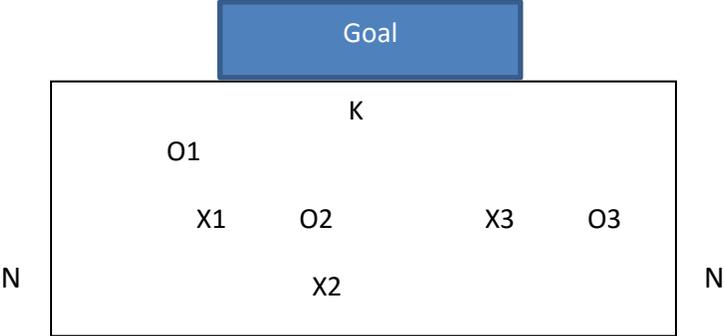


Week 5 / Session 9

Lesson 9	Life Skill – Focus Soccer Skill – Defending on the Ball	Tactical – Team Defending
Time	Activity	
	Field or Court Space Needed: 1 grass field (or basketball courts) approximately 30-35 yards long x 20-25 yards wide.	
15 min's Prior to session	Equipment Check: Estimating 10-20 players <ul style="list-style-type: none"> ✓ Soccer Goals: 2 goals, 6' wide x 4' high or cones can be used for goals. ✓ Cones: 16 – 24 count ✓ Life Skills Soccer Balls: One for every participant if possible, ✓ Practice bibs: 10 each of 2 different colors (third color optional) ✓ Players should bring water and soccer ball and wear shin guards 	
5 min's	Welcome the children: Sit all children in a circle and ask how they are doing, how they feel today. Have a little small talk. Explain the activities the rules and take attendance.	
15 min's Total time	Soccer Skill – Defense on the Ball Key teaching points in 2-3 min's: <ol style="list-style-type: none"> 1. Close down attacker 2. Close down space while the ball is moving, i.e. move as the ball moves 3. Turn your body to a "side on" position 4. Keep your eyes focused on the ball 5. Pressure the ball while maintaining enough space to contain the dribble 6. Force the dribble away from danger or to helping defenders 7. The movement backwards from the side on position is called "jockey" Demonstrate how this is done.	
6-7 min's	Skills / Games: <ul style="list-style-type: none"> • Defensive Jockeying - Group players into pairs and have them line up along the sideline of the field. Have the first players on the line with their backs to the field. All players are in the role of defenders and all will get into the ready position which is outlined above. Remind them that they should be side on and their eyes on an imaginary ball. On your command, players will practice jockeying across the field about half speed. Once the first group is half way across the field the second group can begin. Practice this several times. 	
6-7 min's	<ul style="list-style-type: none"> • Defense 1 vs. 1 - Group players in pairs with each pair having a soccer ball. Have one of the players from each group on the side line and have the other player 15 yards away. Players with the ball will pass to their partner and then they will sprint to close down the space. Note the defender should begin to move immediately "as the ball is still moving" but slows down to a controlled speed when they are in a range of 6-10 feet depending on their own speed and quickness. After the space is closed, the defender wants to be "side on" and close enough to pressure the ball but not too close where they will be susceptible to being beat by the offensive player off of the dribble. Eyes should be down and focused on the ball. The offense dribbles up the field about half speed and the defense jockeys to remain in the proper position but does not 	

	<p>try to steal the ball. After the drill is finished the players switch position and repeat the drill. Purpose of this drill is to work on the technique not to try and beat a player or to steal the ball.</p>
15 min's	<p>Water break and Life Skill Lesson – Focus</p> <p>What is Focus? Focus is the ability to keep all of your attention and concentration on just one thing. For example, if you are focused on juggling then you are only thinking about juggling and you are concentrating on the ball and using the proper technique. You push all other thoughts out of your mind.</p> <p>Understanding Focus: In order to be able to do the type of practice that is proven to accelerate the development of skills (deliberate practice) you need to develop the ability to focus and concentrate on learning and practicing that skill. This type of focus takes tremendous willpower because it's not easy to do. You must give every ounce of mental effort you have to stay on task and not let your mind wander.</p> <p>Connection to Soccer: Focus is very important in a game like soccer because the game is very complex. Complete focus and concentration must be given to what's happening on the pitch because there are so many decisions to be made <i>before</i> taking a touch or playing the ball.</p> <ul style="list-style-type: none"> • Great soccer players develop the ability to block out distractions. • Great soccer players are conditioned to practice with total focus and concentration. • Great soccer players practice on the “edge” of their current ability, always reaching to master new skills. • Great soccer players stay completely in the moment... the <i>now</i>. • Great soccer players focus on WIN which stands for What's Important Now. • Great soccer players practice <i>big picture thinking</i> and constantly remind themselves of what's important to reaching their big goals.
20 min's	<p>Small Sided Games: Same game as last week, now emphasis is on defending 1 vs 1</p> <ul style="list-style-type: none"> • Make up 2 teams consisting of 7-9 players per team and 2 goalies (coach can play goalie for one team) • Play on a field approximately as wide as the 18 yard box and 40 Yards long. Basically it's (2) 18 yard boxes placed in front of each other (no middle of the field) • The objective is to close down the space and put pressure on the ball as quickly as possible to win the ball back
5 min's	<p>Cool down and farewell</p> <p>Ask how they liked the session and which activities they liked and which ones they didn't like as much.</p> <p>Home Work:</p> <ul style="list-style-type: none"> ✓ Practice shooting for 15 min's each day between sessions ✓ Encourage players to start the activity at home for Focus - Juggling.

15 min's	<p>Life Skills – Focus</p> <p>Review Focus</p> <ul style="list-style-type: none"> • Who remembers what focus is? Focus is the ability to keep all of your attention and concentration on just one thing. • Why is it important for soccer players to be able to focus? Learning can be naturally difficult and practice requires focus and concentration • How are you doing with your juggling? Is it hard? Is it requiring you to focus?
20 min's	<p>Small Sided Game</p> <div style="text-align: center;">  <p>Coach ***** (balls)</p> </div> <p>3 on 3 in the 18 yard box with 2 Neutrals on the sides. X1, X2, X3 must guard the 3 O's by shifting as the ball moves to be in the proper defensive position: 1st Defender =Pressure, 2nd defender = Cover, and 3rd defender = Balance</p> <ul style="list-style-type: none"> • Play for a few minutes – no shots, just move AS the ball moves, check position of pressure, cover, balance. • Play live, neutrals can shoot but only get 1 touch for control, then must shoot or pass.
5 min's	<p>Cool down and farewell</p> <p>Ask how they liked the session and which activities they liked and which ones they didn't like as much.</p> <p>Home Work:</p> <ul style="list-style-type: none"> ✓ Practice defending 1 vs 1 and Pressure, Cover, Balance ✓ Practice focus by working on your juggling and rating your focus daily.