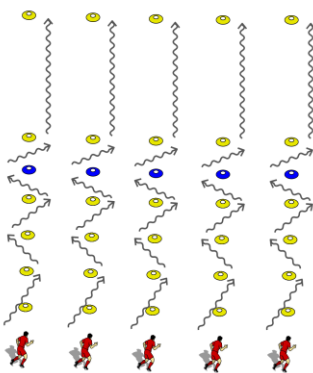




GLEN-ED SOCCER - TRAINING PLAN

U9 and below

OBJECTIVES- Defending - Principles of Defending



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TECHNICAL WARM-UP

Grid Size: 20x30

Duration: 15 Mins

French Dribbling

Groups of 2-3 players max in each line, cones 1yd apart
Players dribble thru the cones using different parts of feet. Once Player A gets to blue cone Player B can proceed. When the dribbler gets out of the last cone in the group he should speed dribble and perform a turn at the last cone and return to the end of the line.

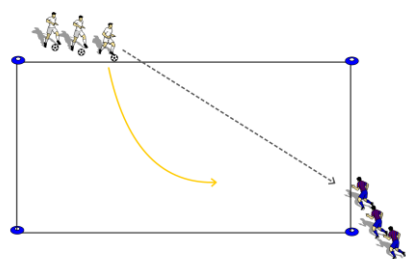
*Left/Right foot only, inside-outside, roll-touch forward

Progression: After turn he can pass to the player at the back of the line

COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.

Lots of small touches.



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ACTIVITY 1 1v1 defending

Grid Size: 20x30

Duration: 20 Mins

The defenders make a good pass to the attacker. The defender will press the ball and tries to delay the attacker. The attacker tries dribble the ball past the cones.

If the defender wins the ball they can counter and dribble across defending line

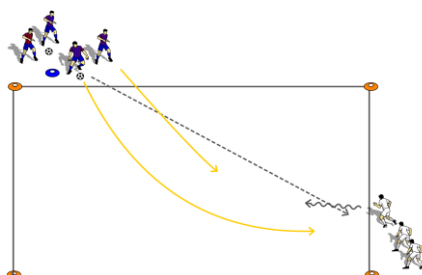
COACHING POINTS / KEY CONCEPTS

Angle of approach - Bend Run and force attacker to sideline

Speed of Approach - Slow run down as you close in

Body shape - 45° to attacker, knees bent and on toes

'Surfer' style of defending



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ACTIVITY 2 Pressure & Cover

Grid Size: 20x30

Duration: 20 Mins

2v1 defending: The defenders make a good pass to the attackers.

Attacker tries to dribble across endline. When defenders win the ball they can counter and dribble across the endline.

1st defender yells "I Have Ball", the 2nd defender yells "I have Cover"

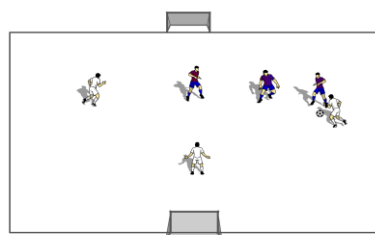
1st defender should force attacker to the 2nd defender.

Switch positions after 5-6 minutes

COACHING POINTS / KEY CONCEPTS

Bend run and force to 2nd defender

Slow run down as you approach attacker, don't reach, move feet
talk and communicate



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ACTIVITY 3 3v3/4v4 games

Grid Size: 20x30

Duration: 15 Mins

3v3 games that the coach should focus on the defending moments

1st defender yells "I Have Ball", the 2nd defender yells "I have Cover"

1st defender should force attacker to the 2nd defender.

Speed of Approach - Slow run down as you close in

Body shape - 45° to attacker, knees bent and on toes

COACHING POINTS / KEY CONCEPTS

Look for defending moments 1v1/2v1 situations to talk about.

Slow run down as you approach attacker, don't reach, move feet
talk and communicate "I have ball" and "I have cover"