

U10 Joint Training 4-14-14

Date : 14/Apr/2014

Duration : 1:30 hour

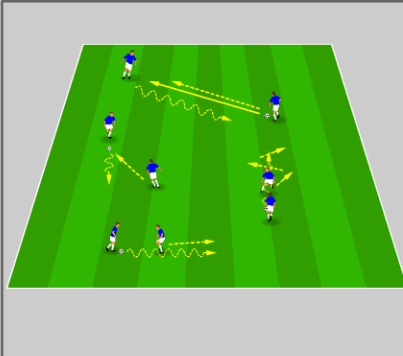
Session Increase ability to defend in 1v1

Time : N/A

Age/Level : U8 - U18

Objective: situation

1v1, 2v2 Defending Warm-Up



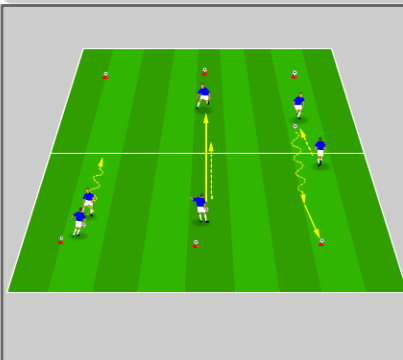
Description :

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

1v1 Hit the Ball



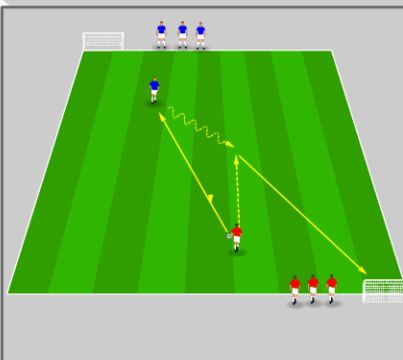
Description :

Each player has a partner and each player has a cone on which they play an extra ball. One partner plays the ball down to the other and go to defend. The player receiving the ball tries to beat the defender and knock down the ball behind the defender. IF the defender wins it he then tries to knock down the ball behind the attacker.

Coaching Points :

- Be patient and wait for a mistake.
- Keep attacker in front of you
- Approach at an angle (Knees bent weight forward)
- Font foot to change directions

1v1 To Goal



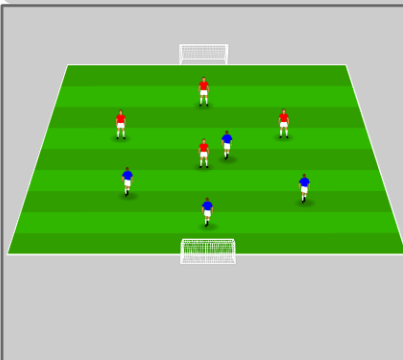
Description :

Players are split into 2 teams each defending a goal. One player from each team will step onto the field, one with a ball and one without. The player with the ball will play it to the other player and then go defend. The player that receives the ball will attempt to dribble by the defnder and score in the goal.

Coaching Points :

- Force the attacker away from goal.
- Wait for a poor touch
- Boby between attacker and ball
- Open hips to run and run
- Plant off of front foot to turn

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.