

TRAINING PLAN U-10 DEFENDING

CREATED BY
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Region 165

TECHNICAL WARM-UP

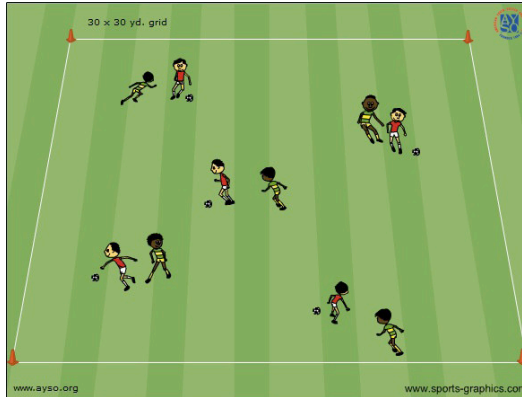


To see this activity in action visit <http://bit.ly/10FKZqh>

ORGANIZATION/RULES

- 30x30 grid, half players w/ ball.
- Players w/ ball dribble around the grid, employing feints and fakes.
- Defending players must track attackers.
- When coach calls 'Tag,' defending players must reach out and touch the front shoulder of the attacking player.
- Players switch roles each round.
- 1 minute rounds.
- > Players can tackle when they are within arm's reach of attacker.

Player leads stretching (light at this age but teach proper form).



COACHING POINTS

- Maintain proper defensive stance (angled to ball & opponent, feet close together, on toes to pivot as needed, low center of gravity, knees bent, side-on stance (1 foot forward & 1 back)).
- Defenders must stay close to attacker, mirroring their changes of direction & speed.
- Try to shepherd attackers toward touchlines and tight spaces.
- Employ defensive feints to force attacker into a mistake.

PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

ACTIVITY I

Individual & Pair Work

Competition & Teamwork

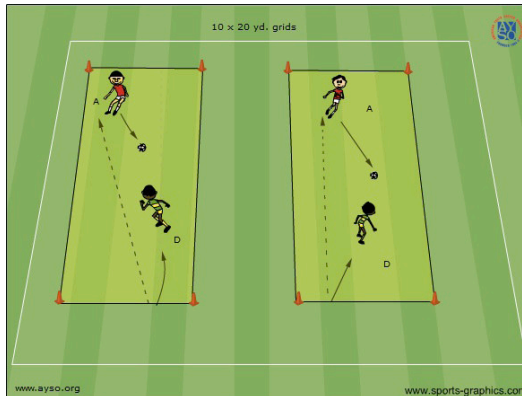
2v2 & 3v3



To see this activity in action visit <http://bit.ly/WeRBFw>

ORGANIZATION/RULES

- 10x20 grid(s) w/ 2 yard gates on either end. 2 players per grid.
- Defender plays ball to attacker. Attacker attempts to dribble through gate.
- Defender attempts to close down space and force attacker away from gate.
- Players switch roles after each attempt.
- > Defender & attacker start at same gate.
- Players chase to the ball. Winner tries to turn and attack gate. Defending player attempts to deny the turn and force attacker away from gate.
- > 2v2, 3v3.



COACHING POINTS

- Close down the space immediately.
- Maintain good defensive stance.
- Shepherd attacker away from gate and restricting space.
- > In variation, deny turning angles for attacker.

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PHYSICAL
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ACTIVITY II

Opposition (attack & defense)

Directional Play (w/goals or targets)

Expanded Num. (3v3 to 6v6)

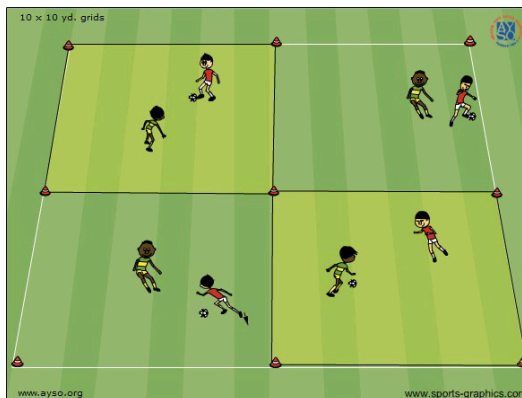
Most Game Aspects



To see this activity in action visit <http://bit.ly/10FL8d6>

ORGANIZATION/RULES

- 10x10 grid(s) w/ 2 players per grid.
- 1v1 w/ each player defending their end line.
- Player with the ball attempts to get across opponents end line.
- Each successful attempt earns 1 point
- 1 minute rounds.
- > Place small gates on each end line. Players may pass the ball through the gate for a point.
- > Competition: team 1 vs. team 2.
- Each round players compete against different opponent.
- Team with most points after 5 rounds wins.
- > 2v2, 3v3, 4v4, etc.



COACHING POINTS

- Keep attacking player close.
- Deny space and force opponent away from end line (or goal).
- React to attacker change of direction and change of speed.
- Anticipate when to win the ball and become the attacker.

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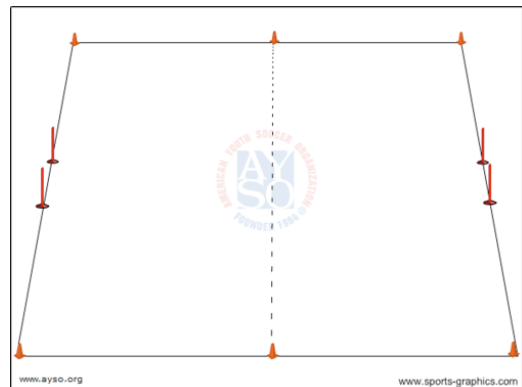
SMALL-SIDED MATCH

Cool Down/Debrief

ORGANIZATION/RULES

- Small sided match with general rules.

Player leads stretching (light at this age but teach proper form), *brief* review on lesson and any announcements.



COACHING POINTS

- Emphasize defensive role and techniques but let them play.

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