

Week 4: Defending

May 16, 2011

Cutters Community Soccer U-8 Girls

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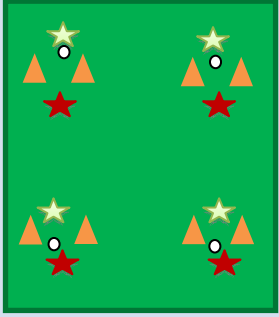
Coaching Points – Fast to Slow, Sideways and Low

- 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, player’s back to you or head down)

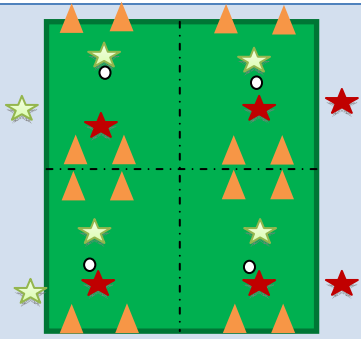
6-6:10 p.m.

1. Warm Up:	<ul style="list-style-type: none">• Shadow dribbling	Coach Harvard will run this activity with the assistance of the parent coaches and trainers	Emphasize coaching points (above).
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6:15-6:30p.m.

2. Mirror	<ul style="list-style-type: none">• set up two cones approx 2 yards apart• ask the players to get a partner• have each pair go to their own set of cones• Players should face each other, with one player on each side of the cone goal• Start without a ball.• One person is on offense and the other is the defender• The offensive person moves back and forth, trying to touch a cone with her foot before the defender• If they do they get a point - if the defensive player gets to the cone first then no point• Switch roles after two minutes.• After several rounds, give a ball to the offensive player, now the ball has to touch the cone to score.		<ul style="list-style-type: none">• Emphasize defending• stay low• beat the offensive player to the cone• don't cross your feet when changing directions
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6:30-6:40 p.m.

3. 1 vs. 1 battles	<ul style="list-style-type: none">• Set up four small fields, on your half of the field using cones & pennies.• 2 players will play 1 vs. 1 battles for 60 seconds each.• Attacker tries to dribble through cones and stop the ball on opposite end of the field (no shooting).• Defender tries to win the ball (no diving in!).• If the player steals the ball, he should attack the other goal.• If you have extra players, they can rest and stop the balls from going too far off the field.		<ul style="list-style-type: none">• Emphasize defending• Stay about 1 arm distance away from attacker• ‘Contain’ the attacker; don’t “dive in” for the ball• Keep a staggered stance
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6:40-7 p.m.

4. Scrimmage	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">• Reinforce lessons from training during the scrimmage.• Use this time to ask trainers questions about game tactics.
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Homework: Who can keep the ball in the air longest using only their feet? Work on your juggling.