

# Milton YS -- 2nd Grade - Week 6

**Category:** Technical: Defensive skills

**Skill:** U8

**Move of the Week:** V-Turn



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## Steal the ball

### Set Up:

Each player has a ball, and their job is to defend / protect their ball from the other players

### Aim:

For each player to protect a ball while trying to poke another player's ball. To help do so can they get into a defensive stance with the ball under control but far away from the incoming player - side on, if the opposition is on their left, keep the ball on the right foot.

Progression - one player does not have a ball and their job is to steal another player's ball. If your ball gets stolen, you cannot go after the person that stole your ball but have to go and steal someone else's.

### Coaching Points:

Defensive key points

Jockey

Side on

Defend the ball



## Defending channels (15 mins)

Defenders (A) start with the ball and pass to the attacker (B). Once the attacker takes a first touch, the defender follows their pass and gets within an arm's length of the attacker who is now dribbling the ball towards the defenders starting position on the end line.

The defender does not want to over commit and make it easy for the attacker to get around.

REMEMBER THE 3 S's - SPEED, SLOW, SURF

Pressure: Approach at angle and high pressure (WITH SPEED)

Position - SLOW down have a control over body - get side on -

SURFER position - this will cut off the options on where

attackers can go. creating a funnel like space that the attacker will try to get through but if the defender is close enough and facing the ball, they can poke the ball from the player or force them out of bounds.

if too far away from the attacker they can still move the ball to both sides of the defender. the defender's body position should force the attacker one way / side only.

### Aim:

Develop jockey technique - side on moving with player

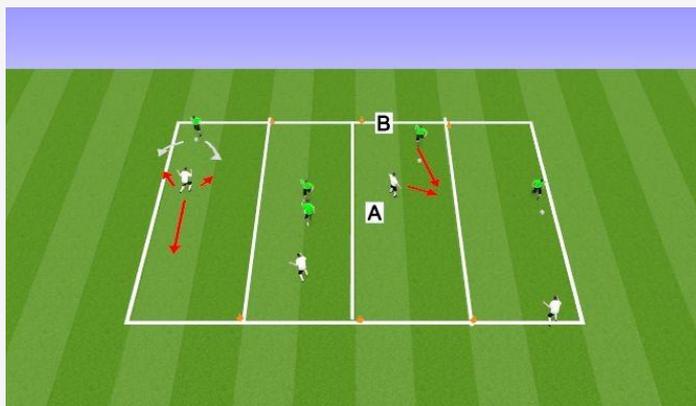
Understand positioning of first defender - The 3 S's (as above)

### Coaching Points:

Patience: Dictate attacker's options and movement

Switch stance, according to ball movement

Eyes on the ball movement



## Dribbling gates

Multiple gates set out throughout the area.

Dribble through as many gates as possible.

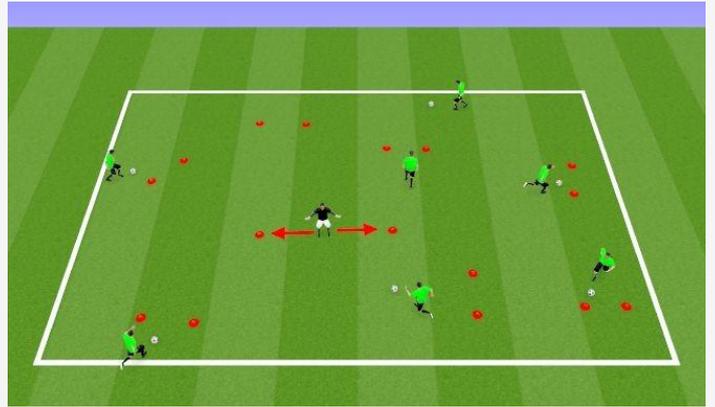
1 point for every gate they go through without hitting a cone.

Progression

- Make one of the gates slightly wider - add a defender - if they go through this gate they win 10 points - if they go through a normal gate, they get 5 points. Make sure they go to a different gate eachtime - not just the one for 10 points.

Coaching points -

- Close control to move it in different directions
- change direction the speed to get away from defender
- take a slightly bigger touch to get past the defender but ensure still under control
- lift head while dribbling to find space but also see where the defender is (in a game see where teammates are too)



## Scrimmage (15 mins)

2 even teams

Trying to ensure social distancing so no bunching up - If all bunched together, use different methods to spread them out -

- Magic word - if the coach shouts a certain word all players need to stop what they are doing and go find a space on the field.
- New ball - throw a different ball in play - not all players will run to the new ball as it is not near them anymore
- Freeze the game - have all the players stand still and explain that they are too close - not just for Covid-19 reasons but for soccer - more space will be a better option to pass to and use as help.

