

Baystars Session - 4-1-14

Date : 1/Apr/2014

Duration : 1:30 hour

Session

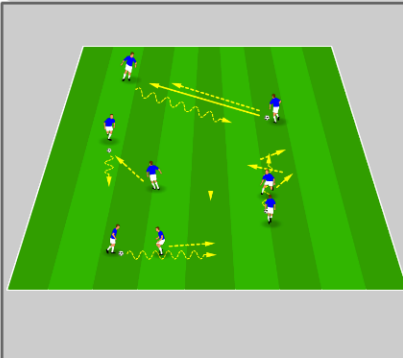
Small Group Defending

Time : N/A

Age/Level : U11 - U18

Objective:

1v1, 2v2 Defending Warm-Up



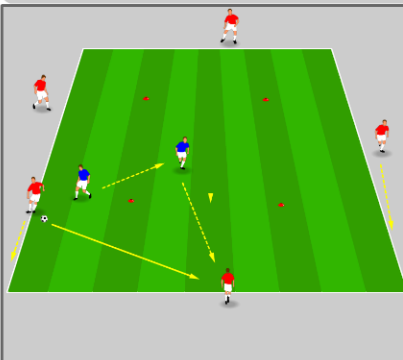
Description :

Each player has a partner in which they start passing and moving around the grid with. After a couple of passes the player that plays the ball in will follow his pass and become a passive defender against the attacker. The attacker will dribble at the defender and move them side to side so they get used to the movement of delaying the attacker. After a couple of yards they will go back to passing and moving.

Coaching Points :

- Approach at an angle
- Athletic stance (knees bent with body weight over balls of your feet)
- Force one direction
- Arms length away
- Open hips when moving side to side

5v2 - Defend the Box



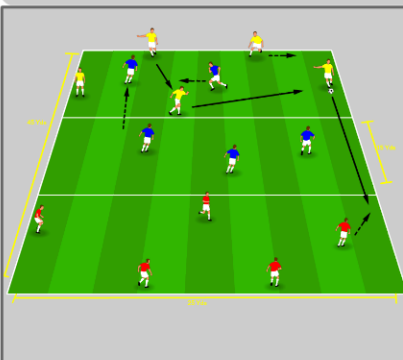
Description :

5 attackers vs 2 defenders. The attacking team is trying to keep possession and score a goal by playing the ball through the box in the center. The defending team is trying not to get split and defend the box. If they win the ball they score a point by dribbling out the box.

Coaching Points :

- Angle and speed of pressure
- Support in a position where you can not get split.
- How quickly can you attack after you win the ball.
- Short clear communication from supporting defender

3 Zone Possession - Small Group Defending



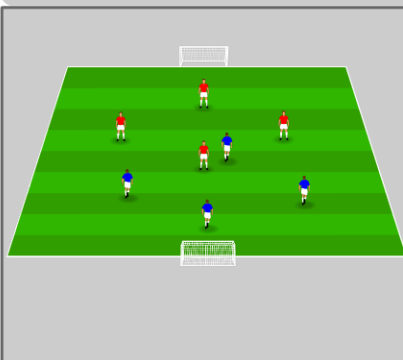
Description :

Split the group into 3 teams of 5 with different colors. Set up two of the teams on the outside zones with 4 in the back and a holding midfielder. Team in the center zone is defending. Defending team sends 2 defenders to try and win the ball from the Attacking team while attacking team tries to maintain possession and shape to score by playing a penetrating ball into the far zones. If defending team wins the ball they play to opposite zone and become the attacking team in the zone in which they won the ball. Attacking team becomes defenders.

Coaching Points :

- Recognition of who should be the 1st defender
- Apply pressure towards your support
- How quickly can we win the ball back
- Quick clear communication of where to apply pressure.

Drill file name/title goes here



Description :

- Normal match to goal.
- Normal game rules apply.

Coaching Points :

- Coaching points should be made through the run of play with only nature stoppages interrupting the flow of the game.