



Woods Soccer Club :: U10 Practice Plan :: WEEK 8

Module 3: Defending

Topic: Defending Group

Objective: To improve the player's and the teams' ability to defend as a group

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<p><u>4v2 Split the Defenders:</u> 4 Attackers pass the ball around the outside of a 7x7 square. The attackers try to pass through the square. The square has 2 defenders who play inside of the square and try to intercept any passes played through the square. Round 1: The attackers try to play through the square. Round 2: The attackers try to play through the square and also, split the defenders when possible. Defenders try to avoid allowing the ball to played through and avoid getting split. <i>*defenders rotate every 2 minutes.</i></p>	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Which defender should be closest to the ball? • What should your defending teammate do if you move to the ball? • How can you position yourself to intercept passes?
Stage II Small Sided Activity	<p><u>4v3 to 1 Goal and Counter Goals:</u> Coach sets up a 30Lx20W field with 2 goals at one end and 1 goal at the other. The team with 4 players attacks the end with 2 goals. The team with 3 players (defenders) can win the ball and score on the end with 1 goal. The attacking team with 4 players is limited to 3 touches. The defending team of 3 players can only intercept passes and block shots; they cannot steal the ball off the foot of an attacker. Coach will focus on the 2 players closest to the ball. Ignore the furthest defender away in this game.</p>	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How does the player with ball influence the way you approach the ball? • How can the closest players to the ball make the play predictable? • Who presses the ball? • Who covers? • What does the defensive shape looks like?
Stage III Expanded Small Sided Activity	<p><u>5v3+GK:</u> Coach sets up a 45Lx35W field with a big goal at 1 end and 2 counter goals at the other. The team of 3 + GK defends the big goal and tries to score on the 2 counter goals. The team of 5 attacks the big goal. The team of 3 + GK tries to avoid getting split and/or giving up a goal. Coach will focus on the 2 defenders closest to the ball, how they work together and the roll of the 3rd defender.</p>	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How does the angle of approach of the first defender affect the angle of the next closest person to the ball? • How can the closest players to ball avoid getting split? • Where can the defense force the ball to make the attack less dangerous?
Stage IV Conditioned Game	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and who pressures the ball and covers 		