

# Weekly Activities - Ages 12 - 18

**Theme: A.T.T.A.C.K.<sup>SM</sup>**

**Session: Nine**

**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)

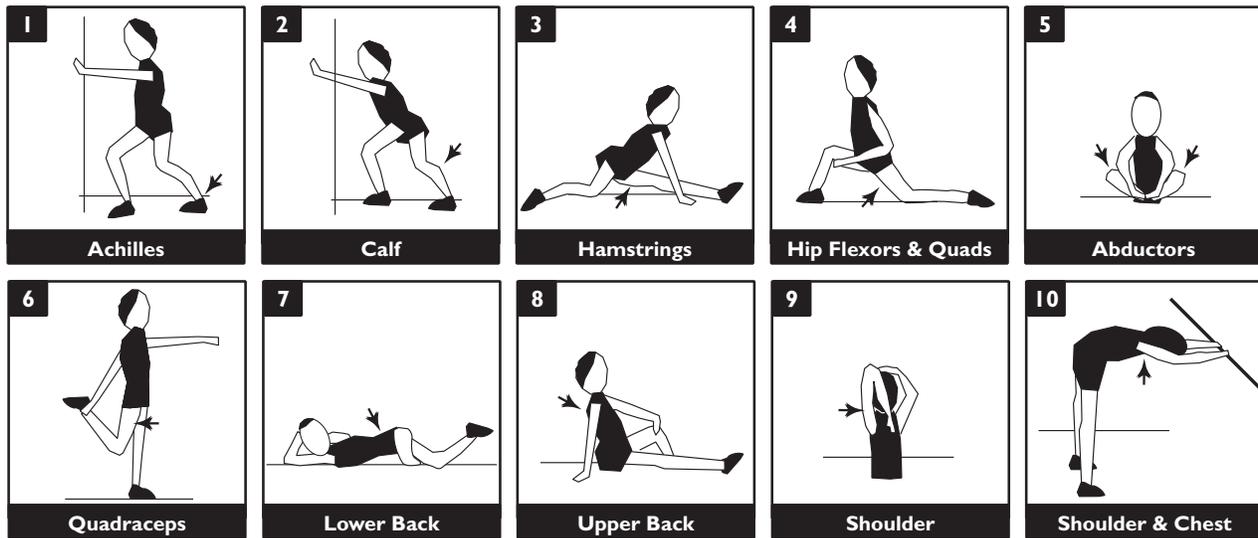
1:00-1:10 Break (competitions/quizzes)

1:10-1:40 Practice Like a Pro (developing the functional awareness of players, their roles and responsibilities)

1:40-2:00 MLS Tournament (taking the daily key factors and applying them in a game)

# 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

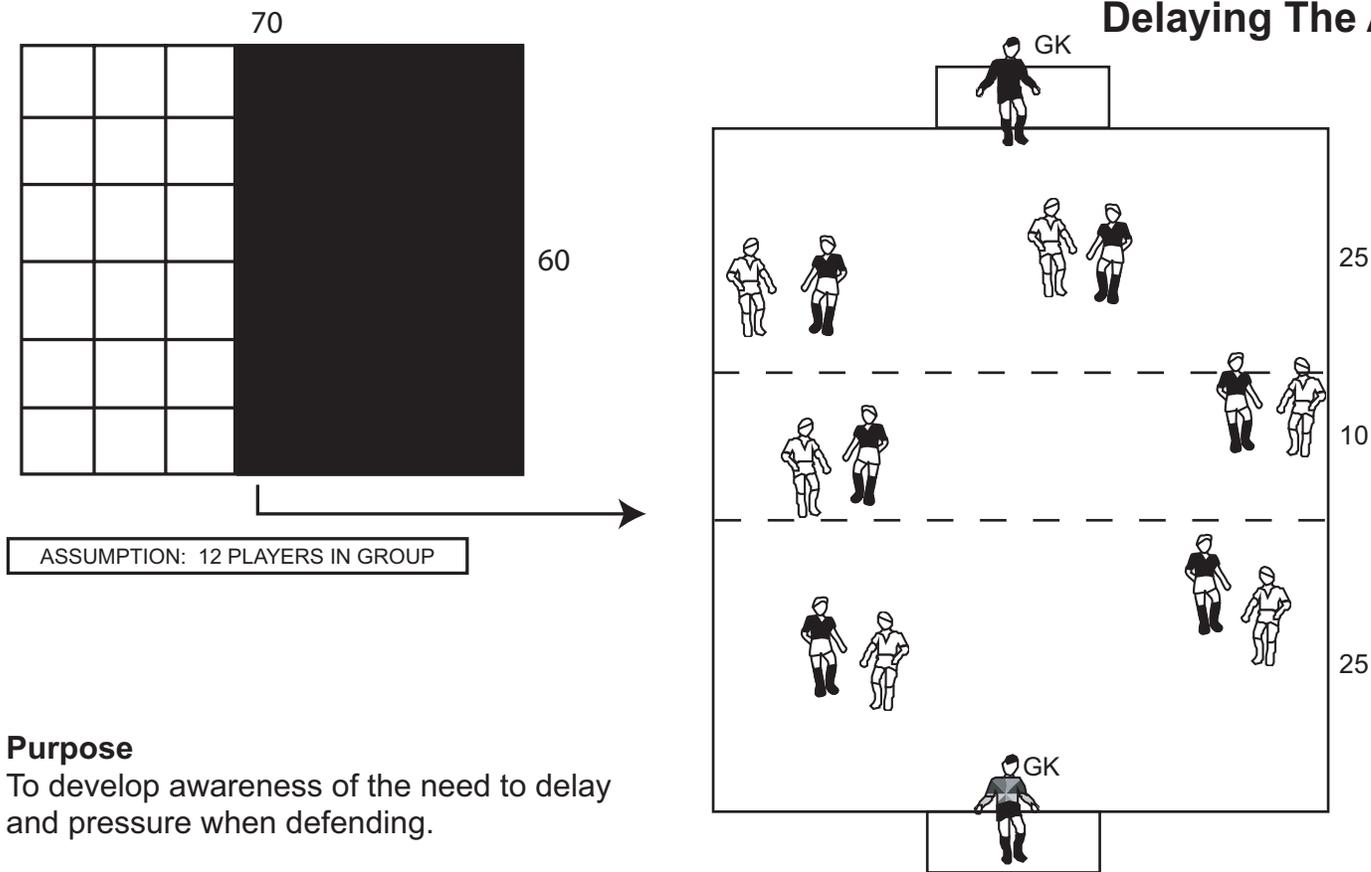
- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap 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

## Delaying The Attack



### Purpose

To develop awareness of the need to delay and pressure when defending.

### Organization

Set out a 40 x 60 yard area divided into 1/3's as shown in the diagram. Play 5 v 5 + goalkeepers.

### Game Objective

The object of the game is to score in the opposing goal. When the ball is played into the middle area, defensive players are not allowed to tackle the team in possession—they can only delay or block their path, forcing them away from goal towards the touch line.

### Progressions

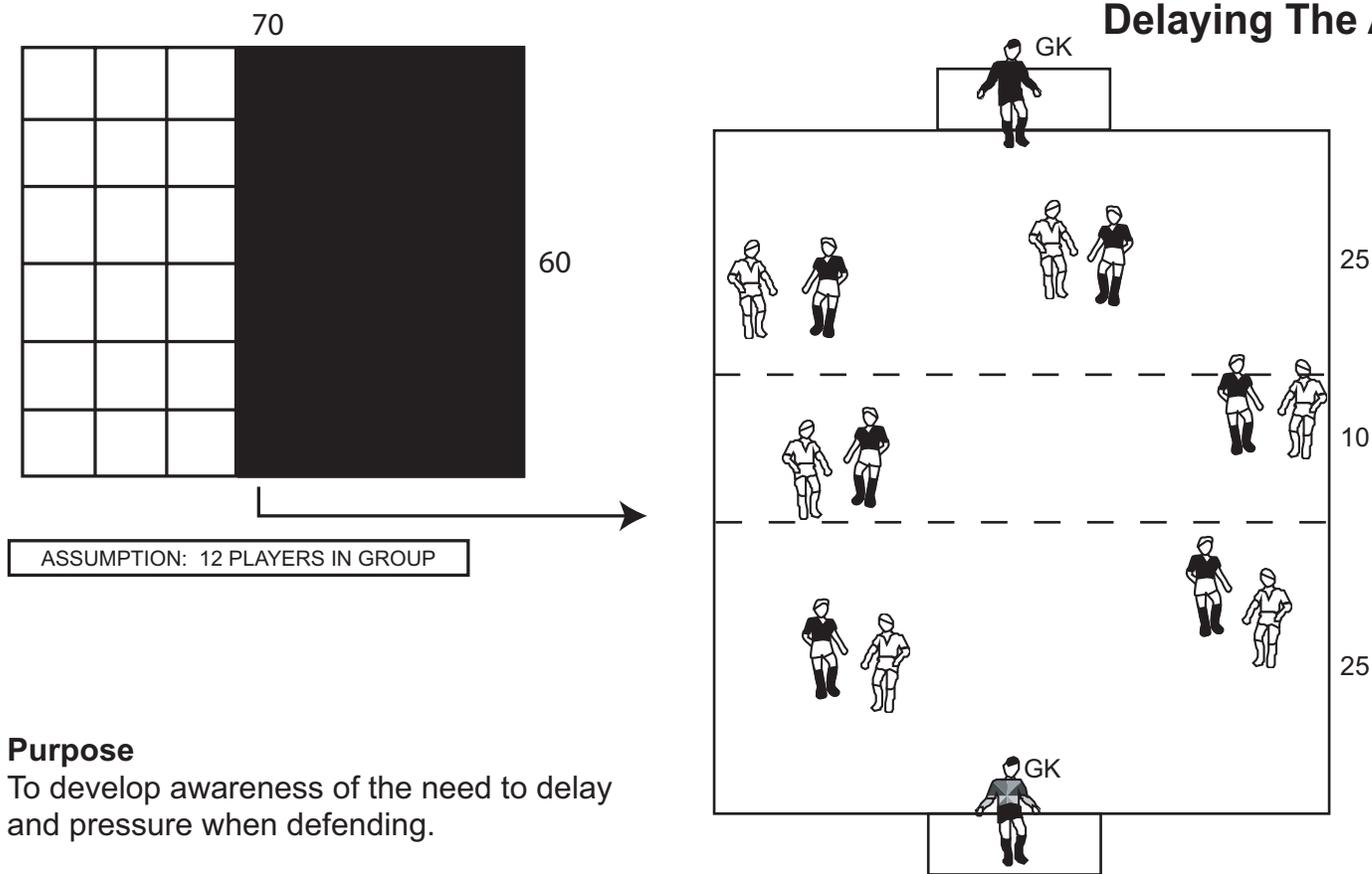
Now divide the playing area in 1/2—defensive players are not allowed to tackle the team in possession in the area furthest from the goal line.

### Key Coaching Points

1. Fake the tackle—make them play before they are ready.
2. Pressure the ball and delay forward movement.
3. Don't jump in!
4. Take a good defensive stance.

# TRAINING SESSION - Defending To Win

## Delaying The Attack



ASSUMPTION: 12 PLAYERS IN GROUP

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To develop awareness of the need to delay and pressure when defending.

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### Progressions

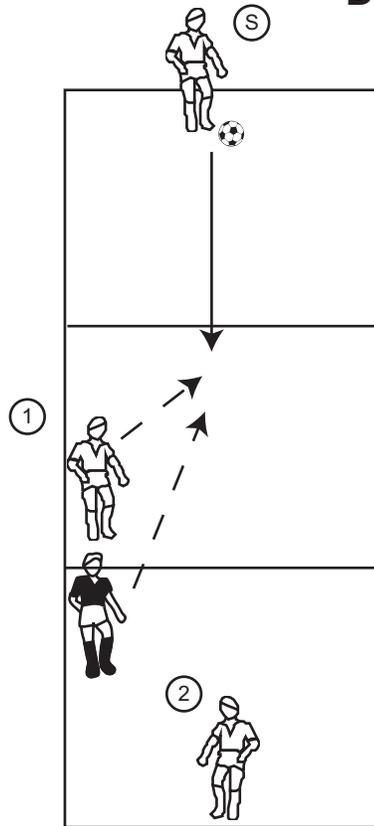
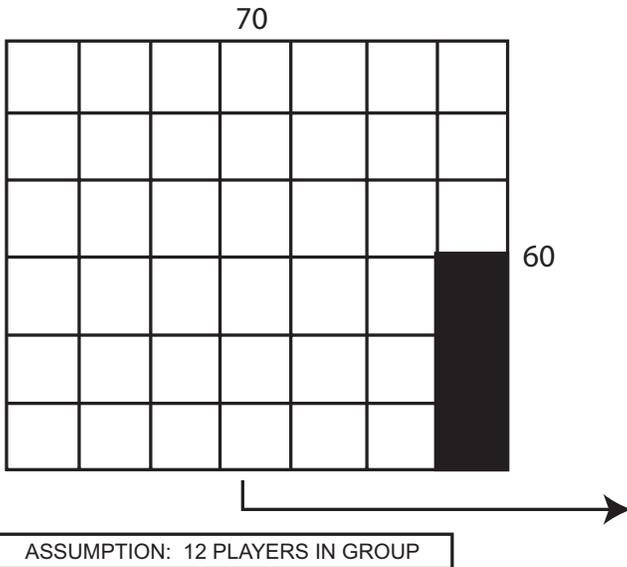
Now divide the playing area in 1/2—defensive players are not allowed to tackle the team in possession in the area furthest from the goal line.

### Key Coaching Points

1. Fake the tackle—make them play before they are ready.
2. Pressure the ball and delay forward movement.
3. Don't jump in!
4. Take a good defensive stance.

# COACHING SESSION - Defending To Win

## Defending From Behind



### Purpose

To develop preventing an attacker from turning with the ball.

### 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

Server plays the ball into the space in front of light player #1. The dark defender must close down the space between himself and the attacker and prevent light player #1 from turning on the ball to pass to light player #2 from the attacking zone.

### Progressions

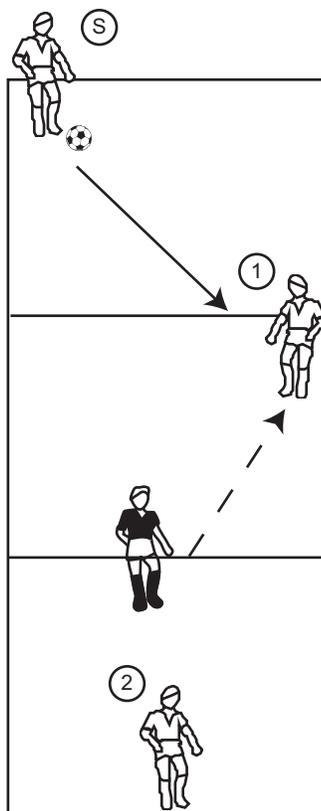
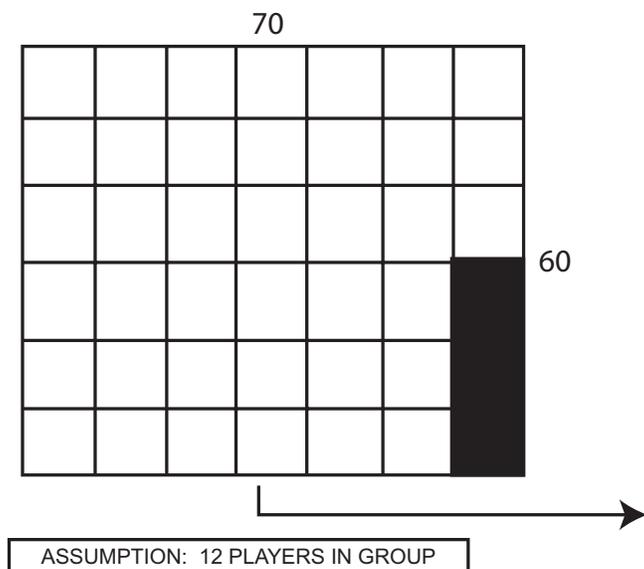
Light player #2 can move in to support the primary defender.

### Key Coaching Points

1. Close down the space to the attacker as quickly as possible.
2. The defender should keep the attacker and the ball in view at all times.
3. Adopt a "touch tight" position where you are within touching distance.
4. Select the correct moment to tackle...be patient, wait for the 1/2 turn.

# COACHING SESSION - Defending to Win

## Defending In Front



### Purpose

To develop defending from a position goal side of the ball.

### 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

Server plays the ball to light player #1. The dark defender can move in to close down the receiver as soon as S plays the ball. The dark defender must prevent the attacker from crossing over the attacking line and passing the ball to light player #2.

### Progressions

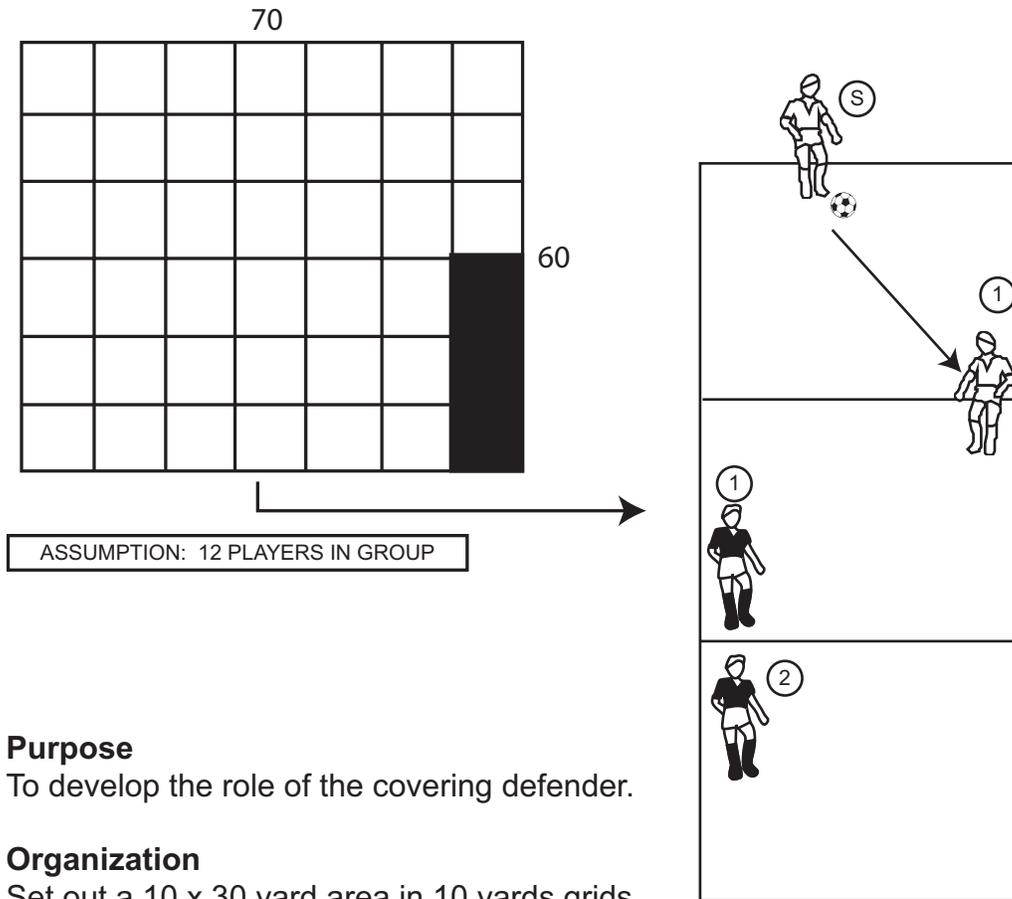
Light player #2 can step up to be the supporting defender to deny space inside and behind the primary defender.

### Key Coaching Points

1. Close down the space to the attacker as quickly as possible.
2. The defender should block the attacker's route to goal.
3. The defender should maintain the space between himself and the attacker by shifting back in retreat.
4. Don't get beaten by the attacker's 1st touch.
5. Don't run across in a straight line, get between the ball and target then go down the line.
6. Can you win the advantage by faking to tackle so the attacker becomes predictable?

# COACHING SESSION - Defending To Win

## Defending 2 v 1



### Purpose

To develop the role of the covering defender.

### Organization

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

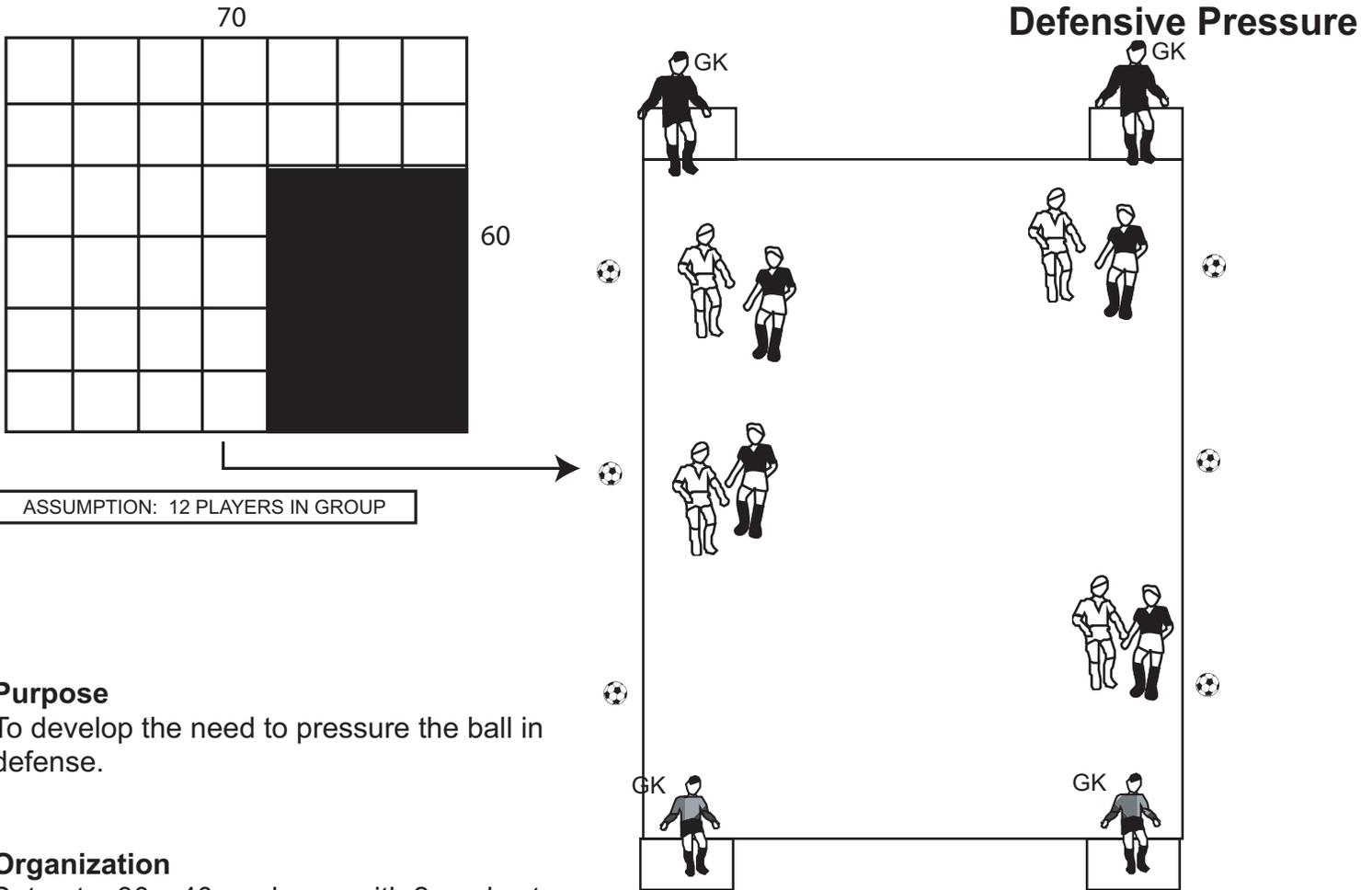
### Game Objective

Server plays the ball to light player #1. Dark defender #1 closes down the space to light player #1 while the covering dark defender #2 positions himself on the inside and within 10 yards of the primary defender. The covering defender communicates information to the challenging defender and becomes the challenging defender if the initial defender is beaten.

### Key Coaching Points

1. The challenging player should force the opponent down the touchline blocking the opponent's route inside.
2. The covering defender should be at the correct angle and distance from the primary defender.
3. The covering defender should communicate with the first defender when and where to challenge for the ball.

# PRACTICE LIKE A PRO - Defending To Win



## Purpose

To develop the need to pressure the ball in defense.

## Organization

Set out a 30 x 40 yard area with 2 goals at each end of the field. Play 4 v 4 in the middle area with goalkeepers stationed in each of the goals. Balls are placed around the field so that as soon as a ball goes out, the closest ball is played in.

## Game Objective

As soon as a player receives the ball from a goalkeeper or an outfield teammate, he should attempt a shot on goal. The defending team must attempt to pressure the ball carrier and closely mark all other attacking players.

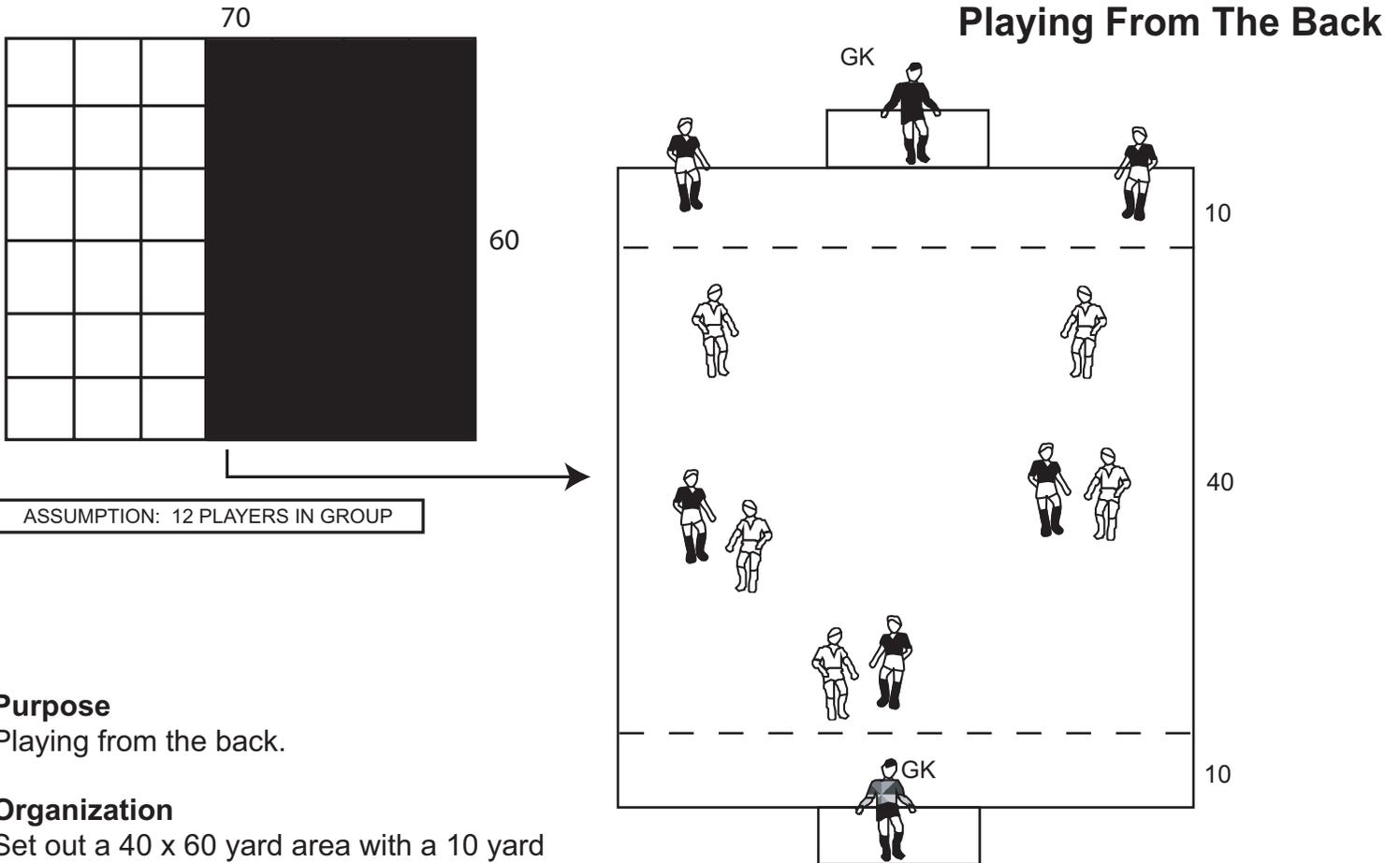
## Progressions

Play 5 v 5 with 1 regular goal on each end line in a 30 x 50 yard area.

## Key Coaching Points

1. Make early decisions. The player nearest to the player with the ball must challenge.
2. Do not get beaten by an attacker's 1st touch.
3. Get there early, then establish your position.
4. Clear communication between defenders is key.

# PRACTICE LIKE PRO - Defending To Win



## Purpose

Playing from the back.

## Organization

Set out a 40 x 60 yard area with a 10 yard zone at opposite end lines. Play 5 v 5 +1 goalkeeper at each end. Only defending players and goalkeepers are allowed in the end zones. The game is started by the coach playing the ball into an end zone.

## Game Objective

The object of the game is for the team to score with a shot on the opposite goal. A defensive player receives the ball from the goalkeeper at the top of the diagram. The defenders must attempt to pass the ball around the area until an opportunity arises to play the ball forward to the lone striker. Defenders and midfield players must then push forward toward the opposing goal line in support of the attack. Defenders and midfield players should retain possession until they are able to play the ball forward without fear of losing possession.

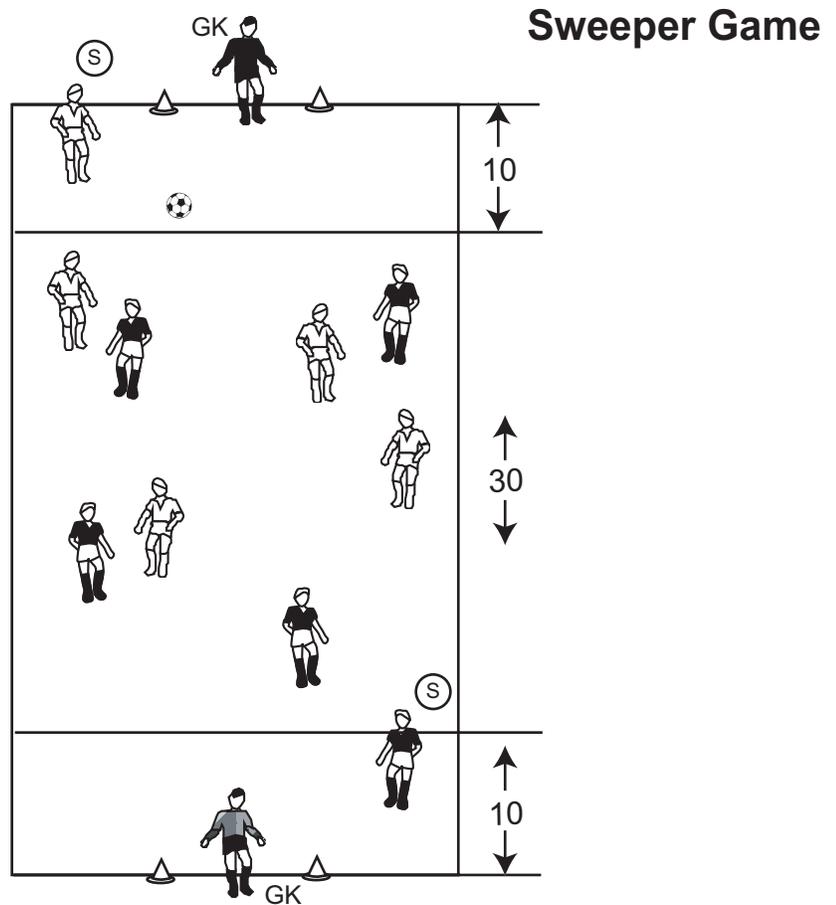
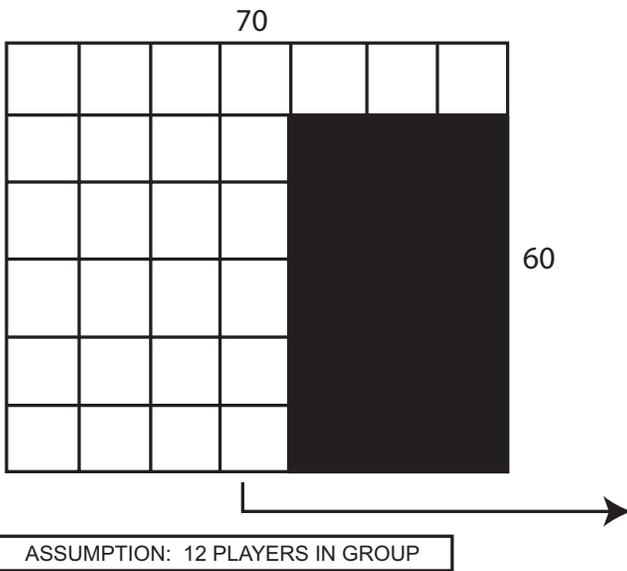
## Progressions

Take away end zone areas.

## Key Coaching Points

1. Play from the back not at the back.
2. Pass to midfield players with a call of hold or turn.
3. Play to midfield player then support at an angle.
4. Play backwards to go forwards whenever necessary.

# MLS TOURNAMENT - Defending To Win



## Purpose

To improve man to man marking and depth in defense.

## Organization

Set out a 30 x 50 yard area in 3 grids as shown in the diagram. Play 4 v 4 in the central area. Play 1 goalkeeper and 1 sweeper in each of the end zone areas.

## 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. Only the marking player and the sweeper can challenge the shot. The sweeper can challenge any player.

## Key Coaching Points

1. Get as many defenders back goal side of the ball.
2. When the players are isolated 1-on-1, the defender should retreat, maintaining space between himself and the attacker before advancing to challenge for the ball.
3. Can the sweeper “step up” and intercept or win the ball?