

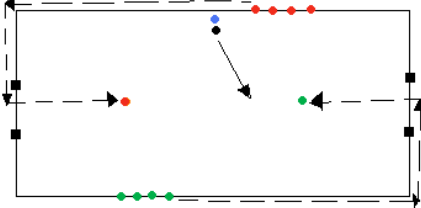
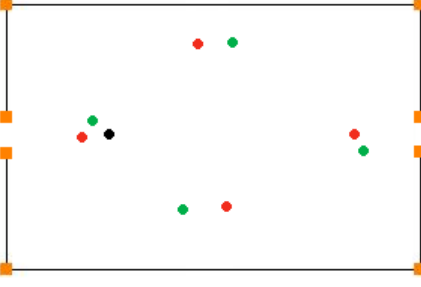
# COACHING SESSION PLAN

|                         |                        |
|-------------------------|------------------------|
| <b>Session Type</b>     | U14 week 5, practice 2 |
| <b>Theme of Session</b> | DEFENDING 1V1          |

Key phrases for today's theme;

- Defending- *small-to-tall, surfer stance, curve run to make play predictable, understand when pressure on the ball is high and when it is low, understand 'block' and 'poke' tackle technique as well as when to tackle*
- 1v1- *practice learnt techniques in game related drill*
- Game- **FREE PLAY**

| <b>Focus</b><br><i>Key points and things to watch out for.</i>  | <b>Diagram</b><br><i>Equipment and example</i> | <b>Timing</b><br><i>Minimum time to be spent on exercise</i> |
|---|--|--|
| <p><b>Defending; approach, high/low pressure, when to tackle</b></p> <p>Set up four 8x8 yard squares, within one big square, so that the gap between each square is 4 yards (making it a 20x20 yard square in total).</p> <p>Players should be split into four teams, with one team per box. They should start off jogging inside the box before moving on to do the following activities;</p> <ul style="list-style-type: none"> <li>• <i>Dynamic stretching</i>- lunges, high kicks, heel flicks</li> <li>• <i>'Short'</i>- sprint to a cone on the corner of your box</li> <li>• <i>'Long'</i>- move into next box round (clockwise or anti-clockwise, depending on the coach's call).</li> </ul> <p>The following progression is to set up four teams, as in the diagram on the right, and place a ball on the far side of each box. The players should make runs to the ball and then "jockey" backwards (facing the ball, moving 'on-the-side'). This should be a fast paced activity, lasting no more than 10 minutes.</p> <p>Key points for defensive running are;</p> <ul style="list-style-type: none"> <li>• <i>Tall to small</i>-players should lower their bodies on approach to the ball</li> <li>• <i>Surf in</i>- players should turn side on to the ball, as if stood on a surf board</li> <li>• <i>Curved approach</i>- players should curve their run, showing the player on to their weaker side</li> </ul> <p>The next progression is to set up a 1v1 alley, as in the diagram, in the alley on the left. With players set up at either end, the defender should start with the ball, playing it into the attacker whose aim is to dribble the ball over the defender's start line.</p> <p>The defender should be told that the ball is in a low pressure area when it is in the attacker's half and so they do not need to challenge but just close the space to within a few metres. However, when the ball is brought closer to halfway, the defender should be told that the necessity to make a challenge increases (called a <i>high pressure situation</i>).</p> <p>Key points for defending 1v1;</p> <ul style="list-style-type: none"> <li>• <i>Apply pressure to half way, showing the attacker</i></li> </ul> |  | <p>20mins</p>  |

|  |   |                            |
|--|---|----------------------------|
| <p><i>onto their weaker foot</i></p> <ul style="list-style-type: none"> <li>• <i>When the attacker makes a move toward the end line, the defender should try to 'pin them in to their weaker side, against the touch line.</i></li> <li>• <i>The defenders point of challenge is when the striker takes the stronger touch to get their ball out of their feet.</i></li> </ul>   |   |                            |
| <p><b>Defending; 1v1</b></p> <p>Split the players into teams on mini 15x30 yard fields. The players should be stood on either side of the half way line as in the diagram (the red and green dots) the coach (the blue dot) should be stood at halfway and act as server.</p> <p>Each player should be numbered, and the idea is for the coach to call out a number and then the players (following the dashed line from the diagram) run into the area and try to score in the goal at the far end.</p> |   | <p>15mins</p>              |
| <p><b>Small sided games; regular mini game</b></p> <p>Maximum of 4v4 players for U14s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>  |  | <p>Until practice ends</p> |