



# Woods Soccer Club :: U10 Practice Plan :: WEEK 7

## Module 3: Defending

## Topic: 1v1 Defending and Tackling

**Objective: To improve the player's ability to defend and to tackle an opponent**

Stage	Organization	Diagram	Guided Questions
<b>Stage I</b> <b>Technical</b> <b>Warm up</b>	<b><u>1v1 Jockeying:</u></b> Groups of 4 or 5. Player 1 dribbles out and gets closed down by Player 2. Player 2 gets in a defending position and jockey's player 1 back to the half way line. Player 1 moves the ball side to side making the defender twist and stay on a side in position. . No Tackling. Player 1 will then be the defender against the other blue player, practicing their defending footwork.		<ul style="list-style-type: none"> <li>• How should a player get close to the attacker?</li> <li>• What distance should a defender be away from the attacker?</li> <li>• What does their body stance look like?</li> <li>• How should their feet be moving?</li> </ul>
<b>Stage II</b> <b>Small Sided</b> <b>Activity</b>	<b><u>1v1 Tackle:</u></b> Groups of 4 or 5. Player 2 (defender) plays the ball to Player 1 and closes the ball down and tries to win it. If defender wins the ball in the attacking box, 2 points. If the defender wins the ball in the defending box, 1 point. Defender gets 3 points if they win the ball and stop the ball on or past the blue line. The objective for the attacking player is to stop the ball on the green line to get 2 points. Players switch sides after each turn. <b>Variation:</b> Play 2 attackers v 1 defender.		<ul style="list-style-type: none"> <li>• How should a player get close to the attacker?</li> <li>• What distance should a defender be away from the attacker?</li> <li>• What does their body stance look like?</li> <li>• How should their feet be moving?</li> <li>• What are two types of tackles to make?</li> <li>• When should a tackle be made?</li> </ul>
<b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b>	<b><u>4v4 to Man to Man to 2 Goals:</u></b> Pair players up so they have to mark each other throughout the game. Objective is to stop your partner scoring. You can only win the ball from your partner.		<ul style="list-style-type: none"> <li>• How should a player get close to the attacker?</li> <li>• What distance should a defender be away from the attacker?</li> <li>• What does their body stance look like?</li> <li>• How should their feet be moving?</li> <li>• What are two types of tackles to make?</li> <li>• When should a tackle be made?</li> <li>• Why is it important to stay on your feet?</li> </ul>
<b>Stage IV</b> <b>Conditioned</b> <b>Game</b>	<b><u>5v5 or 6v6:</u></b> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to defend and tackle an opponent</li> </ul>		