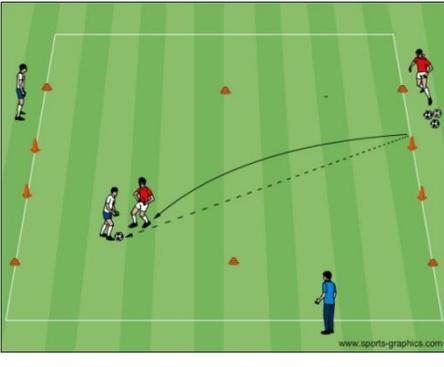
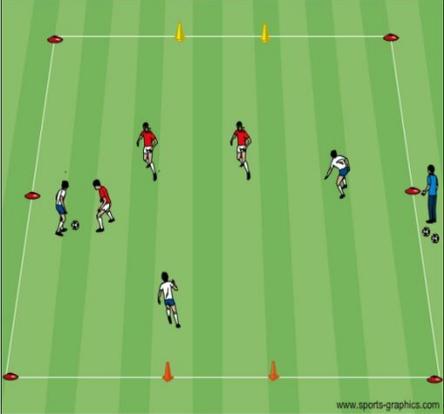
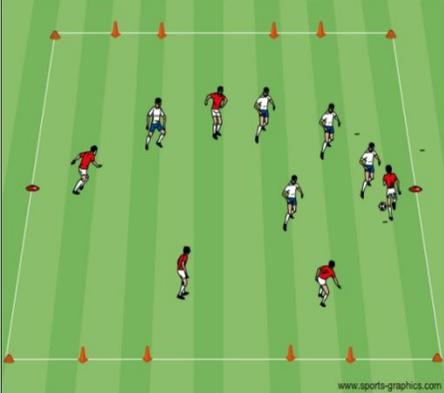


# U12 - Lesson Plan - Week 5

## Topic: Defending in Small Groups

**Objective: To improve the ability of the players to work together as a defensive unit applying the principles of Pressure, Cover and Balance**

Technical Warm up	Organization	Coaching Pts.
	<p><b>1v1 Defending:</b> In a 10x15 yard grid, two groups of players will play 1v1 bouts. One group of players will serve to the other and defend the player with the ball, applying the principles of 1<sup>st</sup>. defender. The play is over when one player scores or goes out of bounds. The next 1v1 will commence with a service from the defender. Players will switch sides after their turn is over.</p>	<p><b>1st. Defender</b></p> <ul style="list-style-type: none"> <li>• Angle of approach</li> <li>• Speed of approach – Approach fast arrive slow</li> <li>• Body Shape- knees bent, on the balls of their feet</li> <li>• Front foot tackle vs. back foot tackle if the ball gets away from 1<sup>st</sup> attacker</li> <li>• PRESSURE/DELAY</li> </ul> <p><i>Time: 15 minutes</i></p>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>3v3 Defending:</b> In a 30x35 yard grid with one cone goal on each 35 yard goal line, play 3v3 matches. Each team of 3 tries to score on the opponent's goal. <b>Coach:</b> Focus on 1<sup>st</sup> and 2<sup>nd</sup> defenders</p>	<p><b>2<sup>nd</sup> Defender</b></p> <ul style="list-style-type: none"> <li>• Position themselves 30 degrees off the 1<sup>st</sup> defender</li> <li>• Recognize if they can compress the space between them if the 1<sup>st</sup> defender has 'tight' pressure on the 1<sup>st</sup> attacker</li> <li>• Can track players immediately off the ball</li> <li>• There can be more than one 2<sup>nd</sup> defender</li> <li>• COVER</li> </ul> <p><i>Time: 15 minutes</i></p>
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b>5v5 Defending to 4 Goals:</b> In a 40x45 yard grid, two teams are trying to score in any of the 2 goals opposite them. Help the 2<sup>nd</sup> and 3<sup>rd</sup> defenders to work to maintain a good defensive shape. <b>Coach:</b> One team will play a 2-1-2 and the other will play 3-2. • Add off-sides after a while</p>	<p><b>3<sup>rd</sup> Defender</b></p> <ul style="list-style-type: none"> <li>• Track attackers making runs away from the ball</li> <li>• Provide balance away from the ball</li> <li>• Tighten up the space to cut off passing, dribbling, shooting lanes</li> <li>• BALANCE</li> <li>• Reinforce positive decision by communicating with the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> defenders.</li> </ul> <p><i>Time: 20 minutes</i></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 to 8v8 Scrimmage</b></p>	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p><i>Time: 30 minutes</i></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	