



# 2013 - U12 - Spring Lesson Plan - Week Six



Module 3: Defending

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><b>Stage I</b> Technical Warm up</p>	<p><b><u>1v1 Triangle Defending:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 2 yard triangle</li> <li>• Divide the team in groups of two's and assign them a triangle to play 1v1's</li> </ul> <p><b>Procedure</b></p> <ul style="list-style-type: none"> <li>• The defender starts inside the triangle with the ball</li> <li>• The defender serves the ball to attacker 5-7 yards outside the triangle</li> <li>• The attacker will try to score by dribbling through the triangle: 10 points</li> <li>• The defender approaches the attacker and prevents him/her from scoring</li> </ul>	<p>www.SportSessionPlanner.com</p>	<p>Pressing Defender</p> <ul style="list-style-type: none"> <li>• Immediate pressure on the ball</li> <li>• Concentrate on the 6 D's               <ul style="list-style-type: none"> <li>○ Close the attacker Down</li> <li>○ Slow Down</li> <li>○ Get Down</li> <li>○ Stay Down</li> <li>○ Decide and Destroy</li> </ul> </li> <li>• Sideways on - one foot slightly in front of the other</li> <li>• Knees bent</li> <li>• Lift your heels</li> <li>• When and how to jockey the attacker</li> <li>• Delay the attacker</li> <li>• Do not over commit</li> </ul>
<p><b>Stage II</b> Small Sided Activity</p>	<p><b><u>3v3 to Small Goals:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 25Lx20W yard grid</li> <li>• Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal</li> </ul> <p><b>Coach:</b> Assist the players to identify when and how to press the attacker.</p>	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• Recognize when to be the pressing defender</li> <li>• Funnel attacker towards touch line or a covering defender</li> <li>• Make the attacker put the head down and use the weaker foot</li> </ul>
<p><b>Stage III</b> Expanded Small Sided Activity</p>	<p><b><u>4v4(GK+3v3+GK) to Small Goals:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 30Lx25W yard grid</li> <li>• Two teams playing to score in the opponent's goal. Teams score by passing or shooting through the goal</li> </ul> <p><b>Coach:</b> Assist the players to identify when and how to press the attacker.</p>	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• Technique of Poking the ball</li> <li>• Technique of Block tackle</li> </ul>
<p><b>Stage IV</b> Game</p>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize the moments to close down the ball or "wait"</li> </ul>		