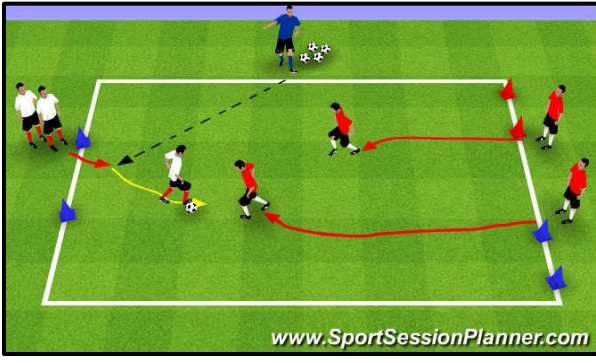




2013 - U12 - Spring Lesson Plan - Week Seven

Module 3: Defending

Topic: Defending - Pressuring and Covering

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

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p>1v2 Defending: Area: 15x10W yard grid</p> <ul style="list-style-type: none"> Two players will defend one attacker. If the defenders get the ball then the attacker needs to defend the two attackers. The defenders will score in the one goal the attacker in any of the two goals by dribbling or passing 	 <p>www.SportSessionPlanner.com</p>	<p>Pressing Defender :</p> <ul style="list-style-type: none"> Concentrate on the 6 D's of Defending: <ul style="list-style-type: none"> Close the attacker Down, Slow Down, Get Down, Stay Down and Decide & Destroy <p>Covering Defender</p> <ul style="list-style-type: none"> Should close space quickly <ul style="list-style-type: none"> Supporting distance close enough to close passing lanes Provide pressure when the 1st defender is beaten Body position to keep attackers and the ball in view
<p>Stage II Small Sided Activity</p>	<p>3v3 to Small Goals:</p> <ul style="list-style-type: none"> Area: 25Lx20W yard grid Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal <p>Coach: Assist the players to identify when and how to switch, press and cover – Work together to regain possession.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> Ready to switch from 2nd defender to 1st defender What to say to the pressing defender: <ul style="list-style-type: none"> “Stand them up” “Force Inside” “Force Outside” “Tackle!!” “Switch” (switch roles)
<p>Stage III Expanded Small Sided Activity</p>	<p>4v4(GK+3v3+GK) to Small Goals:</p> <ul style="list-style-type: none"> Area: 30Lx25W yard grid Two teams playing to score in the opponent's goal. Teams score by passing or shooting through the goal <p>Coach: Assist the players to identify when and how to switch, press and cover – Work together to regain possession.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> Stay connected to 1st defender Communication with 1st defender <p>Visual cues to regain ball</p> <ul style="list-style-type: none"> Type of first touch from opponent <ul style="list-style-type: none"> ➤ Heavy touch, step in and win it ➤ Close touch, respect play ➤ Pop up, step in and win it ➤ Read the first touch and decide quickly
<p>Stage IV Game</p>	<p>6v6 or 7v7:</p> <ul style="list-style-type: none"> Two teams with a specific formation <p>Play the game and encourage the players to recognize the moments to get pressure and cover to the ball</p>		