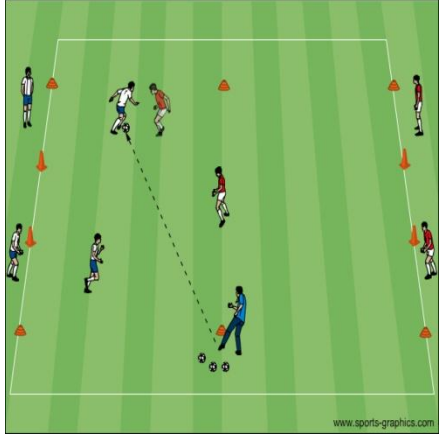
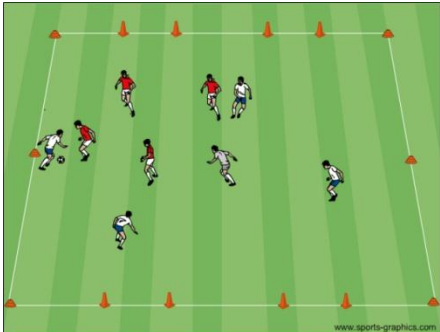
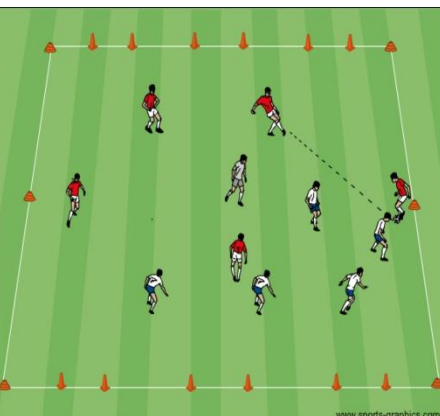


U12 - Lesson Plan - Week 6

Topic: Group Defending

Objective: To improve the abilities of the players to work as a defending unit to be more effective in a zonal defense

Technical Warm up	Organization	Coaching Pts.
	<p>2v2 to Two Small Goals: In a 15x20 yard grid with small goals on each end line, play 2v2 matches. Coach will serve the ball. This way the players have to recognize very quickly who will be the pressing defender and covering defender. Once the ball goes out of bounds or a team scores, teams rotate and coach reloads the game.</p>	<ul style="list-style-type: none"> • Visual cues recognition: <ul style="list-style-type: none"> ○ Who is the 1st and 2nd def. • 1st Defender must: <ul style="list-style-type: none"> ○ Approach fast, arrive slow ○ Body and feet position ○ Forces the attacker to put head down • 2nd Defender must: <ul style="list-style-type: none"> ○ Tell 1st def. where to push attacker. Communicate ○ Cover for 1st def. at 30 degree angle <p style="text-align: right;">Time: 15 minutes</p>
	<p>4v4+1 to 4 Goals: In a 30x40 yard grid two teams will play to score in any of the two opponent's goals. The +1 player will play with the team in possession. In this game we will play with off-sides at the midline. Coach: Concentrate on how quickly the defending team organizes itself in order to stop the attacking team's attack.</p>	<ul style="list-style-type: none"> • How quickly do we recognize who needs to pressure the ball <ul style="list-style-type: none"> ○ Closer player to ball ○ Delay • Support the 1st defender <ul style="list-style-type: none"> ○ Cover for 1st def. • Communication – Verbal Cues <p style="text-align: right;">Time: 15 minutes</p>
	<p>5v5+1 to 6 Goals: In a 40x50 yard grid, two teams will try to score in any of the three opponent's goals. The +1 player plays for the team in possession.</p>	<ul style="list-style-type: none"> • All of the above • Balance and concentration <ul style="list-style-type: none"> ○ Closing down passing and running lanes • Moving together and squeezing space <ul style="list-style-type: none"> ○ When the opposition dribbles backwards or makes a square and back pass • Don't over squeeze forward. 1st def. pressure will determine. If no pressure, reset your defense <p style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
<p>6v6 to 8v8 Scrimmage</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"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes	