



2011 - U10 - Lesson Plan - Week Seventeen

Topic: Small Group Defending

Objective: To teach the players the responsibilities of the pressuring defender as to when, where, and how to regain the ball for their team

Technical Warm up	Organization	Coaching Pts.
	<p>1v1 Pressure - Warm-up: One group of players will serve to the other and defend the player with the ball applying the principles of 1v1 defend. First attacker will try to dribble across opposite end-line. (12 yards wide by 15 yards long)</p>	<p>1st Pressing Defender should: "Approach fast, arrive slow", bend run, correct stance, try to win ball off first touch of opponent, delay progress of opponent by jockeying the player with ball, try to force them out of play Time: 15 minutes</p>
<p>Small Sided Game</p>	<p>2v2 to Two Small Goals: In a 15x20 grid with small goals on each end line, play 2v2 matches. Rotate teams to different fields. You could play matches with off sides.</p>	<p>Speed and angle of approach Pressing defender forces head down of attacker Covering defender is positioned about 30 degrees behind pressure Patience; do not over commit Good communication to facilitate role switching while defending Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p>3v3 to Two Small Goals: Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals.</p>	<p>Immediate pressure from behind Patience; do not over commit Close down quickly and under control Block Tackle Poke Tackle Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<p>All of the above Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	