

Week 4: Defending

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Community Soccer U-12 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)

7:15-7:25 p.m.

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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7:25-7:40p.m.

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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7:40-7:55 p.m.

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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7:55-8:15 p.m.

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**