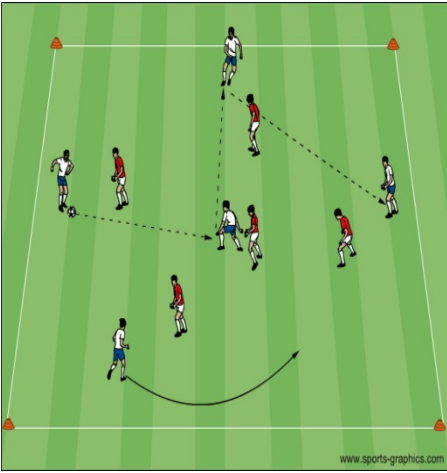
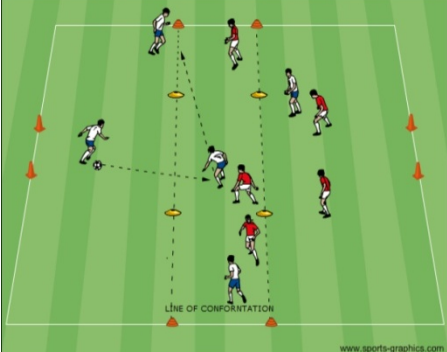
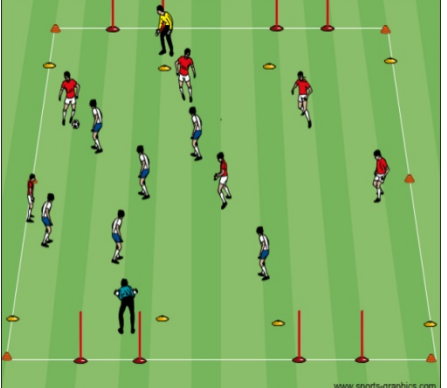


14U-18U *** Week 17

Topic: Defending as a Team

Technical Warm up	Organization	Coaching Pts.
	<p>5v5 : 5 players pass to each other consecutively maintaining possession. 5 defending players apply pressure to dispossess opponents.</p> <ul style="list-style-type: none"> ➤ Defender shall 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>Defender wins possession, finds a teammate and then group of 5 maintain possession. Players should give good support angles to each other.</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: Use a line of confrontation for players to get behind the ball, organized and compact. Stay connected! Upon winning ball look to penetrate quickly. Maintain possession with good supporting angles.</p> <p>Team Alignments: White: 2-1-2 and Red: 3-2</p> <p>Play with Off-side's and line of Confrontation Approx. 40 yds. x 30 yds.</p> <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><u>Balance, Compactness & Staying Connected</u></p>
<p style="text-align: center;">Exp. Small Sided Game</p>	<p style="text-align: center;">Organization</p>	
	<p>6v6 to 4 Goals & GK's : On half field play 6v6 with a midfield restraining line (offside line). Each team attempts to score in one of the 2 goals opposite them. Work with teams maintain a good defensive shape and get behind the ball. Teach the line of confrontation. Upon dispossession, transition quickly to attack. Look to penetrate first with good support high. Provide width simultaneously with good supporting angles. Play with Off-side's on half a field</p> <p style="text-align: right;">Time: 20 minutes</p>	
<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;">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>	