
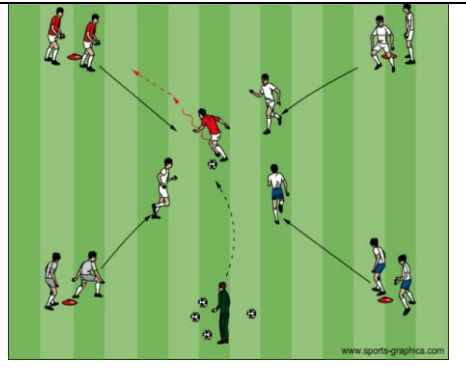
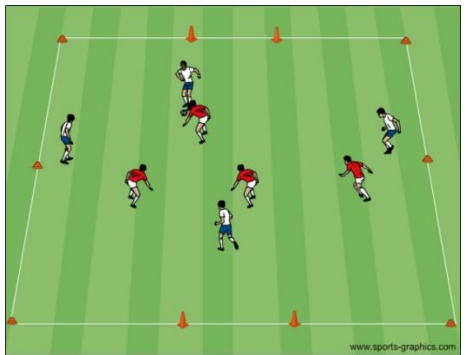


# U12 --- Week 7

## Topic: Defending – Pressure and Cover (Roles of the 1<sup>st</sup> and 2<sup>nd</sup> Defenders)

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Defend the ring:</u></b>            Players on the outside of the circle keep the ball away from two players in the middle. 1<sup>st</sup> defender tries to close down the player with the ball while the 2<sup>nd</sup> defender anticipates where the pass is going and tries to win the ball. If a middle player wins the ball they switch with an outside player.</p>	<ul style="list-style-type: none"> <li>• Close down quickly</li> <li>• Head up</li> <li>• 2<sup>nd</sup> defender quick to the ball</li> <li>• Communicate</li> <li>• Listen for new instructions</li> </ul> <p style="text-align: right;"><i>Time: 10 Minutes</i></p>
<p><b>Small Sided Game</b></p> 	<p><b><u>Cella Special:</u></b>            4 cones with players evenly behind them. Balls with the coach who plays a ball into the middle. The first player in each line runs to try to win the ball and pass it back to their line (to the next player in line). The player must receive the ball near the cone or it does not count. 1 point for completing the pass. If a point is scored or the ball goes out of the practice area new players go. Game to 3</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Speed and angle of approach</li> <li>• Patience; do not over- commit</li> <li>• Use a poke or block tackle when possible</li> <li>• Win the ball don't just kick it away</li> </ul> <p style="text-align: right;"><i>Time: 20 Minutes</i></p>
<p><b>Exp. Small Sided Game</b></p> 	<p><b><u>4v4 to Small Goals:</u></b>            In a grid, two teams will play to score in the goals. Players will defend, applying the principles and roles of 1<sup>st</sup>, 2<sup>nd</sup> and start introducing the 3<sup>rd</sup> defending roles.</p>	<p><b>Coaching Pts.</b></p> <p>All of the above plus:</p> <ul style="list-style-type: none"> <li>• Recognizing when to be the 1<sup>st</sup> and 2<sup>nd</sup> defender</li> <li>• Shape and communication</li> <li>• Visual and verbal cues               <ul style="list-style-type: none"> <li>○ When and how to switch</li> <li>○ Angle of coverage</li> <li>○ When and how to tackle</li> </ul> </li> </ul> <p style="text-align: right;"><i>Time: 25 Minutes</i></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 or 8v8 Scrimmage</b></p>	<p>Play with goalkeepers in an appropriate size field for the number of players. As the game is going on, praise successful defending and connection by the 1<sup>st</sup> and 2<sup>nd</sup> defenders</p>	<ul style="list-style-type: none"> <li>• All of the above</li> <li>• Goalkeeper communication with defenders</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 Minutes</b></p>	