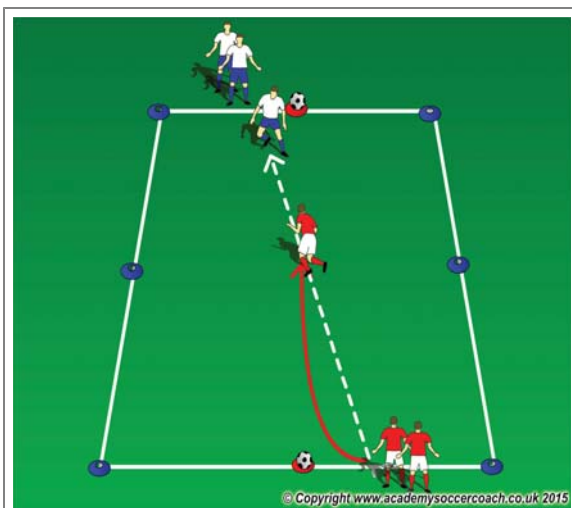


Season Fall 2015 Team/Age Group U12 Week 8

Topic Individual Defending

Objectives 5W's

To improve the ability of your players' to defend individually
 WHO: All players, especially #2, #3, #4, #5, and #6, WHAT: Technique of tackling, winning the ball off an attacker, WHERE: All over the field, WHEN: The attacker has possession of the ball, WHY: To regain possession of the ball



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

1v1 KNOCK THE BALL OFF THE CONE:
 Within a 10Wx15L grid, set up one cone in the middle of the end line with a ball on top. Red serves the ball to white and the game is on. White will try to knock red's ball off the cone. If the red player steals the ball, they try to score by knocking the white player's ball off the cone. Once a goal is scored or the ball is played off the field, the game is over and the next ball is served.

COACHING POINTS / KEY CONCEPTS

- Technique of the angle of approach to the ball, speed of approach, body position, tackling
- Tactics of when to Pressure, Delay and when to tackle



2. SMALL SIDED ACTIVITY

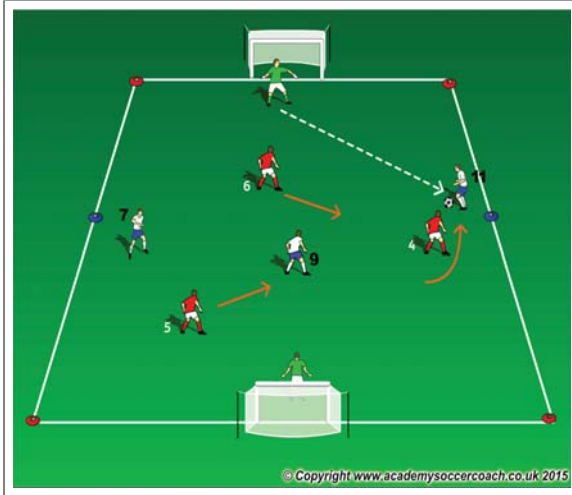
Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

2v2 TO GOAL:
 In a 20Wx30L grid, play 2v2. Each team defends a goal on one end and attacks their opponent's goal.
 Any goal scored immediately after a tackle is worth 5 points.
 Any other goal worth 1 point.

COACHING POINTS / KEY CONCEPTS

- Technique of the angle of approach, speed and distance of approach as a Pressuring defender, and tackling
- Tactics of when to Pressure and tackle vs. when to Delay and why to exercise Control and Restraint



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

4v4 GAME:
 In a 30Wx40L grid, play a game to goal.
 Scoring:
 Any goal scored by an individual who has just stolen the ball is worth 10 points.
 All other goal worth 1 point.

COACHING POINTS / KEY CONCEPTS

- Technique of the angle and speed of approach, recovery run, tackling
- Tactics of Pressure, Delay, Control and Restraint,

4. GAME 7v7 Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION On a 70Lx40W field, the Red team (Target Team) will play a 1-2-3-1 and the White team will play 1-1-2-3

COACHING POINTS / KEY CONCEPTS Deciding when to tackle vs. when to delay to regain possession of the ball