



ACTIVITY PLAN



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Age Group: U12

Week 5

Defending

Warm up

Objective:

To improve basic defending understanding

Organization:

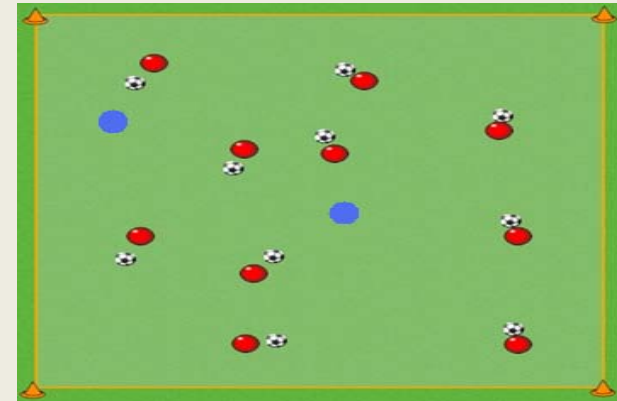
35 x 25 yard area. All but 2 players have a ball.

Procedure:

The coach instructs players that don't have a ball to get one. Once a player loses their ball they try to get one from another player. When the coach decides to stop, the players without a ball do a fun activity.

Key Coaching Points:

- Get players to put pressure on players with a ball
- Keep your eyes on the ball



Week 5

Defending

Individual Activity

Objective:

To improve individual defending.

Organization:

1 v 1 Defending

10 x 20 yard grids
One pair per grid and one ball per pair.

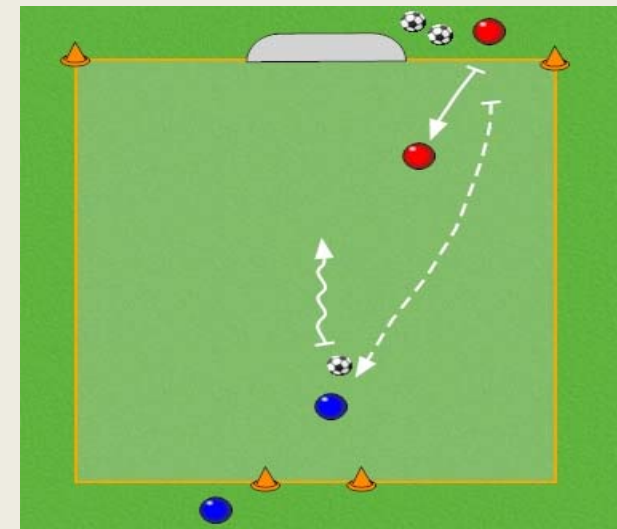
One goal and one counter goal.

Procedure:

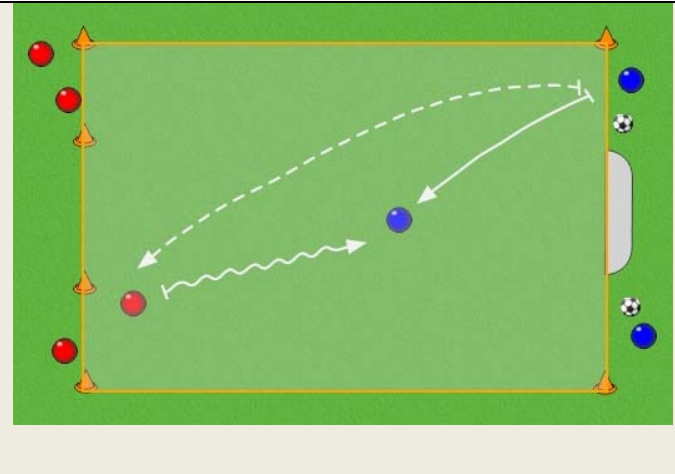
The players start at opposite ends of the grid with the defender having the ball. The defender passes the ball to the dribbler to start and then goes to defend. The dribbler tries to dribble through the goal with the ball under control. Switch roles after each turn. Encourage the defender to try to gain possession of the ball and not merely dispossess the dribbler and then go to the counter goal.

Key Coaching Points:

- Angle of approach
- Speed of approach
- Short strides once the defender is within three yards of the dribbler
- Physical control & emotional restraint
- Lower the center of gravity by bending the knees and leaning slightly forward at the waist



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<p>Week 5 Defending Small Group Activity Objective: To improve defending skills under pressure.</p>	<p>Organization: 2 v 2 Defending 15 x 25 yard grid. Two pairs per grid and one ball per grid. Use training bibs to designate the pairs. Goals at each end</p>	<p>Procedure: Same set up as above. Attackers may pass as well as dribble and try to get the ball through the opposing goal under control. The defenders try to gain possession of the ball and try to score.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> -All above -Roles of first and second defender 	
<p>Week 5 8 v 8 Small Sided Game Objective: To improve group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 8 v 8 match 2 Goals Size 5 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> Summation of all challenges for the players. Stay out of their way and let them play. 	