

Weekly Activities - Ages 12 - 18

Theme: A.T.T.A.C.K.SM

Session: Ten

Daily Topic: Defending To Win

Daily Activity Breakdown:

0:00-0:25 The Training Session (developing the attitude and training factor through soccer related exercises and games)

0:25-1:00 The Coaching Session (developing daily technique factors from technical through to tactical)

1:00-1:10 Break (competitions/quizzes)

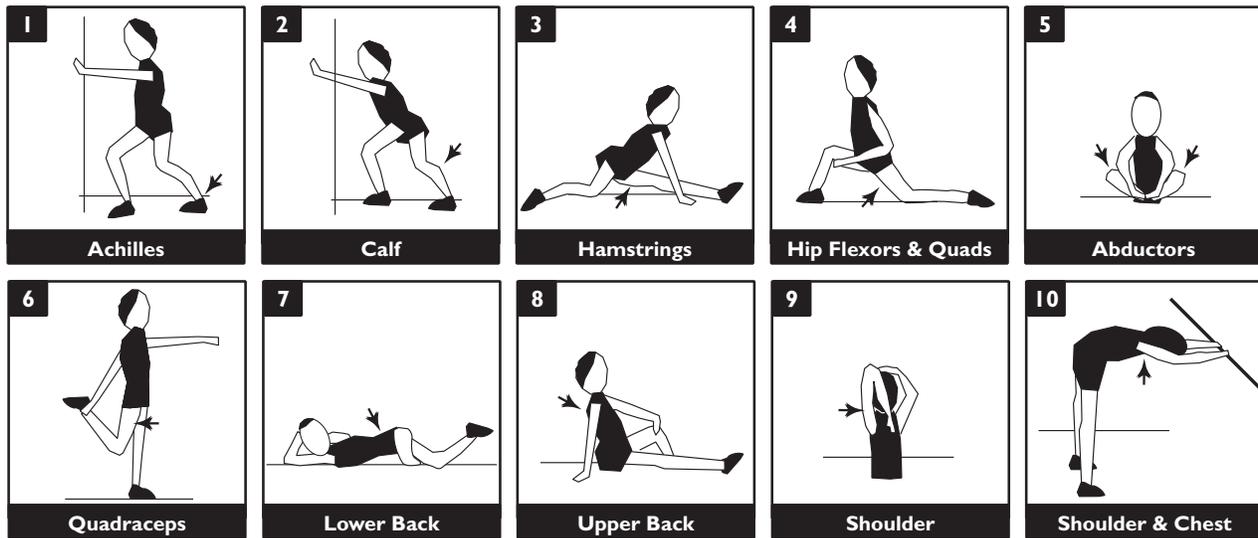
1:10-1:25 Practice Like a Pro (developing the functional awareness of players, their roles and responsibilities)

1:25-1:40 The Combine (a series of competitive small sided games to test the development of the player)

1:40-2:00 All Out Attack (reinforcing the emphasis on attack with activities around a goal)

TRAINING SESSION - Soccer Specific Fitness

Warm Up



Purpose

To warm up players' muscles and increase blood flow.

Organization

Have the players pair up and form 2 lines.

Game Objective

Players jog around the area following the coach's commands, then stretch.

Progressions

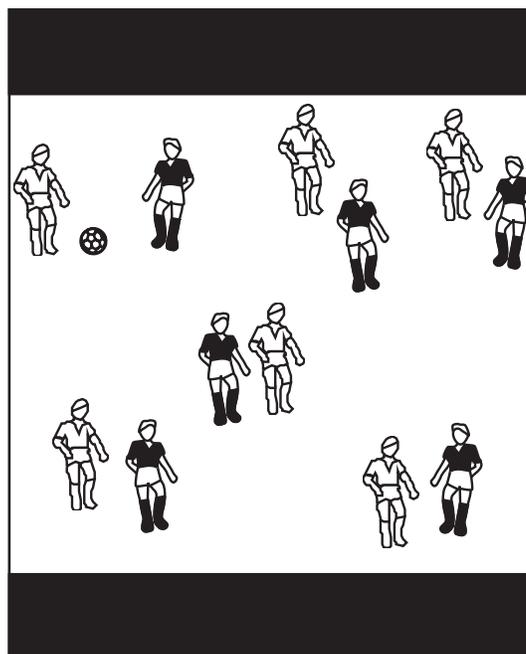
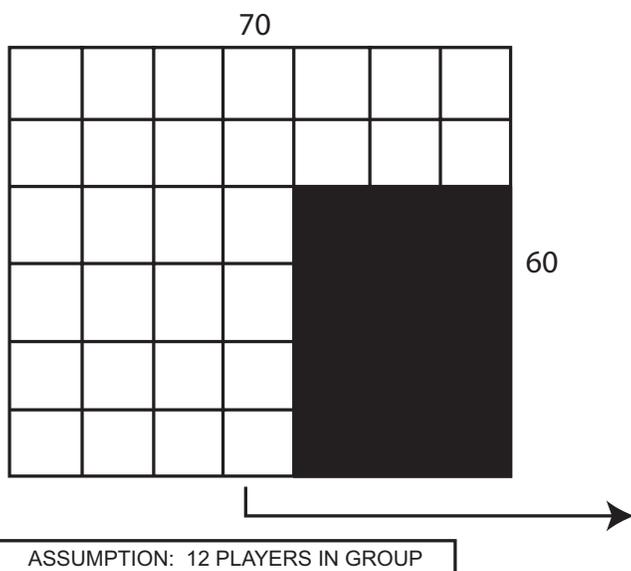
- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.

TRAINING SESSION - Defending To Win

Man To Man



Purpose

To develop man to man marking.

Organization

Set out a 30 x 40 yard area. Create a 5 yard endzone from each endline. Play 6 v 6. One ball per practice.

Game Objective

Each player is assigned a man marker on the opposition. Players can only challenge their assigned man marker. The object for the defensive team is to prevent their counterpart from receiving the ball. A goal is scored when the attacking team controls the ball in the offensive endzone.

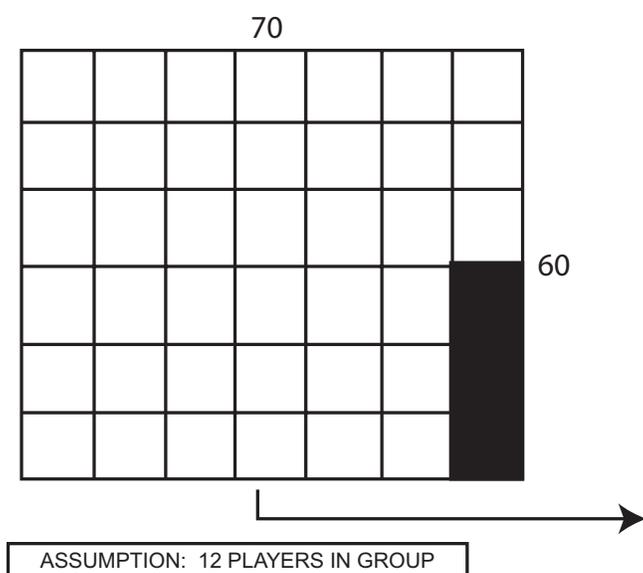
Progressions

2 touch only to increase the speed of the play and to ensure pressure on ball is immediate.

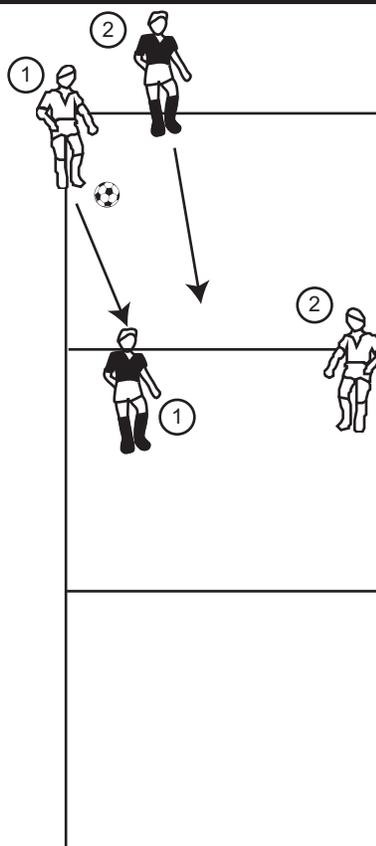
Key Coaching Points

1. Defenders are forced to make the value judgement as to whether to challenge/intercept the ball or remain goalside.
2. The defenders should attempt to deny the space to the goal and thus keep the opposition playing square or in front of the defense.

COACHING SESSION - Defensive Play



Delay To Recover



Purpose

To develop pressing cover in a 2 v 2 situation.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

Game Objective

Light player #1 starts with the ball. The light team must combine their efforts to advance the ball to the opposing endline. Dark defender #1 must pressure the ball and delay the attackers until dark player #2 gets back in to help and offer support. Light player #2 cannot enter the field until the ball crosses the 1st 10 yard line.

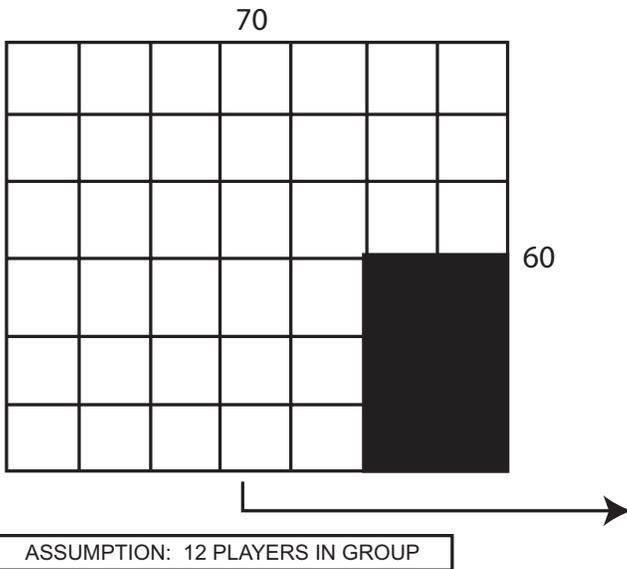
Progressions

Encourage attackers to make crossover, diagonal, blind-side runs etc...to create man to man and zone marking instances which can be illustrated.

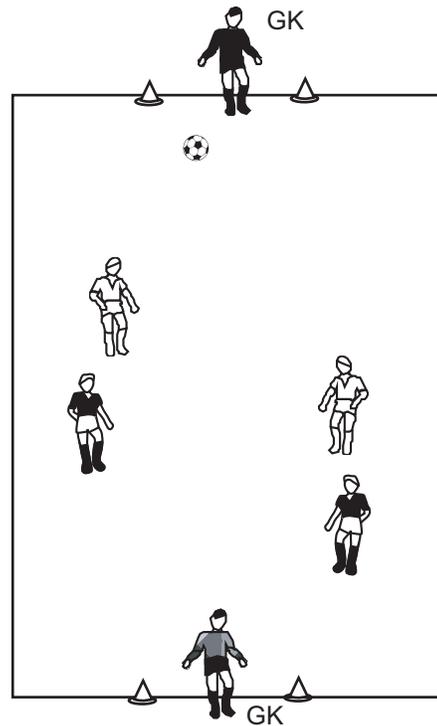
Key Coaching Points

1. As dark player #2 recovers, can they try to get a foot on the ball.
2. The recovery run must be quick and take the shortest route.
3. Dark player #2 must be careful not to make too deep a recovery run.
4. Dark player #1's primary role is to delay the attacker until dark player #2 can support.
5. The defender's primary responsibility must be to mark the second attacker. Cover can best be given by forcing the play across the field from where both defenders are goal side and maintain full vision of the field.

COACHING SESSION - Defending To Win



Defending In Front Of Goal



Purpose

To improve man to man marking.

Organization

Set out a 20 x 30 yard area. Groups of 6, play 2 v 2 with a goalkeeper at each endline. Repeat in another area for a total of 12 players.

Game Objective

Each player is assigned a man marker on the opposition. Players can only challenge the player they are assigned to man mark. The defending team must prevent the opposition from getting a shot on goal. The attacking team must attempt to score into the opposition's goal.

Progressions

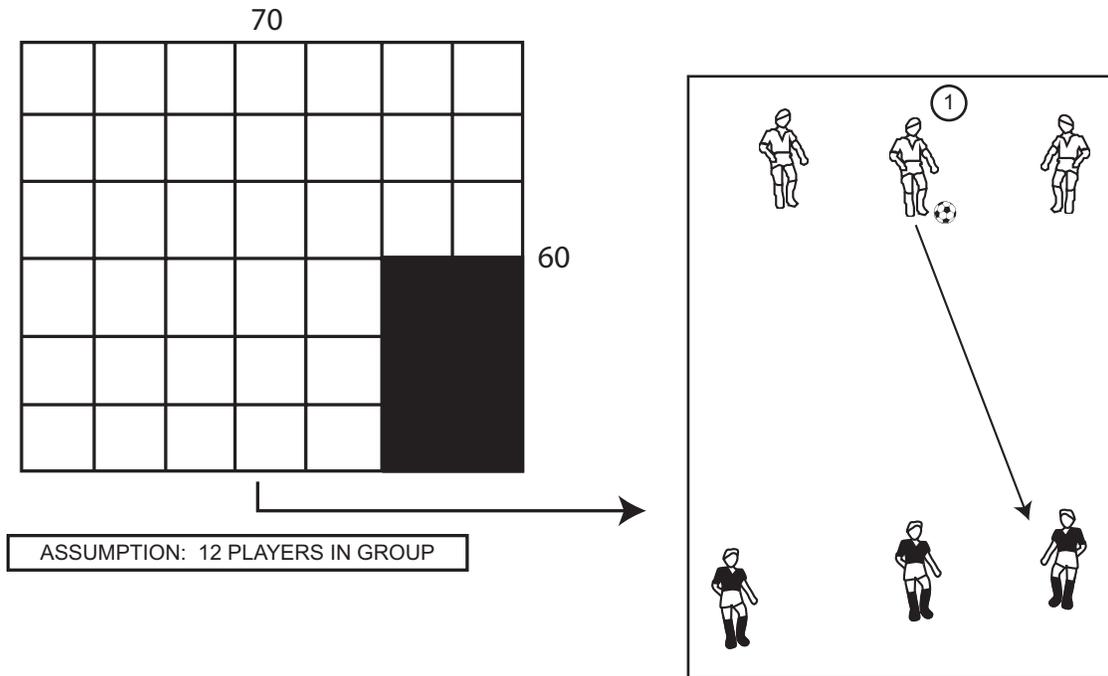
Mark any player you want.

Key Coaching Points

1. Shadow the attacking player at all times.
2. Keep play in front of defenders at all times.
3. Defenders should attempt to force the play in one direction to allow a second supporting defender to close off the passing options.
4. Remember that the closer your player is to the ball or goal, the closer you are to them.
5. Guiding triangle is ball—supporting attacker—goal. Always be inside it.

COACHING SESSION - Defensive Play

Team Defense



Purpose

To improve cover and changing roles.

Organization

Set out a 20 x 30 yard area. Groups of 6, play 3 v 3 within the confines of the area. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 passes the ball to any of the players on the dark team. The light team defends the endline on the top of the diagram. A goal is scored against the defending team when the opposition advances the ball to the endline and stops the ball with the sole of the foot.

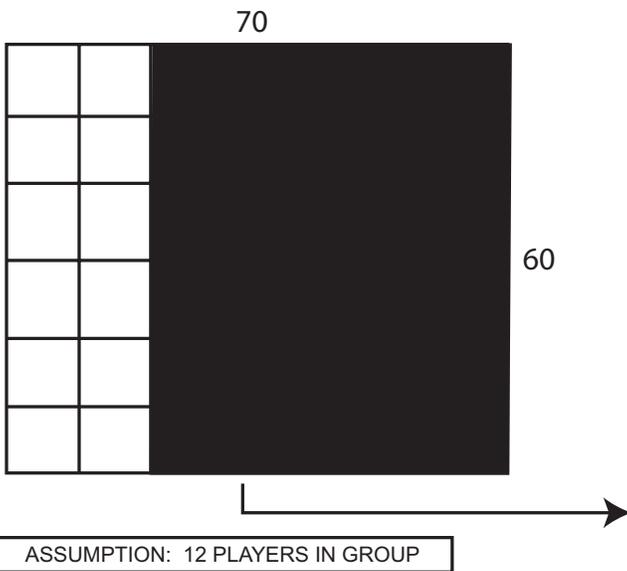
Progressions

The players can switch markers when an attacker makes a run into another defenders space.

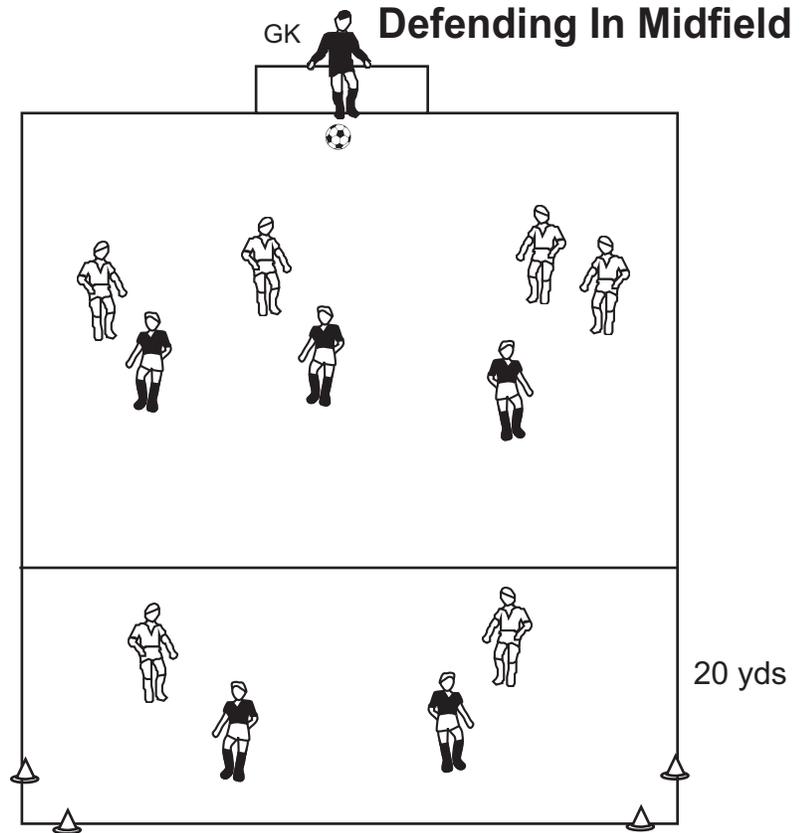
Key Coaching Points

1. Defenders should shadow their attacking counterparts.
2. The closest person to the ball must close down the space to the ball and pressure.
3. Defenders should channel attackers across the field and away from the endline.
4. As the ball moves so do defenders in terms of balance & support.
5. Pressure and delay until you have #'s to defend with.
6. Cover ground as ball travels.
7. Don't get beaten by the attackers 1st touch.

PRACTICE LIKE A PRO - Defensive Play



ASSUMPTION: 12 PLAYERS IN GROUP



Purpose

Defending in midfield and the back four.

Organization

Set out a 50 x 60 yard area. Play 2 v 2 in the area furthest from goal and 3 v 4 in the defensive area around the goal. Make 2 small goals on the end line for the defense to play out through.

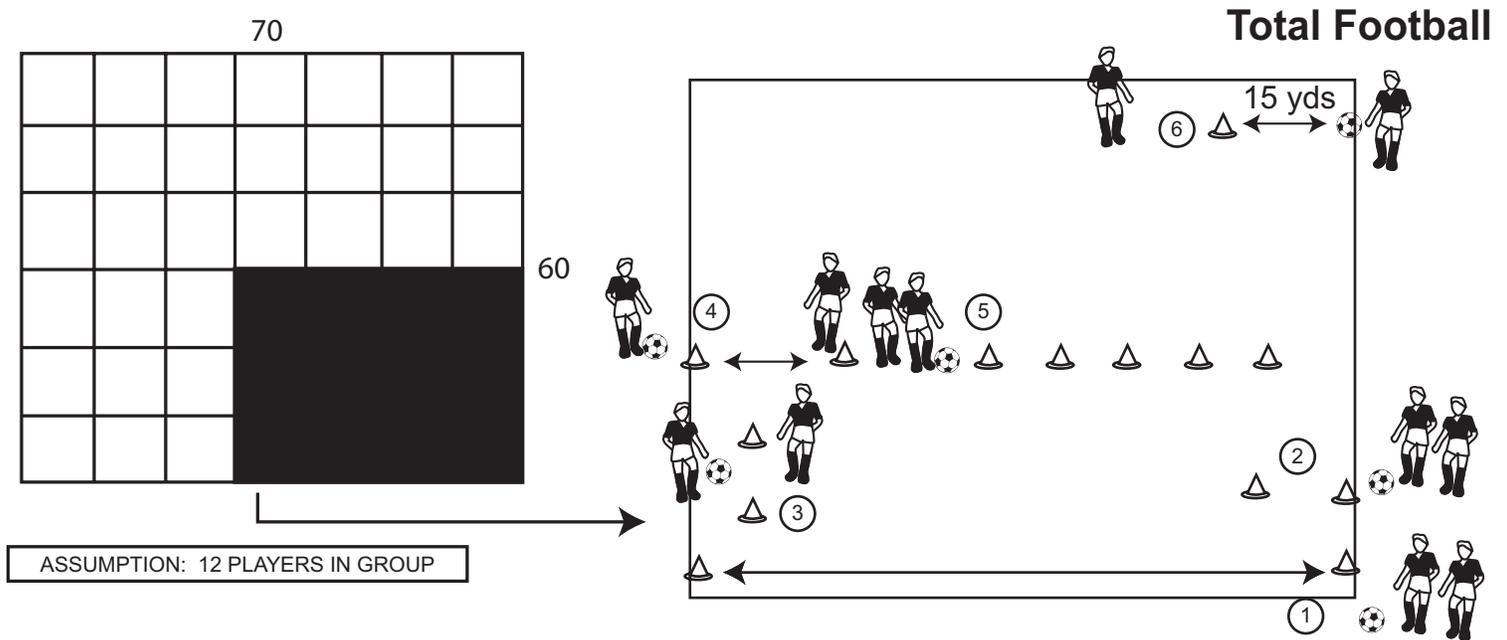
Game Objective

Dark team in the area furthest from goal, combine to play the ball in to the 3 attackers in the opposite area. The 2 defenders in the area furthest from goal attempt to intercept passes as they are played through. The 4 defenders in the defensive area must pressure the ball, marking tightly when close to the ball or goal. Defenders from the area furthest from goal may enter into the defensive area to support the 4 defenders and to serve as midfield players for clearances from the back. If defenders intercept the ball, they should attempt to play the ball through either of the small goals at the bottom of the diagram.

Key Coaching Points

1. Midfield players must track forward runners.
2. If playing a flat back four, make sure they push up together.
3. Keep play in front of you in defense—force it across the goal and make it predictable.
4. As a back four, can we apply pressure, support and balance.

THE COMBINE - Defending To Win



Purpose

To develop the skills worked on during the week.

Organization

Set up stations as above in a 40 x 30 yard area. The players compete as a pair against the other pairs at various skill stations.

Game Objective

Station #1 is the control group by which the time allotment for all stations is set. In station #1, 1 partner runs the ball from the first cone and back to the 2nd cone 3 times. The partner repeats. All other pairs compete at their stations until the 2nd player completes station #1 at which time the coach shouts, "Freeze!" Rotate stations.

Key Coaching Points

Station #1 - Run with ball between 2 cones placed 20 yards apart. Repeat 3 times.

Station #2 - Up to the cone, 5 yards away, turn and back. Partner repeats.

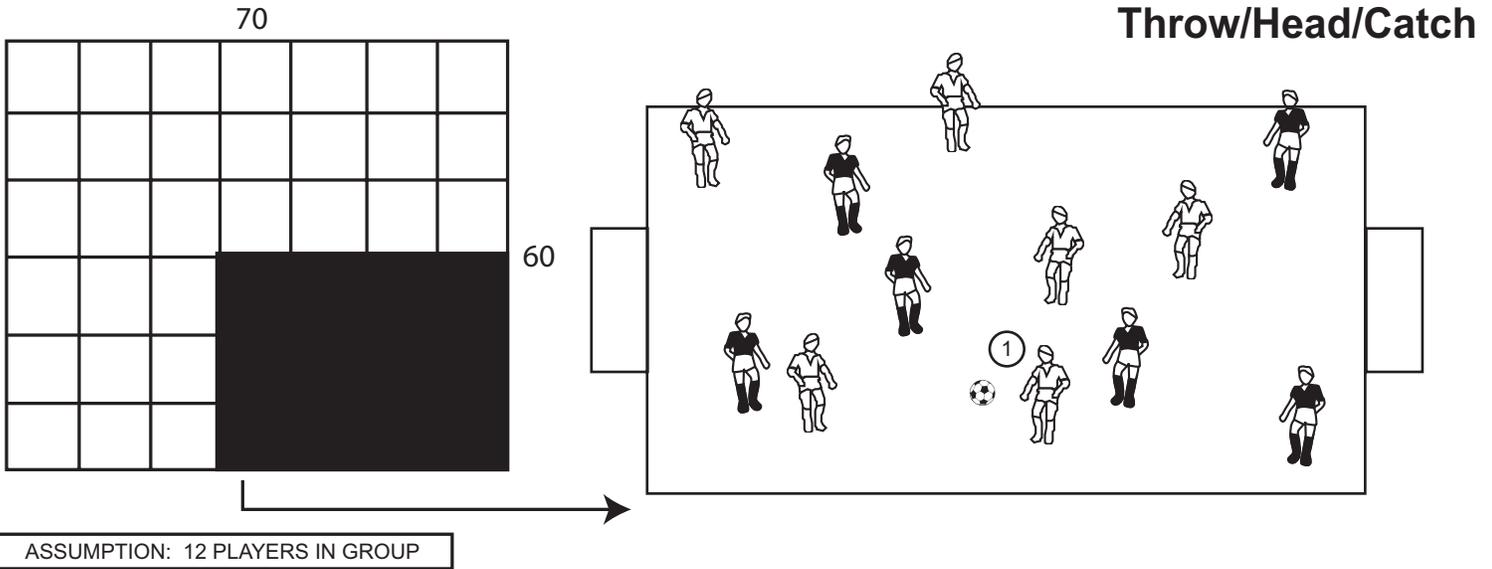
Station #3 - Passing between 2 discs set 2 yds apart—players 10 yds from the goal. 1 touch only.

Station #4 - Heading between partners.

Station #5 - Dribble up and back through the cones.

Station #6 - Shoot at cone 15 yds away while partner retrieves.

ALL OUT ATTACK - Defending To Win



Purpose

To develop defensive and offensive heading in a conditioned 6 v 6 game.

Organization

Set out a 40 x 30 yard area. Play 6 v 6 in the confines of the area. Make a goal at each end of the area.

Game Objective

Light player #1 throws the ball to a light teammate who must head the ball to another light teammate, who in turn must catch the ball. The correct sequence is throw, head, catch. Receiving players are only allowed two steps after catching the ball. Opponents may intercept the ball in the correct sequence; e.g., if a light player throws the ball, a dark player must head the ball to another dark player to intercept. To score you must head the ball into the goal.

Key Coaching Points

1. Focus on height, width and distance of headers.
2. Anticipate the placement of your header before the ball comes to you –read the game.
3. Keep your eye on the ball at all times.
4. Attack the ball at its highest point.