

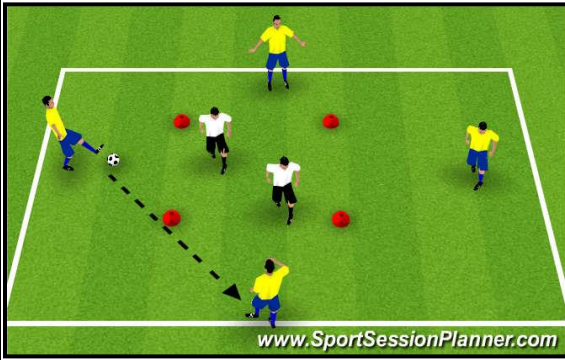


# 2014 - U10 - Spring Lesson Plan - Week 7



## Topic: Defending Group

**Objective:** To improve the player's and the teams' ability to defend as a group

| Stage                                                                        | Organization                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Diagram                                                                                                                 | Coach Interventions                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stage I</b><br><b>Technical</b><br><b>Warm up</b>                         | <p><b><u>4v2 Split the Defenders:</u></b></p> <p>4 Attackers pass the ball around the outside of a 7x7 square. The attackers try to pass through the square. The square has 2 defenders who play inside of the square and try to intercept any passes played through the square.</p> <p><b>Round 1:</b> The attackers try to play through the square.</p> <p><b>Round 2:</b> The attackers try to play through the square and also, split the defenders when possible. Defenders try to avoid allowing the ball to played through and avoid getting split.</p> <p><i>*defenders rotate every 2 minutes.</i></p> |  <p>www.SportSessionPlanner.com</p>   | <ul style="list-style-type: none"> <li>• Who should pressure the ball?</li> <li>• What should your body position be when pressing the ball?</li> <li>• Where should you position yourself to intercept passes?</li> </ul>                                                                                                                                                  |
| <b>Stage II</b><br><b>Small Sided</b><br><b>Activity</b>                     | <p><b><u>4v3 to 1Goal and Counter Goals:</u></b></p> <p>Coach sets up a 30Lx20W field with 2 goals at one end and 1 goal at the other. The team with 4 players attacks the end with 2 goals. The team with 3 players (defenders) can win the ball and score on the end with 1 goal. The attacking team with 4 players is limited to 3 touches. The defending team of 3 players can only intercept passes and block shots; they cannot steal the ball off the foot of an attacker.</p> <p>Coach will focus on the 2 players closest to the ball. Ignore the furthest defender away in this game.</p>             |  <p>www.SportSessionPlanner.com</p>  | <ul style="list-style-type: none"> <li>• Who presses the ball?</li> <li>• Who is providing coverage?</li> <li>• What body shape should the pressing defender be to make the play predictable?</li> <li>• What shape should the defensive team be in when the ball is... <ul style="list-style-type: none"> <li>○ Central?</li> <li>○ On the flanks?</li> </ul> </li> </ul> |
| <b>Stage III</b><br><b>Expanded</b><br><b>Small Sided</b><br><b>Activity</b> | <p><b><u>5v3+GK:</u></b></p> <p>Coach sets up a 45Lx35W field with a big goal at 1 end and 2 counter goals at the other. The team of 3 + GK defends the big goal and tries to score on the 2 counter goals. The team of 5 attacks the big goal. The team of 3 + GK tries to avoid getting split and/or giving up a goal.</p> <p>Coach will focus on the 2 defenders closest to the ball, how they work together and the roll of the 3rd defender.</p>                                                                                                                                                           |  <p>www.SportSessionPlanner.com</p> | <ul style="list-style-type: none"> <li>• What can the defenders do to make the attack predictable?</li> <li>• Why should the defenders be compacted?</li> <li>• When should defenders go for the ball vs when should they delay?</li> </ul>                                                                                                                                |
| <b>Stage IV</b><br><b>Conditioned</b><br><b>Game</b>                         | <p><b><u>5v5 or 6v6:</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 when and who pressures the ball and covers</li> </ul>                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                            |