



Recreation Coaching Sessions

U13 – U15: Week 7

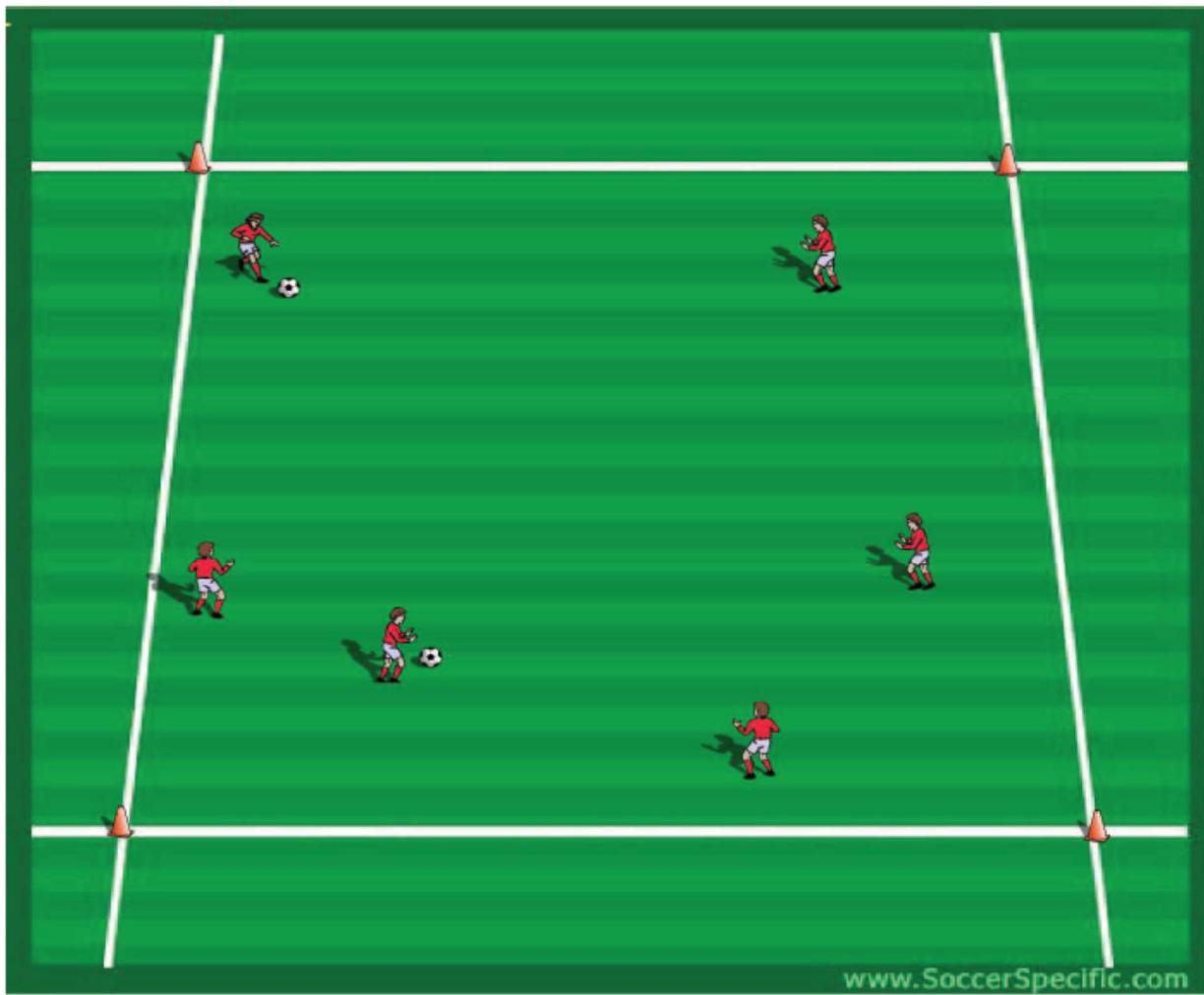
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Defending 1



Defending 1 20x20 area

Purpose- To improve individual defending.

Organization

6-7 players per grid and 2 balls per grid, all players moving around.

Player passes to free teammate and follows his pass. He adopts a defensive position directly in front of the player, who then dribbles around him/her.

Progression

Players pass ball around grid. 2 defenders attempt to block passes. Defenders cannot tackle but must quickly move into blocking positions to eliminate passing options.

Coaching Points

Move quickly into defensive position

Adopt low sideways on body position.

Move backwards on toes. Do not cross over feet.

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Defending 2



Defending 2

Purpose- Improve individual and team defending.

Organization

1v1, 1v2, 2v1, 2v2, 3v2, 2v3, 3v3

Begin with basic defending strategy 1v1.

Progression

Numbers up defending. Players with ball attempt to dribble over end line.

Man to man defending 2v2, 3v3

Numbers down defending 1v2, 2v3

Coaching Points

1st defender- Sideways on position, pressure and delay.

2nd defender- Cover in case first defender gets beat.

3rd defender- Balance.

Man to man marking- As a team track attackers and switch players. Stay in your zones and do not follow the ball.

Numbers down- Cut off passing angles.

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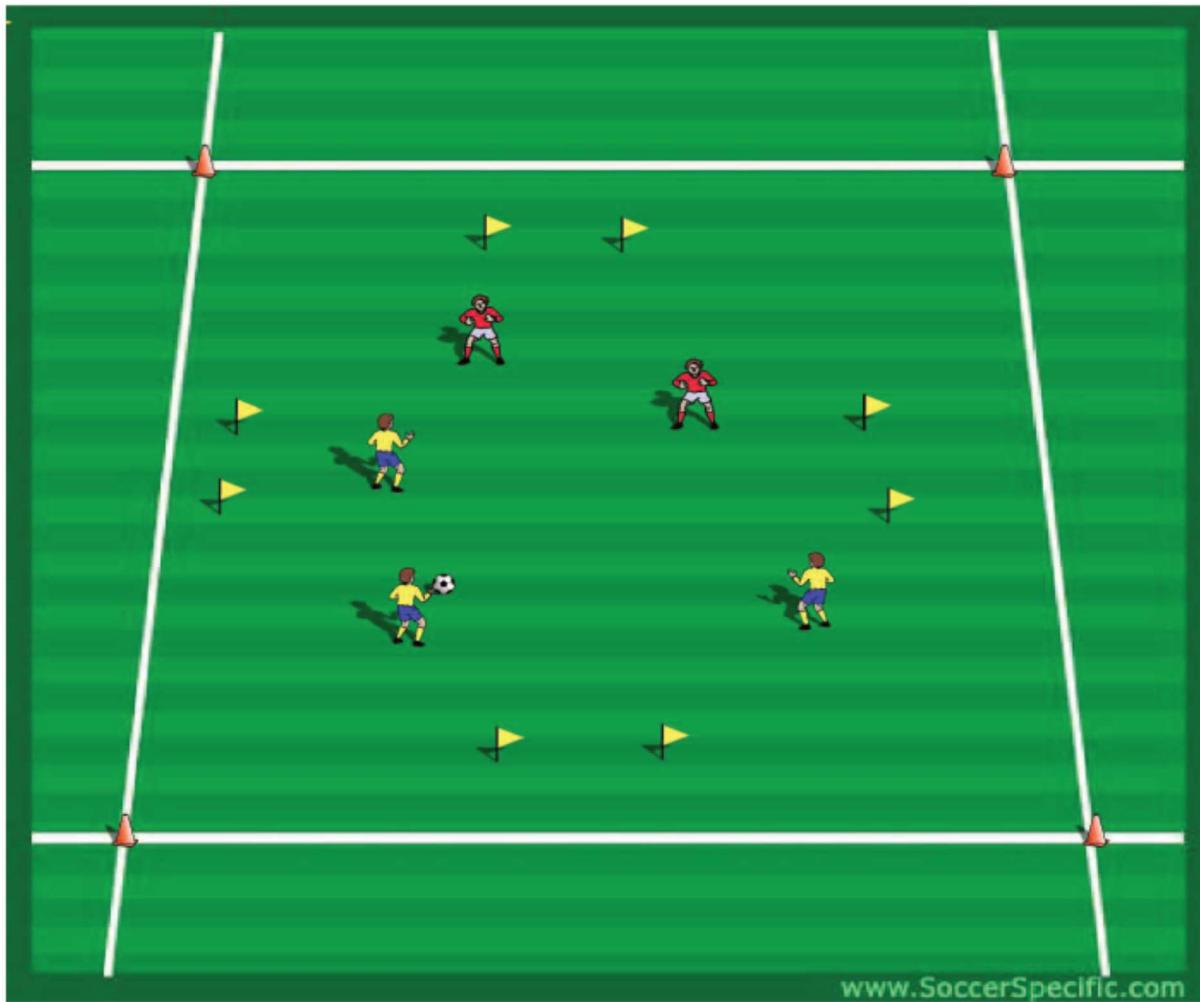
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Defending 3



Defending 3

Purpose- To improve defending in pairs

Organization

2 defenders v 3 attackers. Attackers must dribble through either side of the 3 gates to score. Defenders goal is not to win the ball right away, but to move into positions to block goals and cut off passes.

Progression

3v3. As above with defenders now pressing to win the ball and become attackers.

Coaching Points

1st defender- Do not rush into winning the ball, attempt to delay the attacker, so that second defender can get back and help.

Deny space

If attacker takes a bad first touch. Destroy win the ball back and become attackers.

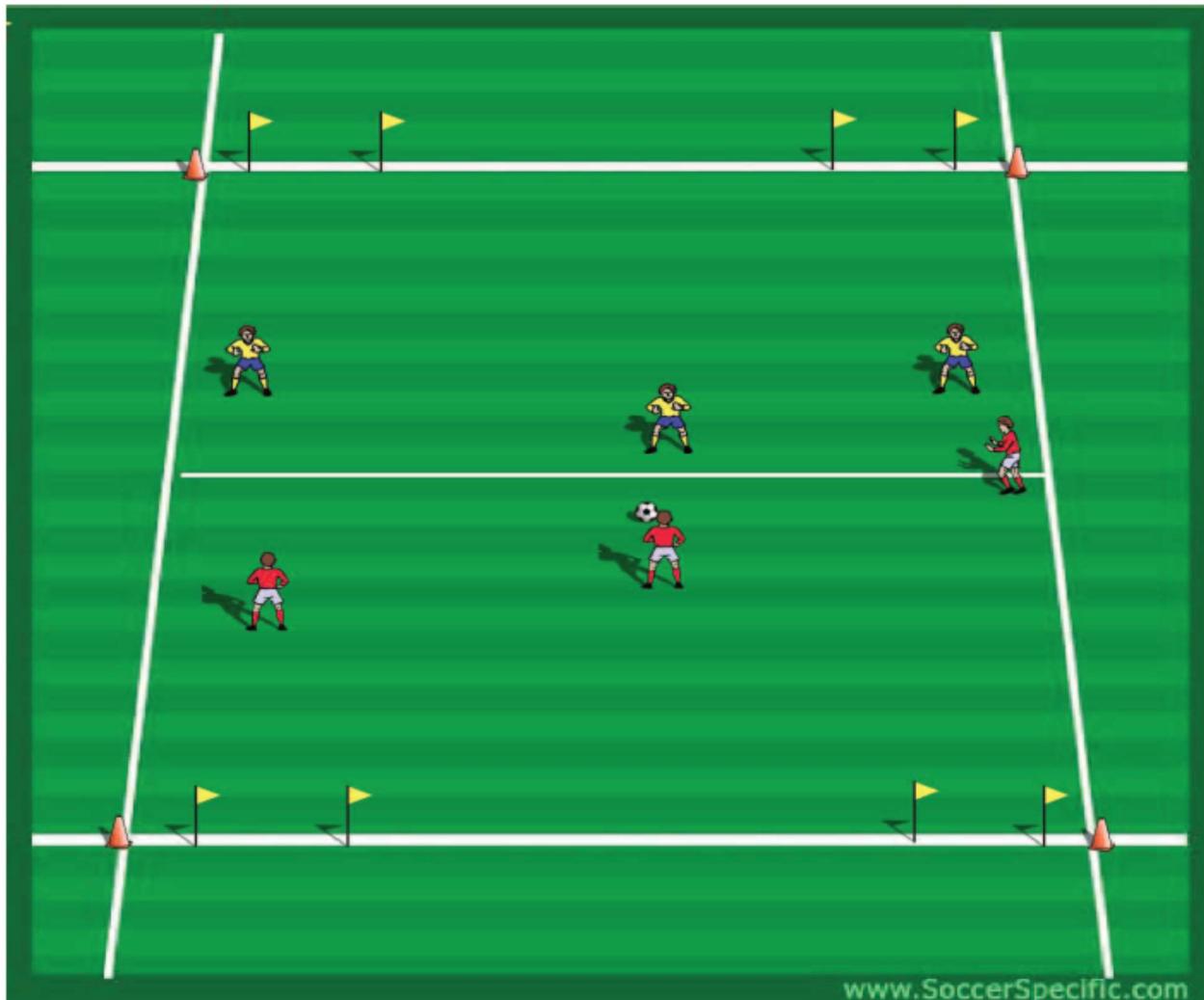
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Defending 4



Defending 4

Purpose- Improve team defending

Organization

3v3 Each team attempts to score in either of their attacking 2 goals. One player on each team may not leave their own half. This will allow the defense to out number the attackers and provide cover for the 1st defender.

Progression

All players are now allowed to leave grid.

Coaching Points

1st defender - Pressure on attacker

2nd defender- Cover in case first defender is beaten.

3rd defender- Balance

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Defending 5



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Defending 5 4v4 conditioned game

Purpose- Improve defending as a team.

Organization

Man to man marking- Attackers are only allowed to dribble in offensive half. Each player matches up with opponent.

Low Pressure defending- All players retreat to own half and be goal side of the ball when defending.

High Pressure- Defending team step up and play tight man to man in opponents half and individually press to turn the ball over.

High Pressure- Defending team play man to man and send a second defender when an opponent is trapped in a corner or has no support.

Progression

Add a neutral player so team are defending numbers down.

Coaching Points

Timing of challenge

Explain when to use high and low pressure defending

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Conditioned Game 7v7 Plus Goalkeepers



Conditioned Game 7v7 plus goalkeepers.

Play for 20 minutes working on the topic you have worked on at practice.

Concentrate on dribbling, passing, shooting, crossing, defending and award bonus points in the game if they use these skills.

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