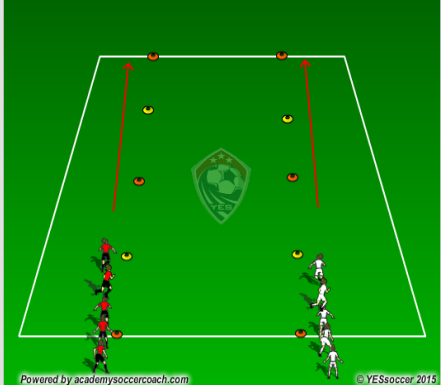

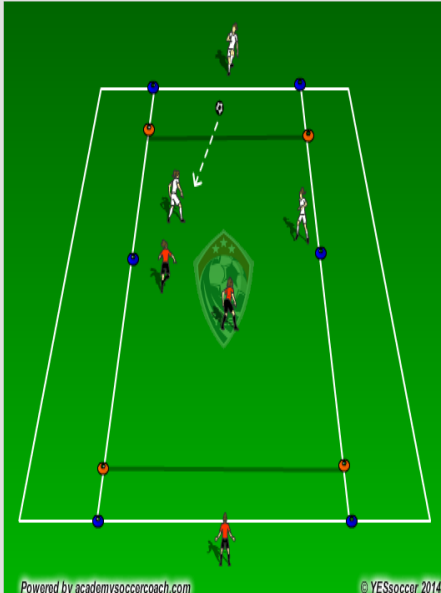

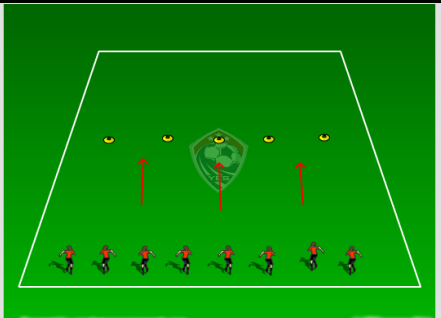




Age Group-	U11 G	Equipment Needs-	
Ability Level-	Travel		

Objective of the Practice Session- Defending – Pressing
Covering

WARM-UP/ ACTIVATOR	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
	Structured Warm up. Teams run in to lines, use exercises eg skipping on way jog on way back. Introduce dynamic stretching on the way up, jog on the way back. Increase the pace to strides and sprints	<ul style="list-style-type: none"> Ensure correct stretching technique. No Bouncing on the stretches. 		
	10x15 grid. Players start at each end line. Yellow player starts with the ball. Yellow player makes pass to orange, orange receives the ball and tries to run it over opposite end line. Yellow player becomes defender and must press the ball quickly.	<ul style="list-style-type: none"> Press the ball quickly (Move as the ball moves and can we get up quickly) Body shape (get low, side on) Force player out to the side 		
	10x15 grid. Two teams of 3 players. Each team has a wall player on the outside. Wall player starts by passing to one of the middle players. The orange team become the defending team, one player must press while the other covers. The team in possession score by dribbling the ball into the end zone. Progression: into 3v3	<ul style="list-style-type: none"> Press the ball quickly (Move as the ball moves and can we get up quickly) Body shape (get low, side on) Force player out to the side Cover – Can I see my player and the player on the ball 		

CONDITIONED GAMES/ SMALL SIDED GAMES	<p>7v7 SSG</p> <p>Two teams. The team without the ball can earn points for their team by defending well e.g pressing and covering = 2 and 3 points. Teams can also score in the goal but this will only count as one point.</p> <p>Progression: Limited touches</p>	<ul style="list-style-type: none"> • Press the ball quickly (Move as the ball moves and can we get up quickly) • Body shape (get low, side on) • Force player out to the side • Cover – Can I see my player and the player on the ball 	 <p>Powered by academysoccercoach.com © YESsoccer 2014</p>
WARM-DOWN	<p>Slow jogging and stretching to cool down. Post exercise stretching hold for 30 seconds.</p>	<ul style="list-style-type: none"> • Ensure correct stretching technique. • No Bouncing on the stretches. 	 <p>Powered by academysoccercoach.com © YESsoccer 2014</p>

Coach:

Date:

Location: