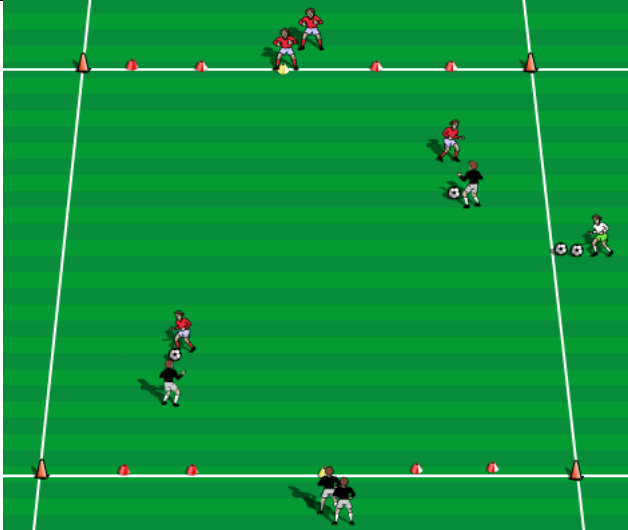


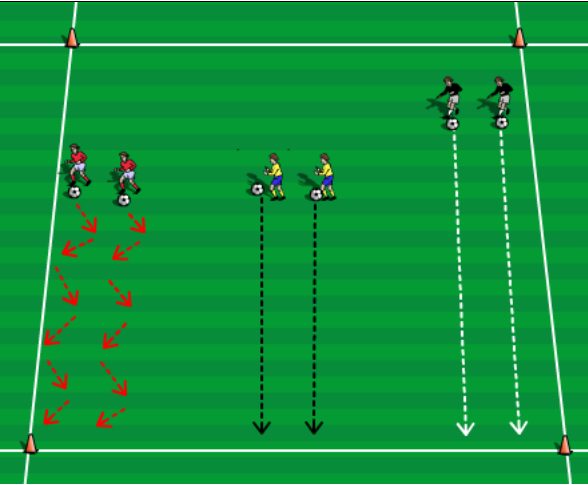
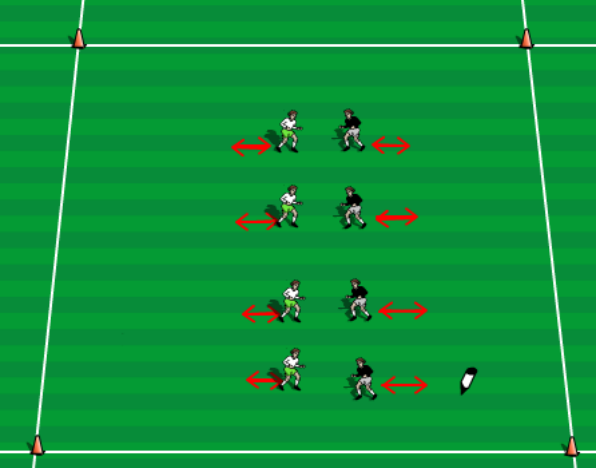
St. Mary's SOCCER

U08/U09 Academy Session 6

Main Topic: Defending

In this session we continue to introduce the basic concepts of individual defending to include providing pressure, containing an attacking player, making angled recovery runs, and immediately becoming a defender once you lose the ball.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
<p>1st Activity – 1v1 Warmup</p> <p>Easy warmup activity while you wait for your players to arrive.</p> <p>Set up two cone goals at each end of the grid.</p> <p>Once two players arrive, have them start playing 1v1 where they score by dribbling through one of the cone goals.</p> <p>If a player uses a move to beat a player (such as the step over), they get 3 points.</p>		<p>1v1 is the basis for all of soccer. We want our players to develop the confidence to beat any player when they are in a 1v1 situation.</p> <p>More than 1v1 can be going on at the same time.</p>

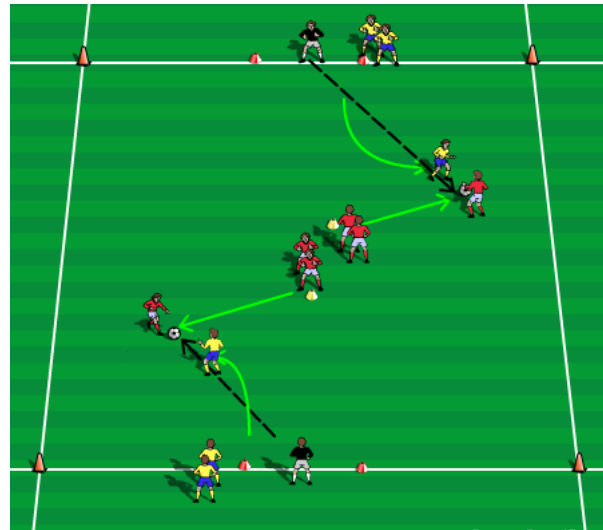
<p>2nd Activity –4 Surface Dribbling This is a review of the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole). We will start having the players dribble the soccer ball from one side of the grid to the other. REVIEW: The step over move is an attacking move that has the player fake a pass using the inside of their foot and then take the ball away using the outside of the same foot.</p>		<p>For the outside (and inside) of the foot, have them take two small touches with one foot, then two small touches with the other foot alternating across the grid. The ball will not go straight across the grid but move at ~45 degree angles moving back and forth as they cross the grid. For the sole/laces the players should use one foot going across the grid and then switch to the other foot returning across the grid.</p>
<p>3rd Activity – Large group activity The site/field coordinator will gather all players around one of the team grids</p>	<p>Optional activity for the SITE/FIELD COORDINATOR to demo an activity from this session.</p>	
<p>4th Activity – Knee Taps In this activity, players will pair up to work on their defensive positioning. Two player will face each other and can only move forward and backward (like fencing). The object is for one player to tap the forward knee of the other player. After you introduce it, have a competition where each player gets one point each time they tap their opponent’s knee. Play for 30 seconds.</p>		<p>Coaching Points</p> <ol style="list-style-type: none"> 1. Adopt a low, sideways on body position. 2. Move back and forth on the balls of the feet. 3. Do not cross over feet. <p>A defender should adopt a sideways stance for several reasons.</p> <ol style="list-style-type: none"> 1. In proper position to make a block tackle. 2. In proper position to execute a poke tackle. 3. If the defender is beaten, he or she needs only to turn 180 degrees to make a recovery run.

5th Activity – Bending Run

In this activity we will work with the defenders on making a bent run to position themselves between the attacker and the goal.

Place a central goal on each side of the grid. The coach will position himself/herself inside the goal. Roll the ball out to the attacking player. The attacking player will try to pass the ball back to the coach.

The defending player will close down the player and protect the goal by making a bending run to place themselves between the attacker and the goal.



THIS ACTIVITY CAN BE INTRODUCED WITHOUT THE BALL.

Have the attacking player run out and stand to one side of the goal. The defending player makes a bending run to place themselves between the attacking player and the goal.

Once they get the hang of it you can introduce the ball.

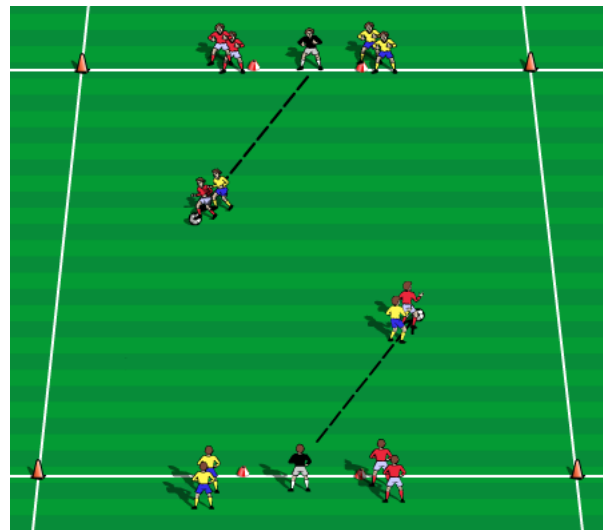
6th Activity – Don't Let Them Turn

In this activity, player from both teams are on either side of the goal/coach.

The coach will serve the ball out to either side of the goal.

The closes player should be the attacking player and will have their back initially to goal. They will attempt to pass the ball back to the coach.

The defending player will close down the attacking player to provide pressure and prevent them from turning.

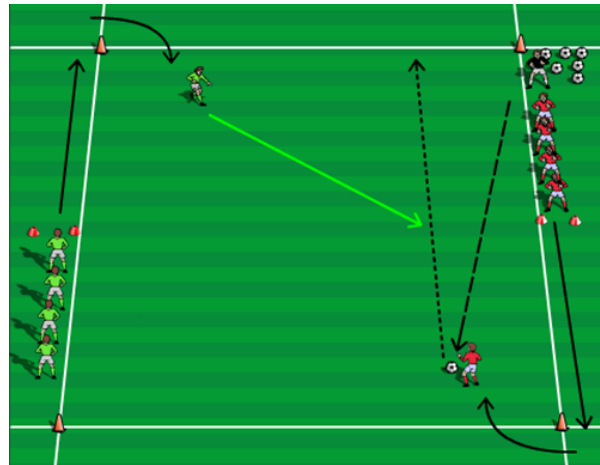


When an attacker's back is to the goal, his or her view and options are limited to the back view. When his or her head is down, he or she cannot utilize other forward, more penetrating or dangerous options. A defender should prevent the attacker from turning and wait for the attacker to make a mistake. The defender should keep an arm's length and be in position to tackle if the attacker attempts to turn.

7th Activity – 1 v 1 Defending

Divide the players into two teams. When the coach says go, a player from each team will race down to their respective end cone. The coach will serve a ball to one of the players who will try to score by dribbling across the opposite endline. The other player will be the defender and try to prevent the attacking player from scoring. If the defender wins the ball they become the attacking player.

SAFETY NOTE: For young players, the coach should avoid 50/50 balls to prevent the players from colliding into each other. Make sure you are passing the ball directly to one player.



Coaching Points

1. Close down the space quickly and slow down as you near the attacking player
2. Adopt a sideways stance with your knees bent. Stay on the balls of your feet.
3. Make your move to tackle and win the ball when the attacking player takes their eye off the ball or takes a bad touch.

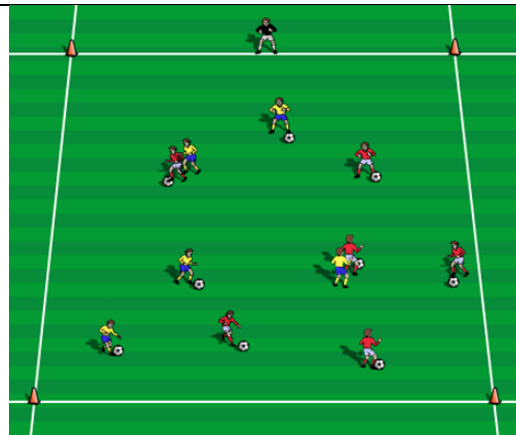
Stress to the defender the importance of moving quickly after the ball has been played, but slow down as he or she gets closer to the attacking player. Young players especially have the tendency to overrun the offensive player.

8th Activity – Bandit

All but 2 players dribble their ball. The 2 without soccer balls are bandits.

When the coach says, “Watch Out for Bandits”, the bandits try to steal the other player’s soccer ball.

Once they steal a soccer ball, they try to keep it and are no longer a bandit.



If a player loses their soccer ball, they become the bandit and attempt to steal any soccer ball (doesn’t have to be their ball). If a soccer ball is kicked out of the grid, it cannot be brought back in.

At the end of each round, 30-40 seconds each player with a ball gets 1 point.

Cool Down

Cool Down - Juggling

Work towards players being able to juggle a ball a few times using either foot, without it touching the ground. See if players can beat their # of juggles each week.