

## Lesson Plan

Name: Shaun Goulbourne

Date: 3-7-06

Topic: Defending

Session Objective: To improve the concept of defending the opponent dribbling the ball

**Equipment Needs**

9 balls  
4 blue bibs and 4 red bibs  
20 marker discs  
2 goals

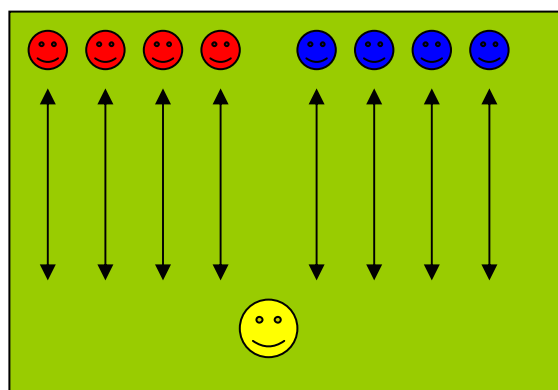
**60 Minutes - Outline/ Coaching Points:**

**Diagram #1**

5 minute - Warm Up and Stretching
Movement Education:
Players line up on the side line and perform the following movements up to the coach, 5yards from the side line and perform the same maneuver backwards:
Running, Skipping, Bottom Kicks, Cross over run, Side stepping, carrioca, hips up and over, hips in and out
Players are then asked to hold a ball in their hands and reach up as high as they can, to each side, backwards, and then forwards for a stretch



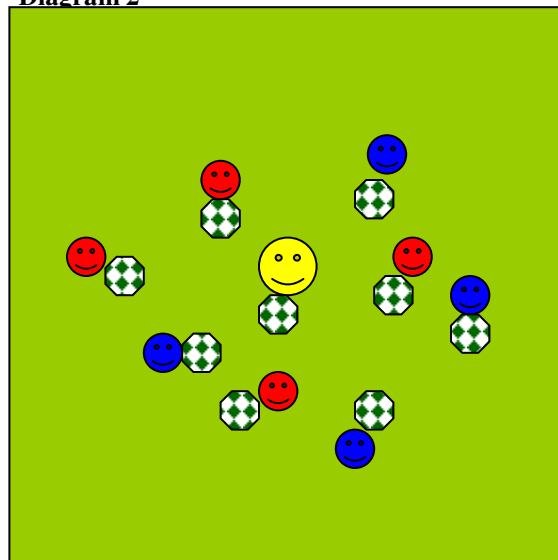
**Diagram 1**



**Diagram #2**

10 minute - Technical Warm Up
Can you do this?
Coach performs various maneuvers in help assist in mastering ball control. These maneuvers include:
Turning the ball with the outside of the foot, inside of the foot, the bottom of the foot, and the heel. Performing various dribbling moves such as in and out and the Maradona.
Performing various ball exercises such as step-ups on the ball, side to side step ups, and ball shuffle.
Performing juggling maneuvers such as 2 with the feet, the head, or thigh.
Performing other maneuvers such as kicking the ball as high as we can or kicking the ball over our head (bicycle kick)
After coach presents some tasks then each of the kids have a chance to show the players something to try and do.

**Diagram 2**



**Diagram #3**

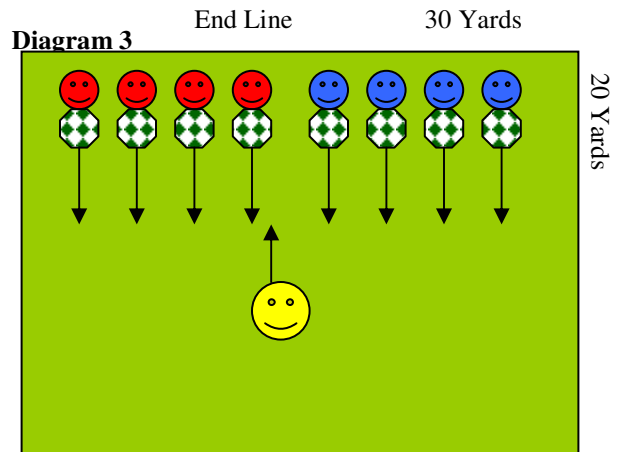
10 minute – Game Related Activity

**Sharks and Minnows**

**Game:** All the players are Minnows to begin with and will line up on an end line. Coach will be the only shark in the middle of the field. The Minnows must try and dribble the ball to the other end line before the coach steals/tackles their ball. If coach steals their ball and dribbles over their end line, that player will become a shark. The game continues until there are no Minnows left. 2 games may last 10 minutes.

**Objectives:** Coaching the Sharks to defend and tackle the opponent with the ball.

**Coaching Points:** go to the attacker that is dribbling the ball, keep the attacker in front of you by moving backwards like we do in the warm up, try and steal the ball from the attacker and dribble to their end line.

**Diagram #4**

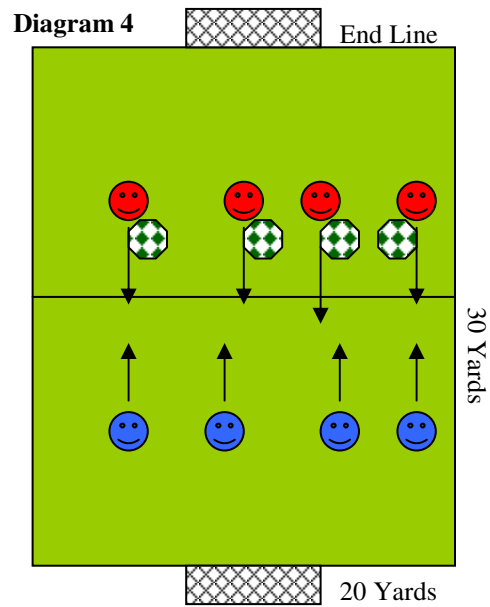
10 minute – Game Related Activity

**4 Sharks versus 4 Minnows**

**Game:** As above, but we will start with 4 Sharks and 4 Minnows. The Minnows will try and score in the goal on the opposite end, and the sharks will try and steal the ball from the Minnows and Score in the goal from which the Minnows start. The game will end when all the balls are in the goals or are out of bounds and then we will switch the Sharks to Minnows and the Minnows to Sharks and play again.

**Objectives:** Coaching the Sharks to defend and tackle the opponent with the ball.

**Coaching Points:** go to the attacker that is dribbling the ball, keep the attacker in front of you by moving backwards like we do in the warm up, try and steal the ball from the attacker and dribble to their end line.

**Diagram #5**

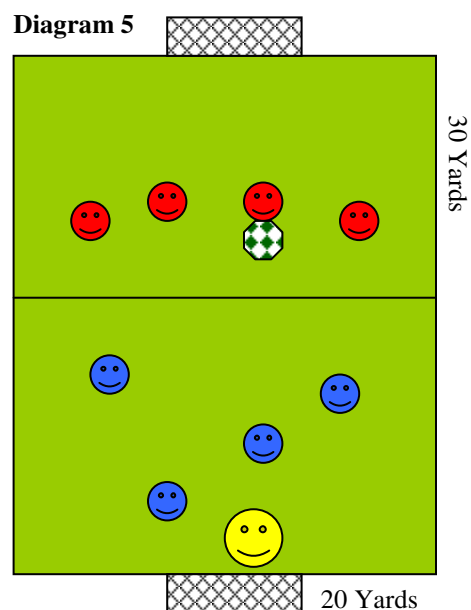
20 Minutes – Game Condition

4 versus 4

Game: Regular Game with regular rules

**Objectives:** Coaching the defenders to defend and tackle the opponent with the ball.

**Coaching Points:** go to the attacker that is dribbling the ball, keep the attacker in front of you by moving backwards like we do in the warm up, try and steal the ball from the attacker and dribble to their end line.



5 Minutes – Review and Stretch

Review coaching points for defending

Review home work (activities in Can you do this)

Players are then asked to stretch with a ball as above.