



North Carolina Youth Soccer Association
 Director of Coaching Lesson Plan

Name: Chris Little

Topic: U15 Defending (Individual & Group)



<p>FUNDAMENTAL – WARM UP</p>	<p>ORGANIZATION</p> <p>1) 1 v 1 Pass back in forth in pairs: After 5 passes, the passer follows the pass and becomes DEF. Must get to the receiver and tag him/her in 3 seconds! <i>Progression After 5th Pass: The DEF now has to shadow the ATT as he tries to dribble to the opposite line (no tackling – just shadow/move feet)</i></p> <p>2) Team: 1v1 Transition Game (two teams) Free Flowing Game. One player starts by attacking the other defends. As soon as the attack ends the attacker immediately becomes the DEF – the next person in line comes out and attacks against him</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> • Angle of Approach: Angle/curved run: Come from opposite side of ball • Speed of Approach (not too fast or too slow) • Knees bent/low center of gravity • “Side on Approach” Use Arms to feel attacker • Concentration – Transition • Ability to move feet/move with ball • Speed/Angle of Approach • Aggressiveness
<p>MATCH RELATED ACTIVITY</p>	<p>3v3 +GK Zonal Defending Game Attacking players start with ball and must pass to each player on cone: As they pass they DEF team, must adjust their shape as the ball moves. They cannot cross the line of cones until each outside attacker has touched the ball. After each outside attacker has touched the ball they can attack at goal.</p> <ul style="list-style-type: none"> • If DEF win possession play to target goals. <p>After 3 attempts switch roles.</p>	<p>PRESSURE COVER BALANCE</p> <ul style="list-style-type: none"> • Covering DEF 45degree angle • Deny penetration through middle • Form triangle if ball is in middle • Distance of support! • Communication! <p>STEP SLIDE DROP</p>
<p>MATCH RELATED ACTIVITY</p>	<p>6 v 6 + GK Short game duration – one goal wins (high intensity) Losing team = off</p>	<p>Principles of Group Defending:</p> <ol style="list-style-type: none"> 1. Immediate Pressure 2. Delay (compactness) 3. Depth <p>DEFENDING AS A TEAM – SHIFT W/BALL</p> <p>PRESSURE COVER BALANCE</p>
<p>MATCH CONDITIONED GAME</p>	<p>Full Sided Game 12min Game – Team 1 is winning 1-0 12min Game – Team 1 is losing 1-0</p>	<p>Scoreline affects line of confrontation and pressure on the field?</p>
<p>Cool Down</p>		