



Defending: Improve a player's ability to regain the ball

8U/10U: Week3

Play

Objectives: Let the players play the game. To pass or dribble forward to get past opponents and score goals.

Organization: Set up 2-3 fields 15W x 20L w/a goal at each end. As players arrive to the field start to play 2v1, 2v2, up to 3v3 games.

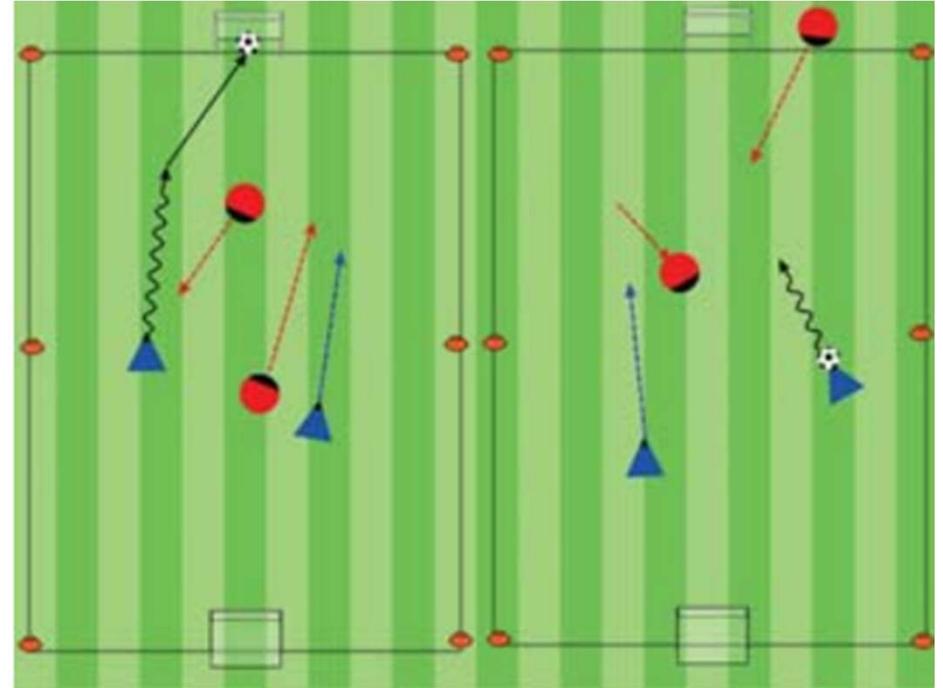
Rules: Begin game w/a kick off. Out of bounds, pass or dribble ball in. Let players have free play.

Key Words: Go score, move up the field, go help, find an opening (path) to the goal

Guided Questions: How can you tell players understand when to go forward (attack)? How can you make the games easier or harder?

Answers: When players have the ball, they are trying to get the ball forward through an opening to the goal to score. Play uneven numbered games like 2v1, 3v1 or 3v2.

Time: 4 games of 2 mins, 30 sec rest, Total 10 min.



Activity 1: Angry Birds

Objective: Improve individual defending techniques.

Organization: Make a 15W x 20L grid w/a goal on each endline. Each player (Piggies) has a ball inside the grid. 2 players start as Defenders (Angry Birds) w/Coach on the sideline.

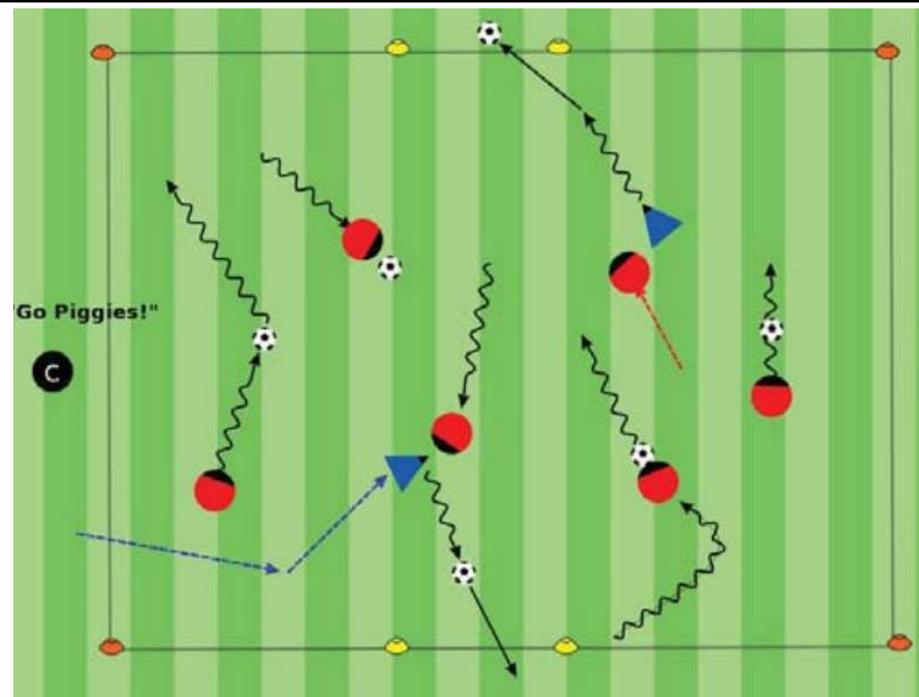
Rules: Coach starts by telling Piggies to start dribbling, "Go Piggies!". After a few seconds, release the 2 Angry Birds into the grid. Angry Bird must take a ball away from a Piggie, dribble it & put (shoot) the ball into one of the goals. If a Piggie has their ball taken away & put into a goal they join the Angry Birds.

Key Words: Go to the ball (pressure), take the ball (tackle), get it back (regain it), go help (close the space or opening to the goal)

Guided Questions: What does successful individual defending look like? When should a player try to take the ball away?

Answers: When a player takes a ball away from an opponent and tries to go score. Players should take a ball (block or poke tackle it away) from the attacker or take the ball when it's dribbled too far away from an attacker's feet, not just kick the ball away. If you lose the ball go quickly and take it back right away.

Time:
10 X 1
min
with 1
min
rest
Total:
20m





Activity 2

Organization: 15Wx20L field w/goal on the end lines. Players evenly divided to each corner. Coach has balls at midfield. Play 2v2.

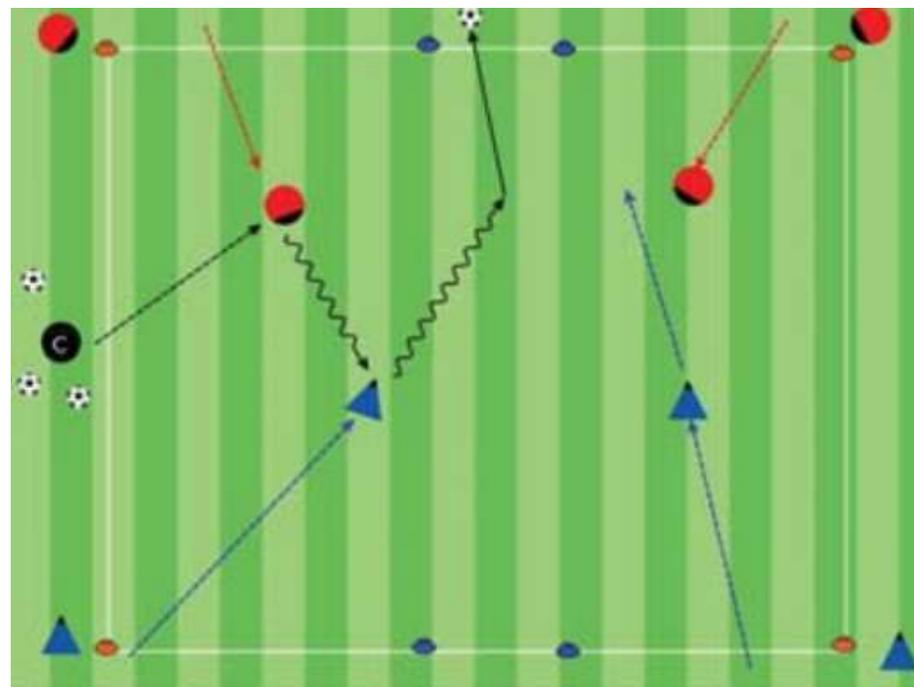
Rules: One player steps on field from each corner. Coach starts play by playing the ball to one (1) player. Play to score in opponents' goal.

Key Words: Go to the ball (pressure), take the ball (tackle), get it back (regain it), go help (close the space or opening to the goal)

Guided Questions: What does successful individual defending look like? When should a player try to take the ball away?

Answers: When a player takes a ball away from an opponent and tries to go score. Players should take a ball (block or poke tackle it away) from the attacker or take the ball when it's dribbled too far away from an attacker's feet, not just kick the ball away. If you lose the ball go quickly and take it back right away.

Time: 10 X 1 min with 1 min rest, Total: 20min



Play

Objective: Team with the ball tries to pass & dribble forward past opponents to score goals.

Organization: On a 25W x 35L field w/ a small goal at each end. Play 4v4. All modified 4v4 rules apply

Key Words: Find an opening, get through, go score

Guided Questions: When should players pass? How can you recognize players are engaged in the game?

Answers: Pass to a teammate when a teammate is in an opening to the goal, has more open space to the goal, or that teammate can shoot right away. Players are paying attention and trying to score goals to win the game.

Time: : Game is for 30 min, 2 halves of 10 min with 5 min of rest after each half.

