



U10 Session Plan

Season Spring 2016

Topic

DEFENDING 1 - PRESURE, DELAY, COVER

Objectives (5 W's)

Where: In the central and flank channels of the field

What: Pressure: Speed and angle of approach, Pressing distance, Body shape, Foot work, Type of tackle, Delay, Cover: Angle and distance
When: As soon as you loss possessions of the ball
Why: To deny penetration and shooting opportunities

Organization

Duration

12 mins

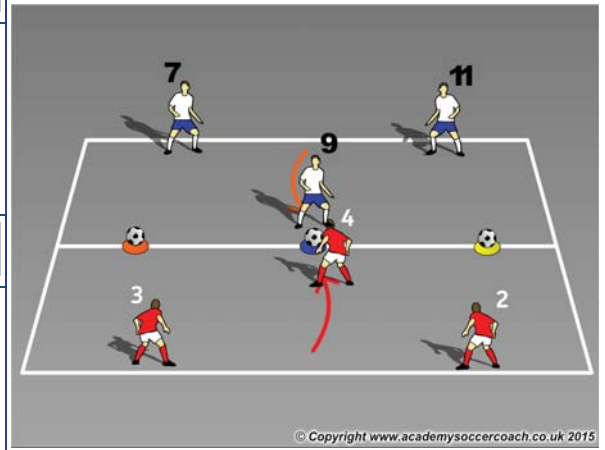
Intensity

Med-High

- Area: Set up in a straight line three cones of different colors with a ball on the top
- Target team (Red): #2, #3, #4 - Opposition team (White): #7, #9, #11 - Place 2 players about 5 yards away from each side of the cone. At coaches command (BLUE!) the players will pressure the indicated cone. Intervals ~ 1: Pressure the cone ~ 2: Pressure and Delay (Jockey back) ~ 3: Pressure and cover (all three players)

Stage 1

Pressure, Delay and Cover Box



Coaching Points

Activity Time

2 mins

Rest

1min

Intervals

4

- What? Technique of Defending:
 - ~ Pressure: Speed of Approach, Angle of approach, Pressing distance, Body shape and foot work
 - ~ Delay: Jockeying (Back pedaling), Foot work
 - ~ Cover: Angle/distance of cover, What does he/she say to the pressing defender?

Stage 2 4 v4 - 5 Seconds Press Game



Organization

Duration

15 mins

Intensity

Med-High

Area: In a 20Wx30L yard field with goals

- Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11 - When a player loses the ball the team has 5 seconds to pressure, deny penetration, and win the ball back. If the Red team regains possession they get 5 points, if they score they get 10 points. If White scores all points eliminated for Red.

Coaching Points

Activity Time

4 mins

Rest

1 min

Intervals

3

- What? Technique - Speed and angle of approach, Pressing distance, Body shape, foot work, Type of tackle (Poke or Block) - Angle, speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? Cover: Who? Where? When?

Organization

Duration

18 mins

Intensity

Medium

Area: In a 20Wx30L yard field with goals

- Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time

7 mins

Rest

2mins

Intervals

2

- What? Technique - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackle (Poke or Block) - Angle, speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why?

Stage 3

4v4 to Goal



Stage 4 - 7v7

Duration

30 mins

Formation

R GK-3-2-1 v W GK-2-3-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

Organization

In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #4 to work together to regain the ball

Coaching Points

Technical Execution, Roles and responsibilities of #2, #3, #4. Defending Principles, 5W's, Speed of Play.