

Week 4: Defending

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Community Soccer U-10 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 or attacker turns away from goal)

6-6:10 p.m.

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

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| 2. 1 vs. 1 battles | <ul style="list-style-type: none"> • Set up fields with goals 20 yards apart • 4 players per field • 2 players will play 1 vs. 1 battles for 60 seconds each • Other 2 players rest behind goal and stop the ball from going too far off the field • The defender should let the attacker dribble the ball back to the field if it goes too far away | | <p>Progression: Player who allowed the fewest goals on each field will move after each game (C to B to A, player who allowed most goals on Field A goes to field C)</p> <ul style="list-style-type: none"> • 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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6:30-6:40 p.m.

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| 3. Cross line defending (still 1 vs. 1) | <ul style="list-style-type: none"> • Begin with defenders on end line (white stars in lines A & B) • Offense (red stars) in 2 lines (C & D) outside of the box • One defender passes the ball diagonally to the attacker (A to D or B to C), then steps out and plays defense on the attacker • Rotate between the 4 lines in a clockwise rotation | | <ul style="list-style-type: none"> • Emphasize defense • Defender puts immediate pressure on the attacker after passing the ball • Defender should stay “goal side” between the goal and the ball |
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6:40-7 p.m.

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| 4. Full-Field Scrimmage | Play against your “practice partner” team in a full-field game. Simulate an actual game environment by playing with the appropriate number of players and use subs. | Do not place all players on the field at once. | <ul style="list-style-type: none"> • Reinforce lessons from training during the scrimmage. • Use this time to ask trainers questions about game tactics, if needed. |
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Homework: Who can keep the ball in the air longest using only their forehead? Want to improve each week. **Week 5’s goal = 5 juggles**