



(10U) --- Week 6

Topic: Individual Defending

<p>Technical Warm up</p>	<p>Organization</p> <p><u>Defend the Cone Warm-Up:</u> Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to his opponent who tries to hit the cone where the ball was served from. The passing player defends his cone. Version 2: Player starts at same cone and defender starts by passing through attackers legs who turns and tries to score on goal (cone)</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • 1st defender should bend their run to block direct path to the goal (cone) • 1st defender shall force the opponent in the direction they want them to go • Defensive stance-on their toes, knees bent, one foot forward, one foot back • Technique of block and poke tackle <p>Time: 15 minutes</p>
<p>Small Sided Game</p>	<p>Organization</p> <p><u>1v1 to Line (10 min):</u> In a grid 12x12 yards a player passes the ball diagonally across the grid to his opponent who then attacks the line on the opposite side. The player scores by dribbling across the line under control. The 1st defender defends the line and tries to dispossess the attacker. If the 1st defender gains possession of the ball he immediately attacks the opposite goal line.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Important to delay progress of the opponent by jockeying the attacker with the ball • Read attackers 1st touch and make decision to tackle or delay • Block Tackle • Poke Tackle <p>Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p>Organization</p> <p><u>3v3 to Two Small Goals (10 min)</u> Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals. Scoring:</p> <ul style="list-style-type: none"> • 1 point for passing goal • 3 points for dribbling goal 	<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>	