

## 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 player(s) provide cover for the pressuring player as well as the transition between roles; pressure to cover and cover to pressure.

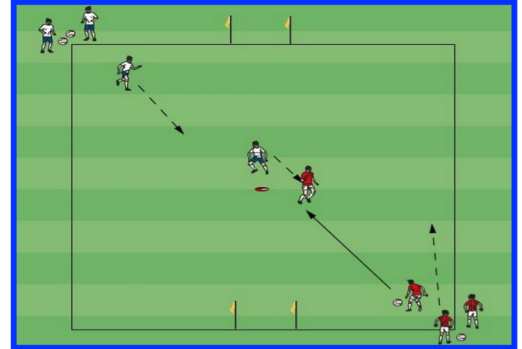
### Warm Up Activity

**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.



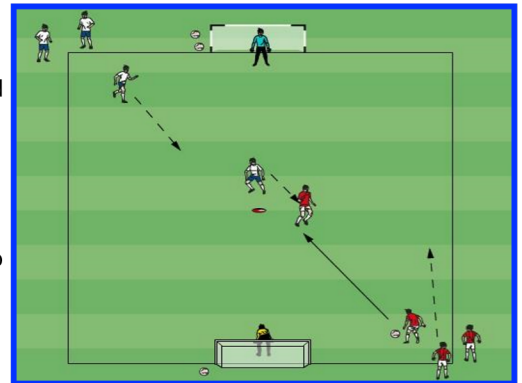
### Small Sided Game

**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 player 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

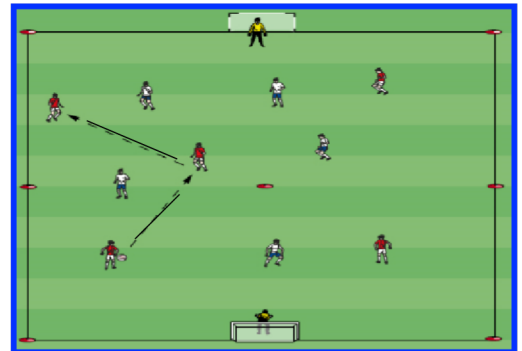
**Area:** 40 x 50 yards with two large goals.

#### Organization:

- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 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

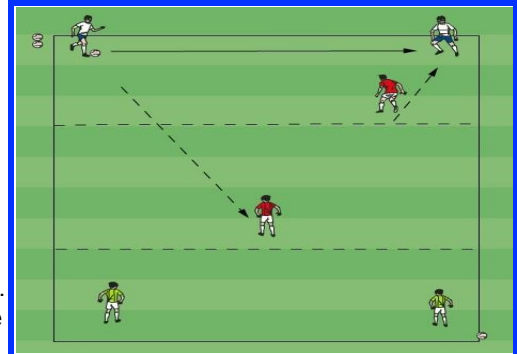
**OBJECTIVES:** Teach players the principles of pressure and cover defending. How to, who should and when should a player(s) provide cover for the pressuring player as well as the transition between roles; pressure to cover and cover to pressure.

### Warm Up Activity

**Area:** 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 ball.
- 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.



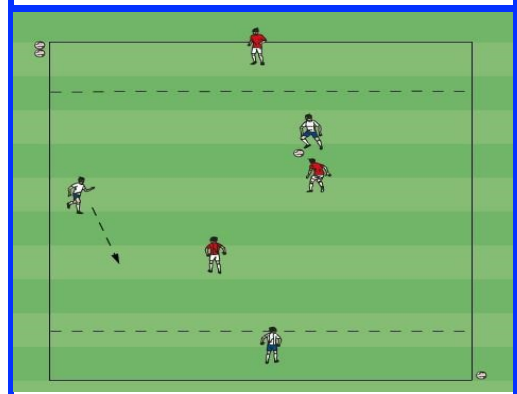
### Small Sided Game

**Area:** 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.

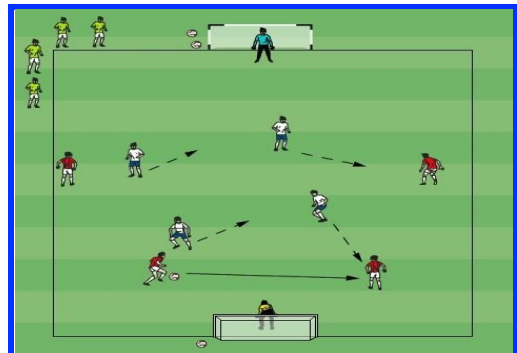


### Expanded Game

**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 were pressuring passes the ball to a teammate look to drop off and provide cover.



**Game**

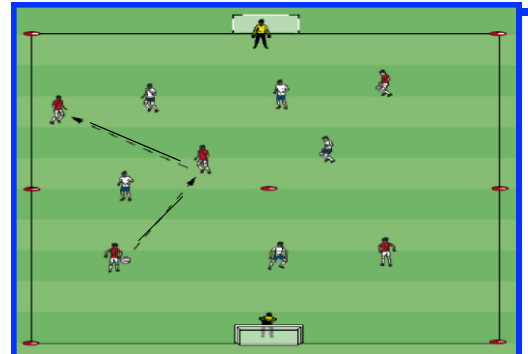
**Area:** 40 x 50 yards with two large goals.

**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.

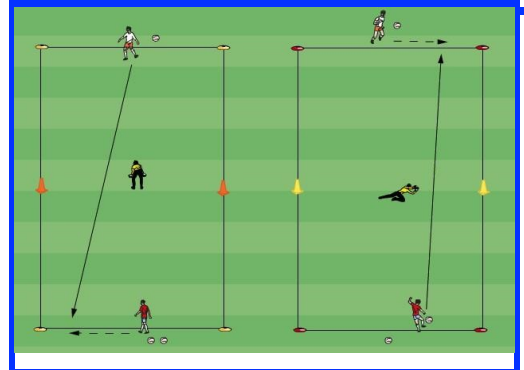
### Warm Up Activity

**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

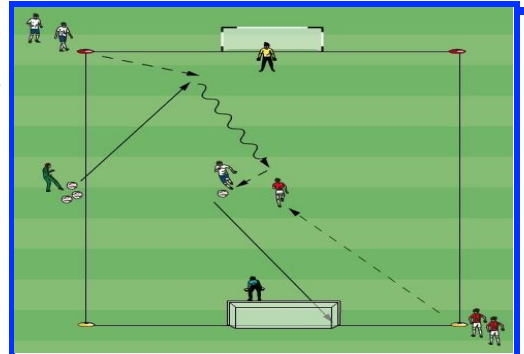
**Area:** 25 x 15 yards with two large goals.

**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.



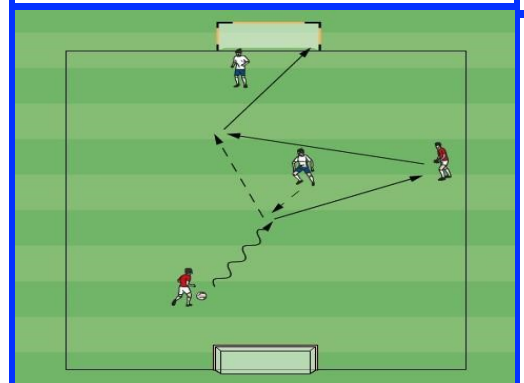
### Expanded Game

**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.

