

TRAINING PLAN U-12 DEFENDING

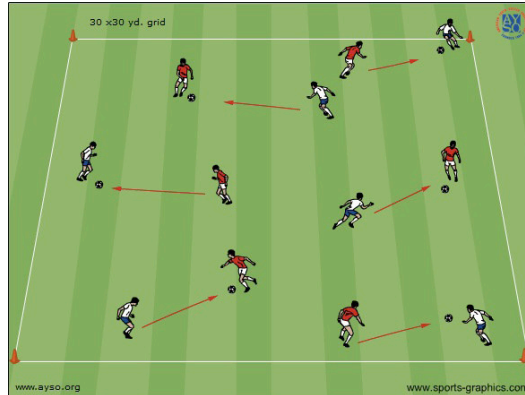
TECHNICAL WARM-UP



To see this activity in action visit <http://bit.ly/VKQik5>

ORGANIZATION/RULES

- 30x30 grid w/ players in pairs, 1 ball for each pair.
- Players pass and move in pairs of the same color.
- On coach's command, players without ball must pressure players in opposite colors who have the ball and force them to a particular side.



COACHING POINTS

- Defenders close down ball quickly and get within playing distance.
- Take an angled stance to the ball and the opponent and maintain this for 5-10 seconds to get a "feel" for the defensive posture.
- Feet close together, on toes to pivot as needed, low center of gravity, knees bent, side-on stance (1 foot forward & 1 back).

- PSYCHOSOCIAL
 PHYSICAL
 TECHNICAL
 TACTICAL

Player leads stretching.

ACTIVITY I

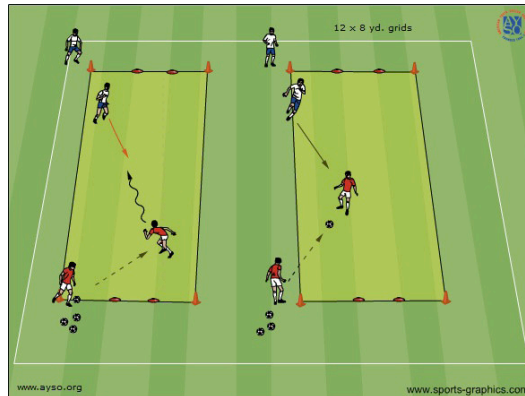
Individual & Pair Work
 Competition & Teamwork
 2v2 & 3v3



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

ORGANIZATION/RULES

- 12x8 grid(s). Game is played to end lines or to small goals either end.
- Ball can be played for the player to dribble straight at opponent or ball can be played so the receiver has back to goal.
- Defender must approach quickly and then slow.
- Through body shape force the opponent to a side or back.
- Defender should try to win ball w/ inside of foot to make a block tackle w/ their weight into the challenge.
- Defender should try to stay on their feet and win possession.



COACHING POINTS

- Defenders close down ball quickly and get within playing distance.
- Feet close together, on toes to pivot as needed, low center of gravity, knees bent, side-on stance (1 foot forward & 1 back).
- Await opportunity to challenge.
- Don't overcommit or dive in.
- Challenge with leading foot to retain balance.

- PSYCHOSOCIAL
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ACTIVITY II

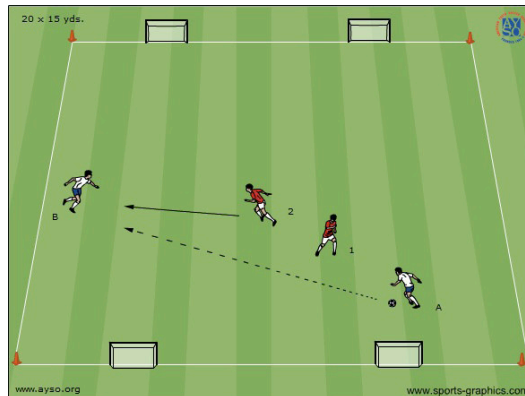
Opposition (attack & defense)
 Directional Play (w/goals or targets)
 Expanded Num. (3v3 to 6v6)
 Most Game Aspects



To see this activity in action visit <http://bit.ly/13EsxwN>

ORGANIZATION/RULES

- 20x15 grid w/ 4 small goals positioned on opposite end lines either side of field.
- 2 v 2 to goal.
- With 4 goals, defenders must work together to dispossess and counter.
- Player A is put under pressure from Player 1 and passes to Player B.
- Player 2 must now make up ground to defend Player B.
- Defenders travel to opponent as the ball is moving. Keep the opponent's head down and deny them time to settle.



COACHING POINTS

- Defenders close down ball and get goal side of attacker.
- Feet close together, on toes to pivot as needed, low center of gravity, knees bent, side-on stance (1 foot forward & 1 back).
- Await opportunity to challenge.
- Don't overcommit or dive in.
- Challenge w/ leading foot to retain balance.
- 1st defender role: delay/pressure.
- 2nd defender role: support/cover.

- PSYCHOSOCIAL
 PHYSICAL
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SMALL-SIDED MATCH

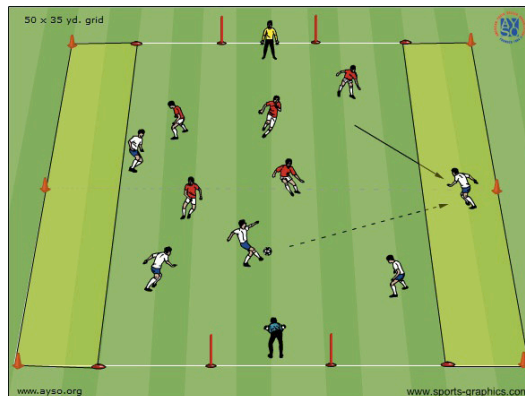
Cool Down/Debrief



To see this activity in action visit <http://bit.ly/W7vrnv>

ORGANIZATION/RULES

- Small sided match with wide channels, general rules apply.
- Allow only 1 player from each team into wide channels.
- 1 v 1 defending is emphasized.



COACHING POINTS

- Emphasize defensive role and techniques but let them play.
- Space between defender and opponent should allow for winning the ball and to stay goal side.
- Defender needs to angle stance to direct opponent toward the sideline or a covering defender.

- PSYCHOSOCIAL
 PHYSICAL
 TECHNICAL
 TACTICAL

Player leads static stretching, *brief* review on lesson and any announcements.