



Woods Soccer Club :: U12 Practice Plan :: WEEK 7

Module 3: Defending

Topic: Small Group Defending

Objective: To improve the team's ability to work together to regain defensively the ball

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<u>4v2 Press and Coverage</u> In a 12x12 yard grid, play 4v2 keep-away. The first pass is free. Any player who makes a mistake becomes a defender. Whichever defender has been in the middle the longest is the next one out.		<ul style="list-style-type: none"> • Who applies pressure? • Who provides cover? Where? • Who is providing balance? Where? • When to drop? • When to step up? • What should be the angle of approach? • How fast to approach? • What is the distance of approach? • What is the angle of recovery? • How to get compact when the ball is wide? • How to get compact when the ball is central?
Stage II Small Sided Activity	<u>3v3+1 To 4 Goals:</u> In a 35Lx30W yard grid with 2 goals on each end line place two teams of four players each with a Neutral player to play with the attacking team. Both teams will try to prevent the opponent to score in any of defending team goals.		
Stage III Expanded Small Sided Activity	<u>5v5+ To 6 Goals:</u> In a 45Lx35W yard grid with 3 goals on each end line place two teams of four players each. Both teams will try to prevent the opponent to score in any of defending team goals.		
Stage IV Conditioned Game	<u>6v6 or 7v7:</u> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to organize defensively to regain the soccer ball 		