



Defending Technique (8-12 mins)

Arrival Activity - 5min - 4:1 work/Rest -

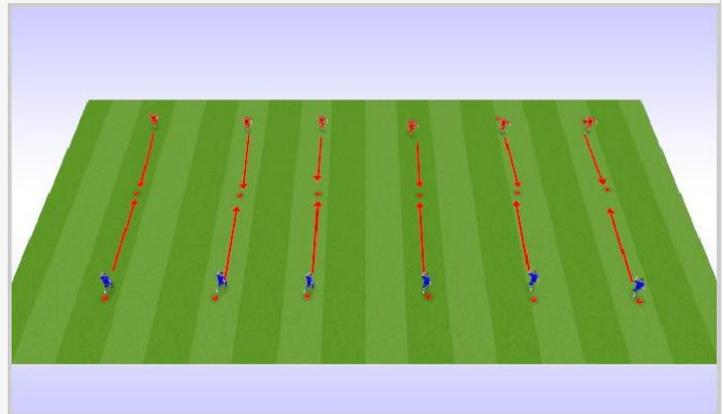
Game Intentional Free Play 1v1 2 v 2 etc.

As players arrive, have them join one of two games, it may be 1 v1, 2v1 2 v 2 etc.

Objective: Fun and Creativity -- DO NOT COACH THEM!!

Technical Defending: (10-15mins)

Set up: Players partner up in twos 20yds apart (with a cone with a pinnie on top) in the middle, 10yds from each player. Without a ball, players utilize the technique of defending; pressure with speed to the cone in front of them and grab the pinnie; once arm's length away (point out that they should NOT go passed the cone, the attacker or have to drop the pinnie), get sideways on (think surfing, skateboarding or snowboarding); bend your knees for lower center of gravity; stay on your toes and not flat footed; eyes constantly on the ball and attacker's feet (mirror their movement); jockey/shuffle sideways, three shuffles, but do not let your feet touch one another; make sure to alternate sides after the three shuffles, so left to right and right to left until you are back to original cone. You can have 2 players per cone and have them alternate depending on numbers. The player who grabs the pinnie must bring it back. Make it a race!



Progression 1: Give a ball to the red players. Blue players

pressure with speed to defend. The defending players can

press as soon as attackers take a touch on the ball and try NOT TO (emphasize this) win the ball but jockey the attackers. Attackers should dribble left to right showing the defenders alternate sides. Once done, the red player takes the ball to the end of the line and blue resets to theirs as well. Next player goes. Alternate defenders and attackers.

Progression 2: Same as above but defenders actually try to win the ball now. Once defenders have gained possession of the ball, their turn is over. Allow them to play for 10 seconds.

Coaching Points:

Make sure to pressure with speed, as fast as you can.

Know when to slow down.

Get side on right away and do not overstep or swing your foot in there (diving in).

Think snowboarding, skateboarding and surfing as to getting side on!

Do not spin around or ever show your back to the attacker!!

If an attacker gets by you, do not chase the ball, use your speed to get back in front of them.

1v1/2v2 Defending (8-12 mins)

1v1/2v2 Defending (10-15mins)

Setup: Have two teams near their nets (create gates for goals if not enough nets). Have red line 1 and red line 2/blue line 1 and blue line 2. Coach kicks in a ball and a player comes from red line 1 and blue line 1 to create a 1v1 situation. Whoever is first to the ball becomes the attacking player while the other becomes the defender. Use the defending technique learned from the previous activity to win the ball. Once you win the ball, pass to the coach and next group is up. Attackers job is to score on the opposite side.

Progression 1: Move to 2v2. Same concept as before where the team who wins the ball attacks and opposition defends. Allow them to play for about 15 seconds. If defending team wins the ball, they can attack the opposition's goal.

Progression 2: 1v2 -- one attacker and two defenders but give the ball to the lone attacker. Can also do 2v1.

Coaching Points: closest defender is the 1st defender and should apply pressure right away! Other defender becomes the 2nd defender, shadow to the 1st defender and diagonal from their partner. 2nd defender SHOULD NOT go defend the 2nd attacker in case their teammate gets beat. 1st and 2nd defender should alternate if beat on the ball. Both players should stay connected and not create gaps to easily be exploited. Be able to communicate with one another! Shift together to prevent gaps!



Game (40 mins, two 20min halves with 2-min halftime)

Scrimmage: 7v7

In Game Structures:

Kickoff -- to be done in the center of the field, wherever the coaches deem the halfway point.

Goal Kicks -- Ball is placed on 6-yard box/line, the opposing team **MUST** retreat to their own half of the field. Attacking teams can have their outside defenders to either side of the goalie who can pass to them.

Corner Kicks -- taken on the opposition's corner. The defending team cannot be less than 6yds from the individual taking the corner kick. Corner can be passed into the box; another teammate can stand next to the ball or be creative with the set play.

Throw Ins -- Both feet must be on the ground, no jumping to throw -- correct this if you see it -- even after ball is thrown (can drag non-planted toe for more distance); ball must go behind your head and then thrown over but cannot go across your body while facing another way; feet cannot be inside the area of play; ball cannot be shoved in.

Free Kicks: *Indirect* means ball must be touched by another teammate before you can shoot on goal. *Direct* means you can shoot on goal. If a player is inadvertently fouled, call a free kick and explain to the player why you are calling the infraction. Adding a wall is up to each coach as we do not want players to get hurt at this level. Explain that the wall can prevent the attacking team from scoring.

Penalty Kicks: Free kick that occurs in the box. Ball to be placed 8-10 steps from the goalie line. Goalie must remain on their line until shot is taken.

One-sided Goal Preventions: Use these to prevent lopsided scores!!

1. If a team is winning by more than 5, the winning team takes off a player while the losing team adds one.
2. Winning team has to make 3 passes in their own half and 3 more in the opposition's half prior to shooting.
3. Every person on the team, including the goalie, must touch the ball.
4. Player(s) who keep scoring must use their non-dominant foot to dribble, pass and score.
5. Turn the goal around for K and 1st Grade as an option. (i.e., attacking player must dribble around and into goal to score)
6. Add all these restrictions if players are still scoring and make it a point at the start of the season!

