Lesson 6

**AGE GROUP:** U9 or U10 players  
**TOPIC:** Group Defending

**OBJECTIVES:** Teach players the principles of pressure and cover defending. How to, who should and when should a payer(s) provide cover for the pressuring player as well as the transition between roles; pressure to cover and cover to pressure.

**Warm Up Activity**  
**Area:** 15 x 10 yards with two small goals and a cone in the center.  
**Organization:** Place players into two teams and place as shown. Activity starts with a player from each team on the center cone. Ball is played in to the attacker in the center, on that pass the game starts and a player from each corner joins to play 2 v 2. Rotate who attacks and defends. Game is over when a goal is scored or the ball goes out of bounds. Restart the same way.  
**Coaching Points**  
- Pressure - apply pressure and try not to let the attacker turn.  
- Cover Defending: Angle, play off teammates shoulder. Distance, should be based on the pressure on the ball - closer the pressure = closer the cover. Body shape, should be able to see the attacker off the ball and the ball.

**Small Sided Game**  
**Area:** 20 x 15 yards with two large goals and a cone in the center.  
**Organization:** Same activity as above, however, now there are large goals and a GK.  
**Coaching Points**  
- Pressure defending technique.  
- Who pressures the ball - closest player to the ball should apply pressure.  
- Covering player:  
  - Angle - be able to stop a split pass and be in a position to transition to pressure should your teammate get beat on the dribbling.  
  - Distance - closer the pressure = closer cover.  
  - Body Shape - see the attacker with the ball and off the ball.

**Expanded Game**  
**Area:** 30 x 25 yards with two large goals.  
**Organization:** Play 4 v 4 with a GK. One group of four players rests. Play a two minute game then rotate one team off.  
**Coaching Points**  
- Apply principles outline above.  
- Transition from covering to pressure - if a player either dribbles or receives a pass into the zone in front of the covering player that player should then apply pressure.  
- Transition from pressure to cover - if you get beat by a player or the player you where pressuring passes the ball to a teammate look to drop off and provide cover.

**Game**  
**Area:** 40 x 50 yards with two large goals.  
**Organization:**  
- Play 5 v 5 with GKS.  
- Formation: 1 - 2 - 1 or 1 - 3 - 2.  
**Coaching Points**  
- Employ defensive techniques with the element of safety vs. risk.
**Lesson 7**

**AGE GROUP:** U9 or U10 players  
**TOPIC:** Group Defending

**OBJECTIVES:** Teach players the principles of pressure and cover defending. How to, who should and when should a payer(s) provide cover for the pressuring player as well as the transition between roles; pressure to cover and cover to pressure.

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### Warm Up Activity

**Area:** 12 x 8 yards split into three zones.  
**Organization:** Place players into pairs and place a pair of players into each zone. Pairs in the end zones are try to pass to players in the opposite end zone to score a point, they can play passes between each other before attempting this. Players in the middle zone are trying to intercept the pass, this gets them a point. First to 5 points wins, then rotate the pairs. **Coaching Points**

- Pressure defending technique - just apply pressure do not try to win the bal.
- Cover Defending: Angle, play off teammates shoulder. Distance, should be based on the pressure on the ball - closer the pressure = closer the cover. Body shape, should be able to see the attacker off the ball and the ball.

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### Small Sided Game

**Area:** 15 x 10 yards with two 3 yard end zones as shown.  
**Organization:** Place players into two teams, place two players in the center and one player in the end zone. Teams score by passing to their teammate in the end zone. **Coaching Points**

- Pressure defending technique.
- Who pressures the ball - closest player to the ball should apply pressure.
- Covering player:  
  - Angle - be able to stop a split pass and be in a position to transition to pressure should your teammate get beat on the dribbling.
  - Distance - closer the pressure = closer cover.
  - Body Shape - see the player with the ball and off the ball.

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### Expanded Game

**Area:** 30 x 25 yards with two large goals.  
**Organization:** Play 4 v 4 with a GK. One group of four players rests. Play a two minute game then rotate one team off. **Coaching Points**

- Apply principles outline above.
- Transition from covering to pressure - if a player either dribbles or receives a pass into the zone in front of the covering player that player should then apply pressure.
- Transition from pressure to cover - if you get beat by a player or the player you where pressuring passes the ball to a teammate look to drop off and provide cover.
Game

**Area:** 40 x 50 yards with two large goals.

**Organization:**
- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 or 1 - 3 - 2.

**Coaching Points**
- Employ defensive techniques with the element of safety vs. risk.
Lesson 8

AGE GROUP: U9 or U10 players
TOPIC: Create Scoring Opportunities

OBJECTIVES: Teach players how to create and finishing goal scoring opportunities. Improve players technically (dribbling, moves & finishing) to be able to beat defenders, create opportunities to score and finish calmly past goalkeepers.

Warm Up Activity
Area: 10 x 20 yards with an 8 yard goal in the center.
Organization: Split players into three’s, one ball per group. Place one player at either end and one player in goal. Each end line player has 5 shots. Player on opposite end line acts as a retriever when not shooting. Rotate GKs after they have received 10 shots. Add competition.

Coaching Points
• Driven / Instep Shot - Refer to techniques section.
• Inside of the foot shot - same as passing with the inside of the foot.
• General: remain balanced, step non-kicking foot inline with the ball, hips and shoulders should face target and follow through towards the target.

Small Sided Game
Area: 25 x 15 yards with two large goals.
Organization: Split players into two teams and place as shown. Coach starts the game by pass to one team. Play 1 v 1s to start.
Progression: If the attacker cannot beat the defender and get a shot off, they can pass backwards and join a teammate in to create 2 v 1.

Coaching Points
• Be aggressive, try to beat the defender to create a shooting opportunity.
• You only need to create half a yard to shoot.
• Choice of technique to shoot - power vs. accuracy.
• Finish rather than shoot.
• After adding a teammate, create a good supporting angle to receive & finish.

Expanded Game
Area: 25 x 15 yards with two goals.
Organization: 2 v 2 - 1. Split players into two teams of two. In possession teams have three field players, when defending one player must drop into the goal, which creates a 2 v 1 situation.

Coaching Points
• Decision in possession: penetrate or keep possession?
• Look for 1 v 1 situations and be aggressive. Look to beat the defender and create a goal scoring chance.
• 2 v 1 - good support angles. Pass the ball if your teammate is in a better situation than you to score.
• Choice of finishing surface - how far from goal, power vs. precision - look to finish past the goalkeeper rather than shoot the ball!
**Game**
**Area:** 40 x 50 yards with two large goals.

**Organization:**
- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 or 1 - 3 - 2.

**Coaching Points**
- Decision in possession: Penetrate or Keep Possession?
- Supporting angles and distances of players off the ball.
- Safety vs. Risk - decisions in possession in each half of the field.