



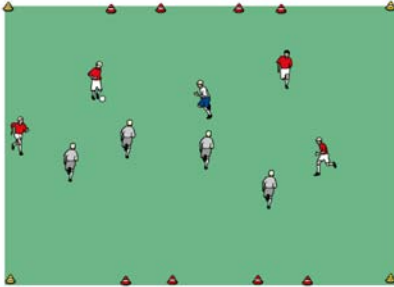
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Age Group: U11-U14

Topic: Defending

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Warm-up <i>Include Dynamic Stretching</i>	One ball per three/four players. 1) If you have ball, pass to someone that doesn't. Do it quickly! 2) Pass-close down 3) Hand 3-4 players a vest. They attempt to intercept passes. When intercept they pass vest to the person who passed the ball.		Preparing to close down Mentality to transition Dynamic Stretching
2			
1v1-2v2 Diamond shaped field	Groups of 4-6 Play 1v1. If defender wins ball they have two choices a) play to teammate who then dribbles ball in b) score a goal. If attacker scores then person on end from same team brings ball on and team that was scored upon sends another defender. Progress to 2v1, 2v2.		Closing down Appropriate Pressure Body shape Covering defender Angle-distance Communication
3			

<p>4v4 +1 Central Goals</p>	<p>Two teams of 4 +1 Score in two small goals on the long line. Goals are 2-3 yds wide. Goals are close to the center of the field</p> <p>Field size 40x25</p>		<p>Pressure Cover Sharing Work load Principles of Defending</p>
<p>4</p>			
<p>7v7 to goals</p>	<p>Play the game. Formation is 1-2-3-1</p>	