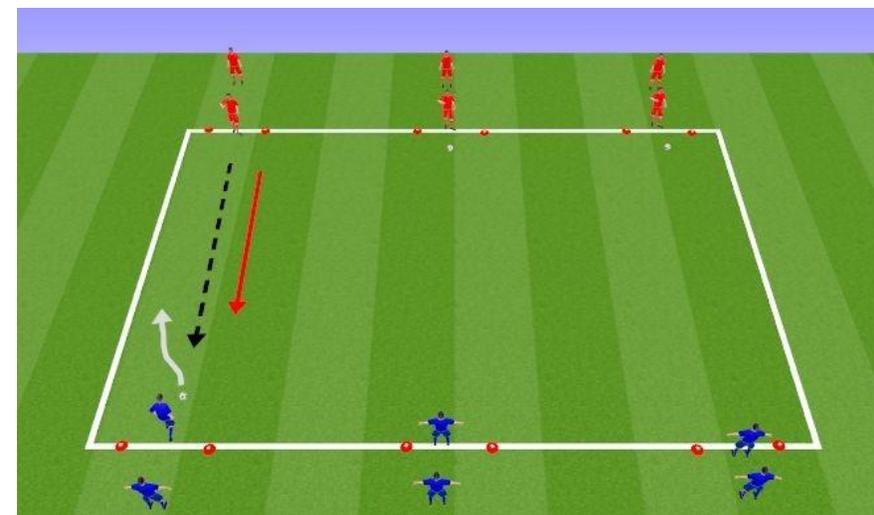


Milton YS -- Week 3: 5th/6th
Category: Technical: Defensive skills
Difficulty: Moderate



Hermes Lima Soccer Academy, Quincy, United States of America



Free Play (10 mins)

Unconditioned SSG or Full

Technical 1v1 Defending (15 mins)

Organization

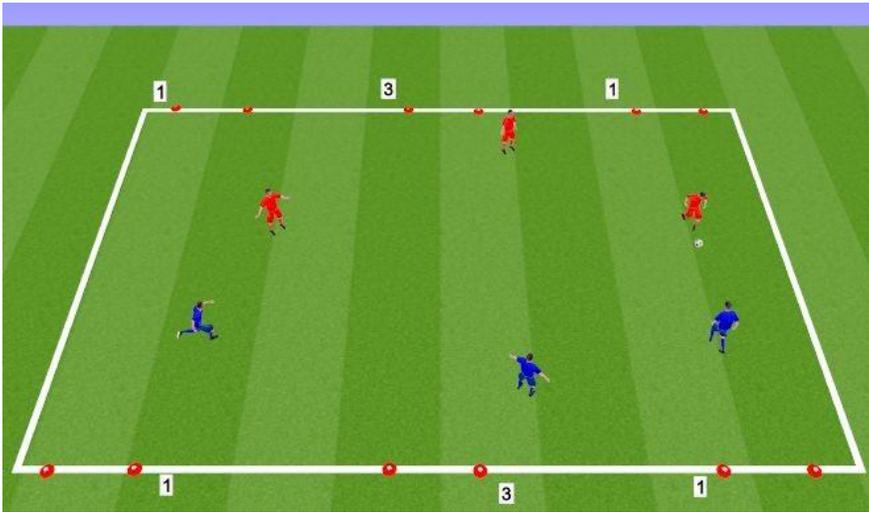
- 10-12 players
- see diagram for equipment and set-up
- approx.30x20 area needed

Activity

-1v1 defending game - play starts with passing the ball into opposition and moving out to defend them 1v1. If they win the ball, they attack other goal.

Technical Points

- Speed/Angle of approach
- Body Shape and footwork
- Distance from attacker
- Decision-making - when to try and win the ball
- Attitude not to get beat



Defending 3v3 (15 mins)

Organization

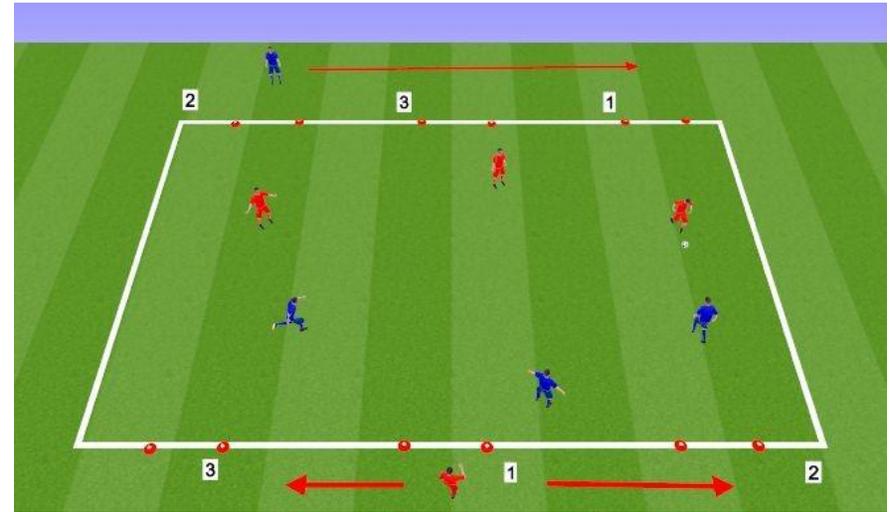
- 12 players (2 groups of 6)
- see diagram for equipment and set-up
- approx. 20x30 area needed

Activity

A 3v3 small-sided game focused on the moment when we don't have the ball (individual and group defending). Outside goals are worth 1-point, middle goal is worth 3 points.

Coaching Questions

- Does the value of the goal change the way you defended as a team?
- How did you communicate as a team?
- What did good defending look/sound like?



Defending Goals Game (15 mins)

Organization

- 8-10 players
- 20x30 wide field (adapt for age/ability/numbers)
- 3 mini goals/gates per team
- cards with #1-3 on them (put on a pylon)

Activity

A small-sided game focused on the moment when we don't have the ball (individual and group defending). Give each team a set of cards numbered #1-3. Allow them to decide how much they want each of their nets to count for the opposition. To score, the team must pass the ball through the goal to their target player who is moving across the line.

Variations/Progressions

- provide the teams an opportunity to change the value of their nets

Coaching Questions

- What was your rationale for how you assigned the values to your goals?
- Did the value of the net change the way you defended as a team?
- How did you communicate as a team? What did good defending look/sound like?

