



Milton YS: 2nd Grade – Week 3

Category: Technical: Defensive skills

Difficulty: Beginner

Move of the Week: Step-Over



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Description

Defending 1 v 1

- 1) Arrival Activity -- small-sided games
- 2) Warm up
- 3) 1 v 1 defending
- 4) Game

Coaching Points: **DEFENDING:** look to close down the player.

Speed of Approach: quickly move to the attacker with speed (touch tight)

Angle of Approach: (Side on, low), eyes on the ball, balance, and body position (low, side on)

Delay, Deny and Dictate: where you want the player to go (away from goal)
Show patience when to win the ball.

Tactical: Get goal side of the closest player and goal post

Arrival Activity (5 mins)

Field Set-Up/Arrival Activity

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 v 1, 2v1 2 v 2 etc.

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



1v1 Tag (8-12 mins)

Organization:

Players across from each other in a grid or create an area for them.

Instructions:

Knee Tag

Players get in defensive position with partner.

Must jockey and try to tag their opponents knee for 1-point

If you win you move right and losing player moves left.

Coaching Points:

On your toes

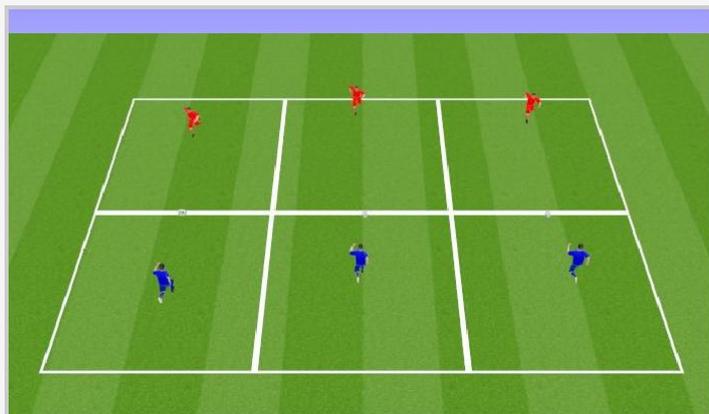
Knees bent.

Side on

Stay on your feet

Jockey!

Know and decide when to go for the tag.



Defending 2 v 2 to Goal or Gates (10-12 mins)

Defending 2 v 2: 10/12 mins

Organization: 15 x 20m pug net, cones, pinnies, balls

Procedure: Server (black) serves into the attacker (red) as the ball is in motion the 1st defender (blue and closest) looks to close down and win the ball from the attacker. The 2nd defender, furthest from the ball, does NOT defend other attacker but close proximity to 1st defender to cover in case teammate is beaten. They would then alternate with one another. The attacker looks to score in the pug net. If the defenders win the ball, can they get through the orange gate?

Give them a time limit 10/15 sec, set up a scoring zone so players have to score inside (worth more points)

Coaching points:

Look to close down quickly/speed/angle of approach

Eyes on the ball.

Delay, deny, dictate.

Side on/balance and body (surfer/skateboarding/snowboarding)

Play/threaten the ball when a bad touch is taken.

Communication is KEY

2nd defender cover and shadow behind 1st defender

Do not pursue 2nd attacker or bypass 1st defender

2nd defender is the safety.

Progression 1:

Attacker must first score in gates before scoring in net.

You can then move to 3v2; can 2nd defender really shadow and cover for 1st defender.



Coaching Points:

Delay, deny, dictate.

Side on/balance and body (surfer/skateboarding/snowboarding)

Play/threaten the ball when a bad touch taken.

2nd defender cover and shadow behind 1st defender

Do not pursue 2nd attacker or bypass 1st defender

Communication is key!

2nd defender is the safety.

Defenders move/shift together to prevent a goal/gap in their defensive line.

Game: 7v7 (35-40 mins)

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)

Add all these restrictions if players are still scoring and make it a point at the start of the season!

