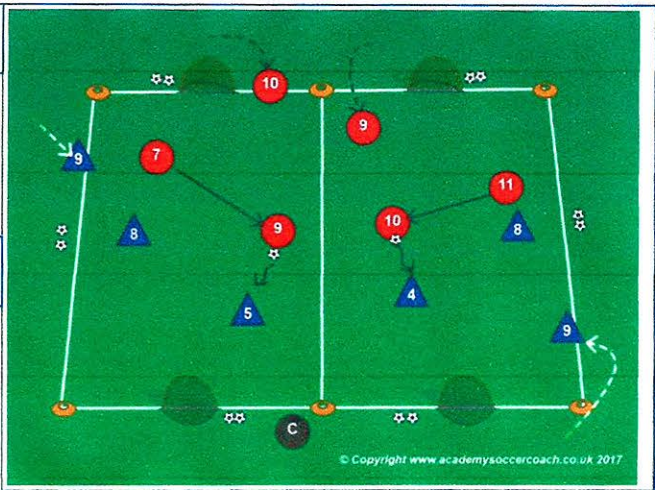


Age Group	U10	Topic	Individual Defending
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Who: #4, #5, and #8
What: Speed angle and distance of approach, Body shape, Footwork, Type of tackles, Pressure, Delay and Control and Restraint
Where: In the central channels of the defending half of field
When: The opponent is in possession of the ball near to our own goal area
Why: To deny penetration and shooting opportunities

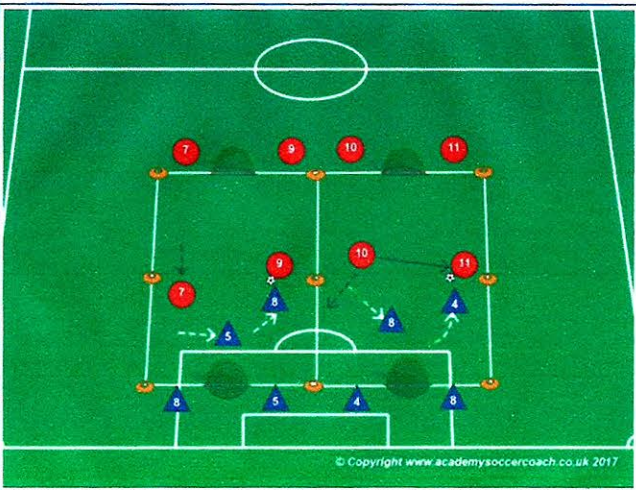
Play	Up to a 3v3 Game	Duration	9 min
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Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.



Coaching Points	Activity Time	2.5 min	Rest	30 secs	Intervals	3
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1. **Is the activity organized?** - Cones, scrimmage vests, balls, goals, field and players
2. **Is it reality based (is it soccer?)** - Related to Dribbling and Passing the ball
3. **Is there repetition?** - Dribbling and Passing
4. **Is it challenging?** Check if the players seem engaged, frustrated or bored
5. **Is there coaching?** - Positive reinforcement for pressing and tackling the ball



Practice	2v2 to Small Goals	Duration	24 min
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Make two 15Wx20L grids with small goals at each end. Focus Team (Blue): #'s 4, 5 and 6 - Attacking Team (Red): #'s 7 and 9 plus 10 and 11. Scoring: Both teams score in the opponent's small goal.

Coaching Points	Activity Time	2 min	Rest	2 min	Intervals	6
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What? Technique of Defending - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackles (Poke or Block).
Who should pressure the player with the ball? The defender closer to the attacker with the ball should pressure.

Play	Scrimmage	Duration	26 min
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Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending TAam Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

Coaching Points	Activity Time	11 min	Rest	2 min	Intervals	2
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What? Technique: Speed-Angle of approach, Body shape, Footwork, Tackling
Where on the field is this likely to happen most often? Defending half of the field.
Why do we pressure, and delay? To stop penetration and prevent scoring opportunities.

