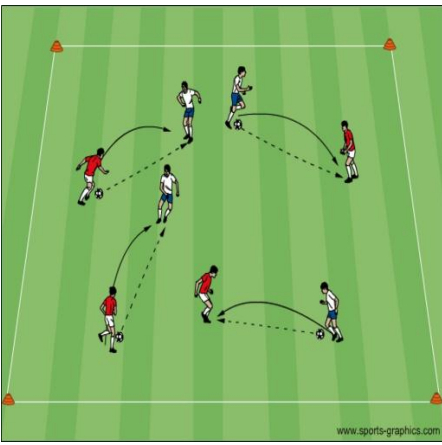

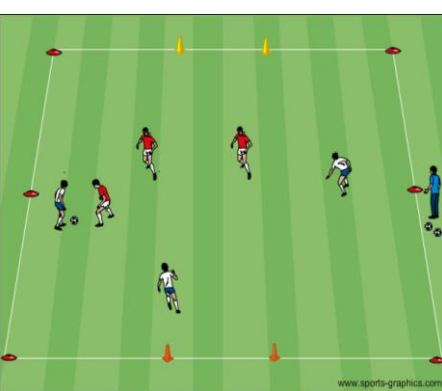


# U12 --- Week 5

## Topic: Defending – Pressing Defender (Role of the 1<sup>st</sup> Defender)

| Technical Warm up                                                                  | Organization                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Coaching Pts.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><b>Pass and Press:</b><br/>           In a defined area, one team of players (rec pennies) all with a ball will pass to a member of the other team. Passes should not be more than 10 yds. long. After the pass, the player will press the receiver.<br/>           Coach: In this activity, encourage the player to:</p> <ul style="list-style-type: none"> <li>➤ press sideways on &amp; send opponent in the opposite direction of his first touch</li> <li>➤ try to gain possession of ball with block tackle, poke tackle</li> <li>➤ close down, slow down, get down &amp; stay down</li> </ul> | <ul style="list-style-type: none"> <li>• Speed of approach</li> <li>• Angle of approach</li> <li>• Good defensive stance               <ul style="list-style-type: none"> <li>○ Body weight on front of feet</li> <li>○ Eyes on the ball</li> <li>○ Slightly angled – one foot closer to attacker</li> </ul> </li> <li>• Close enough to make attacker look at ball</li> <li>• When and how to tackle</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>                           |
| <p><b>Small Sided Game</b></p>                                                     | <p><b>Organization</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p><b>Coaching Pts.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|   | <p><b>1v1 to goal:</b><br/>           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 is 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"> <li>• If you do not win the ball defend to win it back</li> <li>• Read if your opponent is fast than you then get defensive immediately</li> <li>• Try to win the ball back not just kick it away</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>                                                                                                                                                                                            |
| <p><b>Exp. Small Sided Game</b></p>                                                | <p><b>Organization</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p><b>Coaching Pts.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|  | <p><b>3v3 to Small Goals</b><br/>           In a grid of 30x35 yards, two teams will play to score in the goals. Player will defend by pressing the player with the ball (applying the principles and role of 1<sup>st</sup> defender).</p>                                                                                                                                                                                                                                                                                                                                                             | <p>All of the above plus:</p> <ul style="list-style-type: none"> <li>• Recognizing when to be the 1<sup>st</sup></li> <li>• Funnel first attacker:               <ul style="list-style-type: none"> <li>○ Towards a tight space (touchline)</li> <li>○ Into a covering defender</li> </ul> </li> <li>• Make the attacker play the ball with the weaker foot</li> <li>• When and how to switch</li> <li>• When and how to tackle</li> </ul> <p style="text-align: right;"><i>Time: 20 Minutes</i></p> |
| <p><b>6v6 to 8v8 Scrimmage</b></p>                                                 | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><i>Time: 30 minutes</i></p>                                                                                                                                                                                                                                                                                                                                                                       |
| <p><b>COOL DOWN</b></p>                                                            | <p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |