

**Week 4: Defending**

May 16, 2011

**Cutters Community Soccer U-8 Boys****Coordinator:** Michael Nosofsky**E-mail:** mnosofsk@gmail.com**Coaching Points – Fast to Slow, Sideways and Low**

- Immediate Pressure
- “Goal Side” Stay between the ball and the goal
- Defensive Stance: Stay low, staggered stance (one foot forward, one back)
- Don’t dive in for the ball: Wait until you know you can win it (bad touch or attacker turns away from goal)

6-6:10 p.m.

<b>1. Warm Up:</b>	<ul style="list-style-type: none"> <li>• Shadow dribbling</li> </ul>	Coaches Michael and Orlando will run this activity with the assistance of the parent coaches and trainers	Emphasize coaching points (above).
--------------------	--	---	------------------------------------

6:15-6:30p.m.

<b>2. 1 vs. 1 battles</b>	<ul style="list-style-type: none"> <li>• Set up two small fields, on your half of the field.</li> <li>• Have the players evenly split between four lines: a defending line at each goal and two attacking lines near midfield.</li> <li>• Attacker tries to dribble through cones on opposite end of the field.</li> <li>• Defender tries to win the ball (no diving in!).</li> <li>• If the ball goes out of bounds or the defender wins it, the next players in line take a turn.</li> <li>• Players should stay in the same line for several rounds, then switch roles.</li> </ul>		<ul style="list-style-type: none"> <li>• Emphasize defending</li> <li>• Stay about 1 arm distance away from attacker</li> <li>• ‘Contain’ the attacker; don’t “dive in” for the ball</li> <li>• Keep a staggered stance</li> </ul>
---------------------------	---	--	--

6:30-6:45 p.m.

<b>3. Defending 2 vs. 2</b>	<ul style="list-style-type: none"> <li>• Change the two fields into one field. Keep lines the same.</li> <li>• Teams play 2 vs. 2</li> <li>• Attacking team tries to score on the regular goal.</li> <li>• Defending team uses proper defending technique to prevent the other team from scoring.</li> <li>• Play a few rounds practicing good defense, then switch roles.</li> </ul>		<ul style="list-style-type: none"> <li>• Emphasize defense</li> <li>• Defender closest to the ball puts immediate pressure on the attacker .</li> <li>• Only one defender should go to the ball at a time</li> <li>• Don’t dive in!</li> <li>• Emphasize spacing between the defenders.</li> </ul>
-----------------------------	---	--	--

6:45-7 p.m.

<b>4. Scrimmage</b>	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or play against your “practice partner” team.		<ul style="list-style-type: none"> <li>• Reinforce lessons from training during the scrimmage.</li> <li>• Use this time to ask trainers questions about game tactics.</li> </ul>
---------------------	--	--	--

**Homework:** Who can keep the ball in the air longest using only their feet? Want to improve each week. **Week 7’s goal = 7 juggles**