



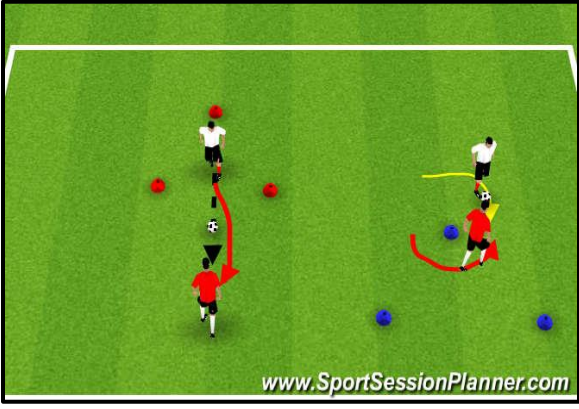


2013 - U10 - Spring Lesson Plan - Week Seven



Module 3: Defending - Closest Player to the ball

Topic: Defending - Pressing the ball

Objective: To improve the player's ability on when and how to press the ball

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p><u>1v1 Triangle Defending:</u></p> <ul style="list-style-type: none"> • Area: 2 yard triangle • Divide the team in groups of two's and assign them a triangle to play 1v1's <p>Procedure</p> <ul style="list-style-type: none"> • The defender starts inside the triangle with the ball • The defender serves the ball to attacker 5-7 yards outside the triangle • The attacker will try to score by dribbling through the triangle: 10 points • The defender approaches the attacker and prevents him/her from scoring 	 <p>www.SportSessionPlanner.com</p>	<p>Pressing Defender</p> <ul style="list-style-type: none"> • Immediate pressure on the ball • Concentrate on the 6 D's <ul style="list-style-type: none"> ○ Close the attacker Down ○ Slow Down ○ Get Down ○ Stay Down ○ Decide and Destroy • Sideways on - one foot slightly in front of the other • Knees bent • Lift you heels • When and how to jockey the attacker • Delay the attacker • Do not over commit
<p>Stage II Small Sided Activity</p>	<p><u>3v3 to Small Goals:</u></p> <p>Area: 25Lx20W yard grid</p> <p>Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal</p> <p>Coach: Assist the players to identify when and how to press the attacker.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Recognize when to be the pressing defender • Funnel attacker towards touch line or a covering defender • Make the attacker put the head down and use the weaker foot
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4(GK+3v3+GK) to Small Goals:</u></p> <p>Area: 30Lx25W yard grid</p> <p>Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal</p> <p>Coach: Assist the players to identify when and how to press the attacker.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Technique of Poking the ball • Technique of Block tackle
<p>Stage IV Game</p>	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to press closely and when to "wait" 		