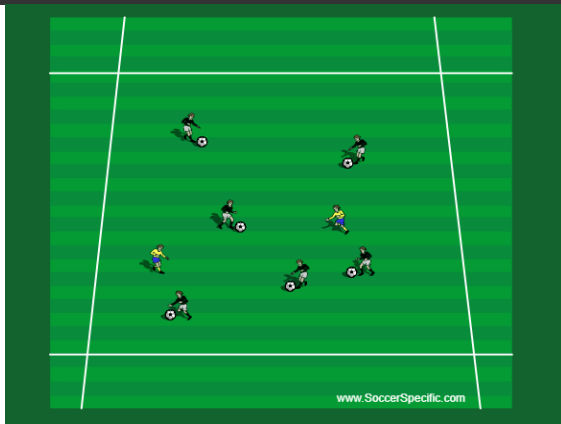


U10 Week 8 Defending

Date: **Feb 08, 2017**

Intensity: ● (1/10)

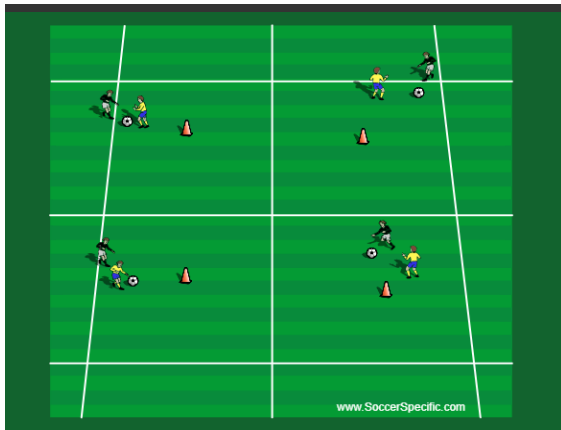


1

Setup: "Bandit ball" 15 x 15 yard grid All players but one or two with a ball

Instructions: All players but one or two "bandits" start in the grid with a ball. At the coach's command, the "bandits" enter the grid and try to steal a ball away from someone. If a player gets their ball stolen, they become a bandit, and try to steal someone else's ball. If a ball goes out of the grid, it cannot be brought back into play. Play for a set period of time (60 to 90 seconds), and all players who have possession of a ball when time is called gets a point. Variation: Play until only one ball remains.

Coaching Points: Fun Dribbling, especially the concept of dribbling for possession or shielding, use the 4 parts of the foot (inside, Outside, Laces, & Sole) Tackling, the concept of battling to gain possession

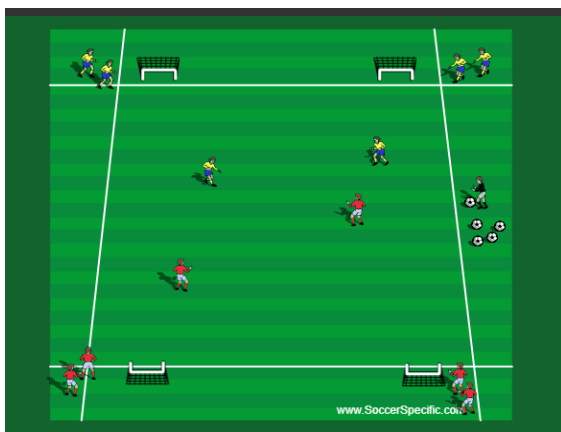


2

Setup: "1v1 Cone Tournament" - Set up a line of cones approximately 15-20 yards apart or in grid format as pictured. One cone designated as the "Championship" field, while the cone on the opposite end is designated as the "Consolation" field, with 2nd and 3rd cones in between Assign a pair of players to start at each cone, with one ball between the pair

Instructions: At the coach's command, the players play 1v1 with the objective to score a point by passing the ball and hitting the cone you are playing to. Change possession after a goal. Players can play in 360° around the cone. Play for :60 or :90, the winner moves up one field toward the "Championship" field, the player who loses moves down one field toward the "Consolation" field.

Coaching Points: Fun, Ball Control and dribbling - especially 1v1 moves Competition to beat an opponent. COMPETE! Coach must encourage players to get after the defender, and you must encourage the defender to actively defend the player with the ball. Do not allow them to sit in front of the cone and just protect the cone.



3

Setup: "2V2 4-Goal Game" - 25x25 Grid with a 2 lines per team on their own endline. Coach has a pile of balls on the side.

Instructions: Ball always starts from coach, first player in each line enters field and play. Each team can score in the opposite 2 goals, and defends the 2 goals on their endline. Play until ball goes out of bounds. If ball goes out right away, coach can play a new ball to the same 4 players.

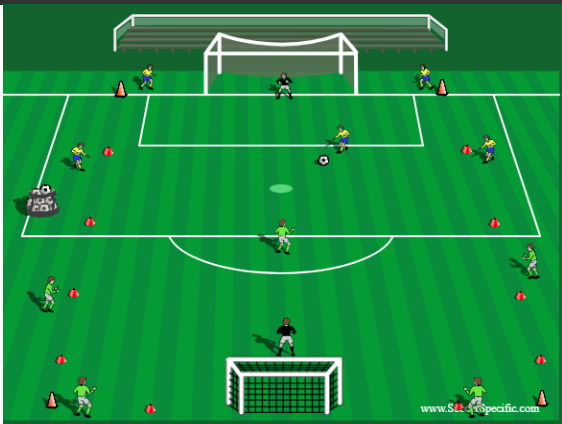
Coaching Points: 2 ways to score: Can the player on the ball dribble to an open goal? Is their space in behind a defender to attack and then get to goal? If the answer is no for both of these questions, pass. Look to engage a defender whether passing or not. Drawing a defender out opens space.

Defending-1st defender (closest to ball) Body positioning, patience, pressure, sideways on. 2nd Defender provides cover meaning is a spot where can pressure ball if 1st defender gets beat yet still close enough to pressure 2nd attacker should ball get passed

U10 Week 8 Defending

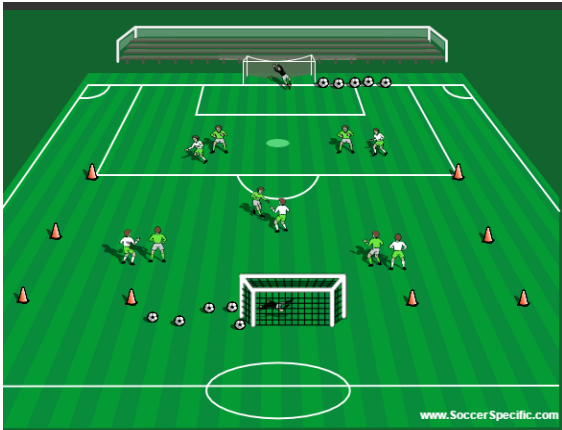
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4

Setup: "21" Cone out a 25x30 yd field (can be bigger for 13-15 year olds) With two teams, have a goalkeeper, one player on the field with the remaining players dispersed evenly around the outside of their own half. **Instructions:** Each player has a number for rotation purposes. Game begins 1v1, and the object is to score. The player on the ball has the choice to pass to any teammate on the outside who receives the ball and enters the field. Defending team then adds a defender to even the numbers (good chance for active communication- New player calls out they are on). Teams can pass and add as many players as they want, 2v2, 3v3, 4v4,etc. If ball goes over end-line or scores, round is over, and next player in the rotation enters in a 1v1. Rotate which team gets the ball or play that the same team gets the ball to start for each game to 21. If the ball leaves the field on the sideline, resume play with a throw in as you would in a game. Goals are worth the number of players you have in on the field from your team. 1v1 equal 1 point. 3v3 equals 3 points. Play to 21 **Coaching Points:** Encourage players to attack and go forward when they can. When bringing a new player in, try to attack and exploit the defense before they get organized with their new defender



5

Setup: 5v5 + keepers **Instructions:** Play **Coaching Points:** Depends on your topic