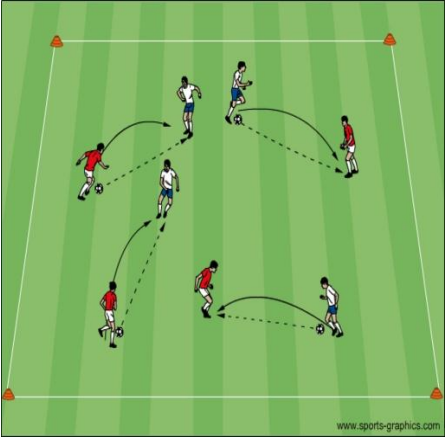
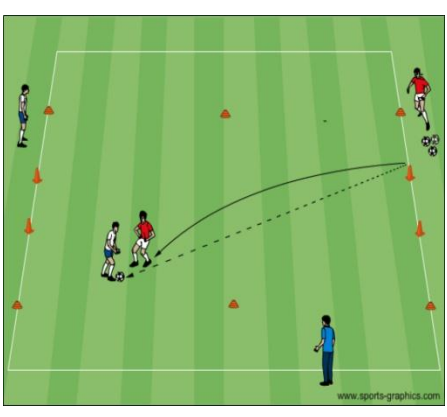
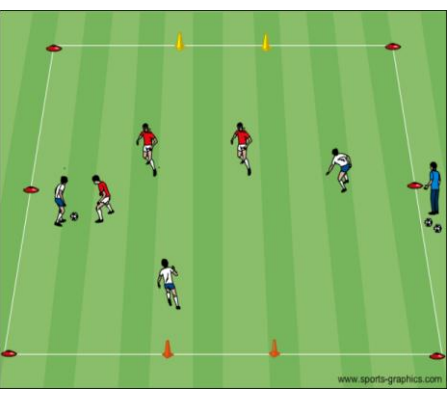


U12 - Lesson Plan - Week 5

Topic: Defending – Pressing Defender (Role of the 1st Defender)

Objective: To improve the players' ability to press the ball and to understand the role of the 1st defender

Technical Warm up	Organization	Coaching Pts.
	<p>Pass and Press: In a defined area, one team of players (rec pennies) all with a ball will pass to a member of the other team. Passes should not be more than 10 yds. long. After the pass, the player will press the receiver. Coach: In this activity, encourage the player to:</p> <ul style="list-style-type: none"> ➤ press sideways on & send opponent in the opposite direction of his first touch ➤ try to gain possession of ball with block tackle, poke tackle ➤ close down, slow down, get down & stay down 	<ul style="list-style-type: none"> • Speed of approach • Angle of approach • Good defensive stance <ul style="list-style-type: none"> ○ Body weight on front of feet ○ Eyes on the ball ○ Slightly angled – one foot closer to attacker • Close enough to make attacker look at ball • When and how to tackle <p style="text-align: right;"><i>Time: 15 minutes</i></p>
Small Sided Game	Organization	Coaching Pts.
	<p>1v1 to Small Goals: In a 10x15 yard grid, two groups of players will play 1v1 bouts. One group of players will serve to the other and defend the player with the ball, applying the principles of 1st. defender. The play is over when one player scores or goes out of bounds. The next 1v1 will commence with a service from the defender. Players will switch sides after their turn is over.</p>	<ul style="list-style-type: none"> • Approach quickly but not too fast with an angle that limits options • Good defensive stance • Apply pressure to take away space/time • Priorities are: <ul style="list-style-type: none"> ○ deny penetration ○ limit the attacker's vision options ○ win ball back <p style="text-align: right;"><i>Time: 15 minutes</i></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>3v3 to Small Goals In a grid of 30x35 yards, two teams will play to score in the goals. Player will defend by pressing the player with the ball (applying the principles and role of 1st defender).</p>	<p>All of the above plus:</p> <ul style="list-style-type: none"> • Recognizing when to be the 1st • Funnel first attacker: <ul style="list-style-type: none"> ○ Towards a tight space (touchline) ○ Into a covering defender • Make the attacker play the ball with the weaker foot • When and how to switch • When and how to tackle <p style="text-align: right;"><i>Time: 20 Minutes</i></p>
6v6 to 8v8 Scrimmage	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes	