



U10 Session Plan

Season Spring 2016

Topic DEFENDING 2 - PRESURE, DELAY, COVER & BALANCE

Objectives (5 W's)

Where: In the central and flank channels of the field

What: Pressure: Speed and Angle of Approach, Distance, Body shape, Foot work, Type of tackle, Delay, Cover & Balance

When: At loss of possession **Why:** To deny penetration and shooting opportunities

Organization

Duration 12 mins Intensity Med-High

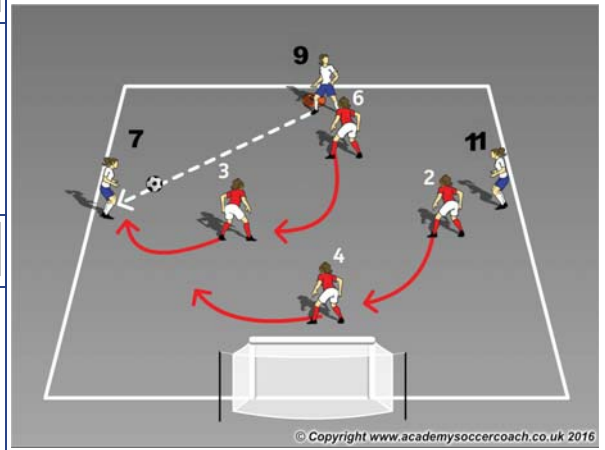
- Area: In a 20Wx15L yard grid (Half Field) with a goal at the end line
- Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #9, #11 - The White will pass the ball among the 3 players. The red team will try to move as a group to defend the goal. Intervals 1: Pressure and Delay. The attacking player can dribble forward. ~ 2: Pressure, Delay and Cover ~ 3: Pressure, Delay, Cover and Balance

Coaching Points

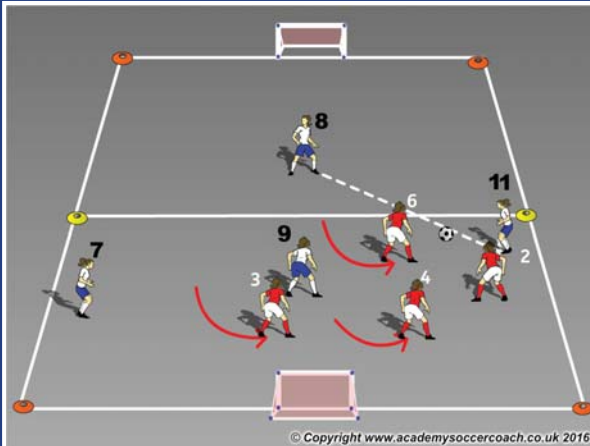
Activity Time 2 mins Rest 1min Intervals 4

- What? Technique of Defending:
 - ~ Pressure: Speed of Approach, Angle of approach, Pressing Distance, Body shape and Foot work
 - ~ Delay: Jockeying the dribbler, Foot work
 - ~ Cover: Angle/Distance of Cover, What does he/she say to the pressing defender?
 - ~ Balance: Angle and Distance

Stage 1 3 v 4 to One Goal



Stage 2 4 v 4 - 5 Seconds Block Defending



Organization

Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #8, #9, #11 - When a player loses the ball the team has 5 seconds to move as a group to pressure, delay the ball and win it back. If the defending team regains possession they get 5 points, if they score they get 10 points

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? Why? Balance: Who? Where?

Organization

Duration 18 mins Intensity Medium

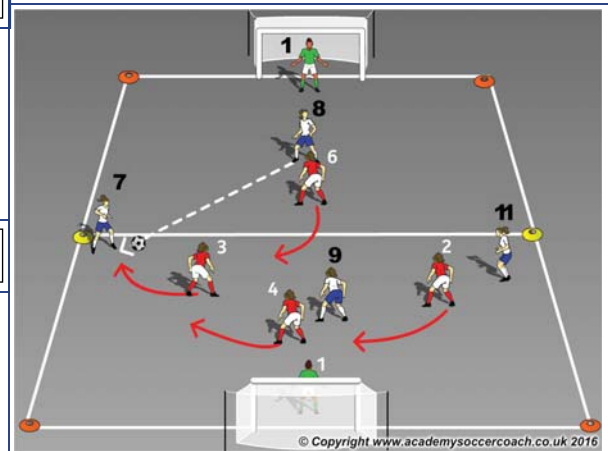
- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4, #6 - Opposition team (White): #1, #7, #8, #9, #11. Play to score in the opponent's goal. All rules apply.

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? When? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why? ~ Balance: Who? Where?

Stage 3 5v5 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 yard field play 7v7. All FIFA rules apply. Encourage #2, #3, #4, #6 to move as block to defend

Coaching Points

Technical Execution, Roles and responsibilities of #2, #3, #4, #6. Defending Principles, 5W's, Speed of Play.