



# 2014 - U14 - Spring Lesson Plan - Week 8



## Module 4: Defending

## Topic: Defending as a Team

**Objective:** To improve the team's ability to defend in a block and regain the ball

| Stage                                                                        | Organization                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Diagram                                                                          | Guided Questions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stage I</b><br><b>Technical</b><br><b>Warm up</b>                         | <b><u>Moving as a Defensive Unit:</u></b><br>In a 35x35 yard grid divided in two sections one being 5Lx35W as show in the diagram.<br>Place 3 defenders in the larger section and 3 passers in the other section. The passers will connect and the defenders will move as unit to press the ball.<br>Defenders will tell each other "Shift right, Shift left, Drop, Press Step up" etc.<br>The players will drop when the central player receives the ball and fakes a long pass.<br>If you have a GK, he or she can be behind the organizing the players. | <br><a href="http://www.SportSessionPlanner.com">www.SportSessionPlanner.com</a> | <ul style="list-style-type: none"> <li>• Who applies pressure?</li> <li>• Who provides cover? Where?</li> <li>• Who is providing balance? Where?</li> <li>• When to drop?</li> <li>• When to step up?</li> <li>• What should be the angle of approach?</li> <li>• How fast to approach?</li> <li>• What is the distance of approach?</li> <li>• What is the angle of recovery?</li> <li>• How to get compact when the ball is wide?</li> <li>• How to get compact when the ball is central?</li> </ul> |
| <b>Stage II</b><br><b>Small Sided</b><br><b>Activity</b>                     | <b><u>5v5 (GK+4v4+GK) to 4 Goals</u></b><br>In a 40Lx35W area play to score in the opponents goals.<br>The team that losses possession needs to get behind the ball as fast as possible and organize a defensive block in order to prevent the attacking team from scoring.<br>When attacking play 1-2-1 When defending play 2 -2.<br><b>Play with Off-side</b><br><br><b>Note if you have more players you can add them</b>                                                                                                                               | <br><a href="http://www.SportSessionPlanner.com">www.SportSessionPlanner.com</a> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Stage III</b><br><b>Expanded</b><br><b>Small Sided</b><br><b>Activity</b> | <b><u>6v6 (GK+5V5+GK) to Goal:</u></b><br>In a 50Lx 40W area play to score in the opponents goal.<br>The team that losses possession needs to get behind the ball as fast as possible and organize a defensive block in order to prevent the attacking team to score.<br>One team will play 3-2 the other will play 2-1-2.<br><b>Play with Off-side</b>                                                                                                                                                                                                    | <br><a href="http://www.SportSessionPlanner.com">www.SportSessionPlanner.com</a> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Stage IV</b><br><b>Conditioned</b><br><b>Game</b>                         | <b><u>6v6 or 7v7:</u></b> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to organize a defensive block.</li> </ul>                                                                                                                                                                                                                                                                                                                              |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |