winning mentality - win a ball back as quick as you can when you lose one
 Use your body to physically protect the ball and to try to knock attacker off the ball - low center of gravity, knees bent, arms out to own space
 Don't just kick the ball out of play - one less ball to keep/steal (other team gets ball in game)
 Separate attacker from ball with your body on poor/big touch

1v1 to Penetrate on Pass or Dribble



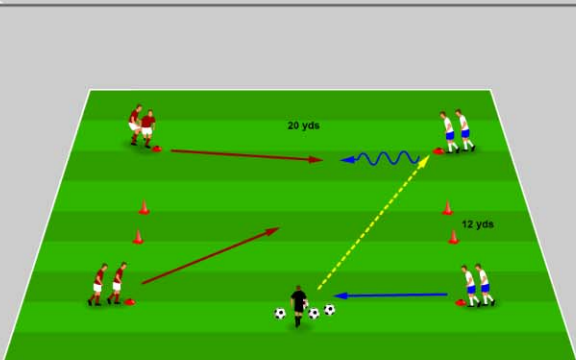
Description :

*2 Equally Sized Teams - one at center line of grid as defenders and other team split equally between ends of grid *Attacker 1 passes to attacker 2, defender 1 may enter field as soon as ball is struck, attacker 2 dribbles into field and tries to pass to attacker 1 who is restricted to the end line *point for attackers if successful and for defenders if they steal ball
 *attackers switch end after each play *attackers and defenders switch after each go 1/2 times
 Variation: attackers can score by passing across to teammate or dribbling across center

Coaching Points :

*angle of approach to deny attacker from playing penetrating pass to teammate
 *staggered feet, angled hips and low center of gravity *maintain same front foot - try not to pivot
 *closing at speed to defend as far up field as possible -slowing as you get close to the attacker (big steps to small steps and last step forward is first step back)
 *poke tackle ball away with front foot or separate attacker from ball on poor touch

2v2 to Small Goals



Description :

*Players equally split between 4 corners of 12 x 20 yd grid
 *Coach plays ball into one player and that team attacks 2v2
 *Score by passing or dribbling through goal
 *If defender wins the ball they can counter-attack to score at opposite endline
 Variations: 1) begin with only 1 defender entering to defend 1v2
 2) place teammates at opposite corners of grid to include recovery runs of defenders

Coaching Points :

Immediate pressure on ball to deny penetration - when to try to win ball back (good cover or attacker cues- head down, facing back, indecisive) or delay (team in poor shape)
 Covering player distance, angle and body shape (attacker can't see your jersey #) - cover player communicating where pressuring player should force game - to help or to side
 Rapid transition from pressure to cover as ball moves - don't chase ball as pressuring player

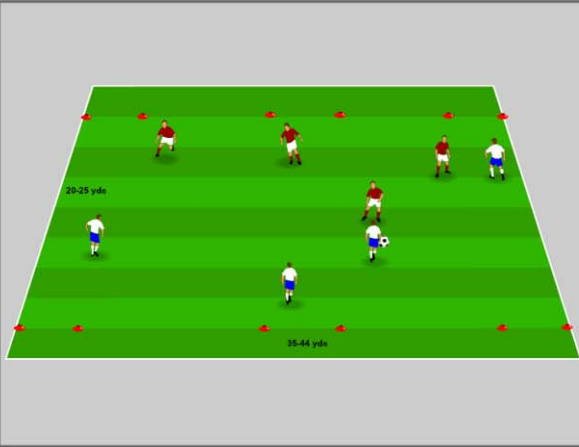
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Six Goal Game - Pressure, Cover and Defending Shape



Description :

4v4 in 25 x 40 yd space. Two teams of four each representing a zonal defending block. Each team scores in and defends three cone goals. Score by passing or dribbling through. Center goal worth 3 pts, outside goals worth 1 pt.

Variation: play as 3v3 for defending blocks of 3 and reduce field size

Variation: play as flying changes with another team ready to attack when ball crosses endline

Key - defenders move as ball travels not after it arrives

Coaching Points :

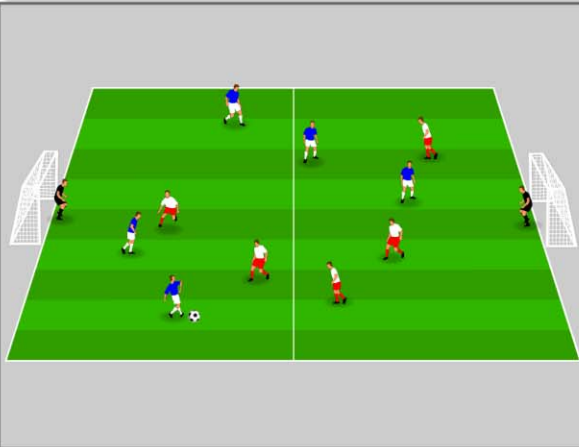
Immediate pressure on ball to deny penetration - when to try to win ball back (good cover or attacker cues- head down, facing back, indecisive) or delay (team in poor shape)

Covering player distance, angle and body shape (attacker can't see your jersey #) - cover

player communicating where pressuring player should force game - to help or to side

Rapid transition from pressure to cover as ball moves. Add in other zonal shape ideas

Final Game to Full-Size Goals



Description :

Two even sized teams plus goalkeepers to 2 full-size goals

All regular soccer rules apply - offsides, throw-ins, corner kicks, goal kicks, etc.

Can manipulate size/shape of field or score of the game to better bring out topic

Coaching Points :

All coaching points/ideas introduced in training session