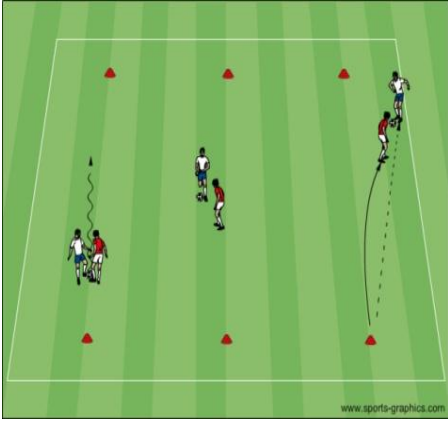

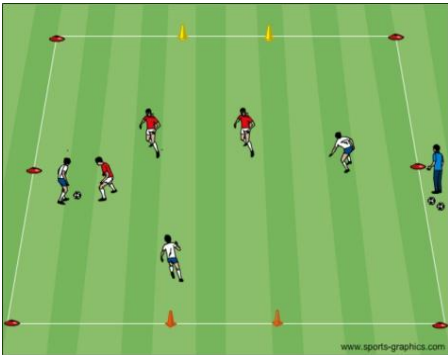


(U10) -- Week 5

Topic: Individual Defending

Technical Warm up	Organization	Coaching Pts.
	<p><u>Defend the Cone Warm-Up:</u> Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to his opponent who tries to hit the cone where the ball was served from. The passing player defends his cone.</p> <p>Version 2: Player starts at same cone and defender starts by passing through attacker's legs who turns and tries to score on goal (cone)</p>	<ul style="list-style-type: none"> • 1st defender should bend their run to block direct path to the goal (cone) • 1st defender shall force the opponent in the direction they want them to go • Defensive stance-on their toes, knees bent, one foot forward, one foot back • Technique of block and poke tackle <p style="text-align: right;">Time: 15 minutes</p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p><u>1v1 to goal:</u> Use a small goal (or cones) and divide the team in half. All the balls with the coach. Teams line up behind a cone on either side of the goal. On the coaches command the first players in line run up around the top cone and compete for the ball to get a shot on goal. The play stops when a goal is scored or the ball goes over the end line. First team to 5 goals wins.</p>	<ul style="list-style-type: none"> • If you do not win the ball defend to win it back • Read if your opponent is fast than you then get defensive immediately • Try to win the ball back not just kick it away <p style="text-align: right;">Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p><u>3v3 to Two Small Goals (10 min)</u> Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals.</p> <p>Scoring:</p> <ul style="list-style-type: none"> • 1 point for passing goal • 3 points for dribbling goal 	<ul style="list-style-type: none"> • Immediate pressure from behind • Patience; do not over commit • Close down quickly and under control • Block Tackle • Poke Tackle <p style="text-align: right;">Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	