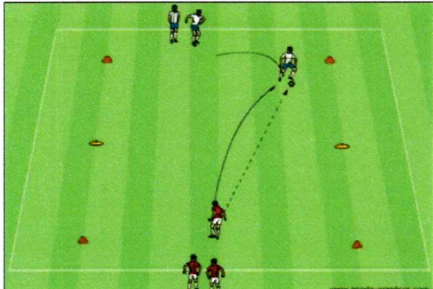
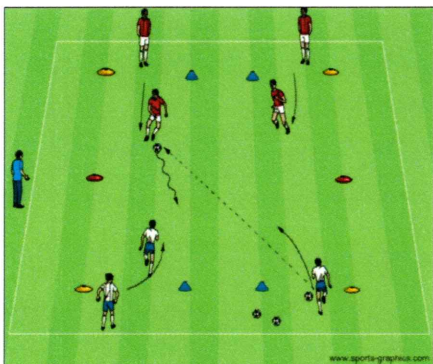
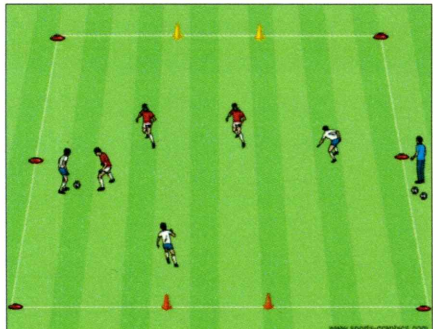




(10U) --- Week 17

Topic: Small Group Defending (Pressure and Cover)

<p>Technical Warm up</p> 	<p>Organization</p> <p>1v1 Pressure - Warm-up: One group of players will serve to the other and defend the player with the ball applying the principles of 1v1 defend. First attacker will try to dribble across opposite end-line. (12 yards wide by 15 yards long)</p>	<p>Coaching Pts.</p> <p>1st Pressing Defender should:</p> <ul style="list-style-type: none"> • “Approach fast, arrive slow”, • bend run, correct stance, try to win ball off first touch of opponent, delay progress of opponent by jockeying the player with ball, try to force them out of play <p>Time: 15 minutes</p>
<p>Small Sided Game</p> 	<p>Organization</p> <p>2v2 to Two Small Goals: In a 15x20 grid with small goals on each end line, play 2v2 matches. Rotate teams to different fields. You could play matches with off sides.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Speed and angle of approach • Pressing defender forces head down of attacker • Covering defender is positioned about 30 degrees behind pressure • Patience; do not over commit • Good communication to facilitate role switching while defending <p>Time: 15 minutes</p>
<p>Exp. Small Sided Game</p> 	<p>Organization</p> <p>3v3 to Two Small Goals: Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Immediate pressure from behind • Patience; do not over commit • Close down quickly and under control • Block Tackle • Poke Tackle <p>Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>7v7 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p>Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	