



Theme of Session: DEFENDING			
Week:			
Section	Time	Games / Skills	Coaching Points
(1) Warm -Up	0-15	<ul style="list-style-type: none"> •Fast Walk the field with the ball •Juggle for five minutes •One Touch with partner •Stretching Exercise in a group 	
(2) Skill Building	15-45	<p>A. PARTNER PASS</p> <ul style="list-style-type: none"> • Players in pairs • 50 yards • One player forward, one player backward -- 10 yards apart • Pass back and forth proceeding down to half • Switch coming back • Progression : Pass and run around <p>B. DEFENDER STANCE SKULL</p> <p>C. DEFENDER : ATTACKER</p> <ul style="list-style-type: none"> • Go fifty yards • No challenge • Defender focus on stance • Switch coming back <p>D. 1 : 1 with 6-8 GRIDS</p> <ul style="list-style-type: none"> • 6 to 8 consecutive grids • 12 x 20 yards • One defender in each grid • All other players queue up at front of first grid: attackers • Balls at each grid • Defensive player plays ball to attacker • Attacker attempts to get ball to 'goal line of grid' • Defender must close space • SWITCH AFTER x <p>E. PROGRESS to 2v2</p>	<p><u>Technique - STANCE</u></p> <ul style="list-style-type: none"> • Staggered Stance • Point feet at 45 degree angle • Low Center of Gravity • On the balls of your feet • Bend Knees <p><u>DEFENDING TIPS</u></p> <ul style="list-style-type: none"> • Proper Distance to the Attacker • One to Three Yards <ul style="list-style-type: none"> -Attacker speed, skill -Defender speed -Support • Channeling the attacker <ul style="list-style-type: none"> -To sideline, -to weak foot, -away from goal, -to your support • Nature of Approach <ul style="list-style-type: none"> -Close Space Quickly -Quick ...Slow • <i>(ATTACKER -- get defender off balance !!!)</i> <p><u>TACKLING TIPS--</u></p> <ul style="list-style-type: none"> • Don't overcommit • Tackle upon mistake • Feint



Theme of Session: DEFENDING (page 2)
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Section	Time	Games / Skills	Coaching Points
(2) Small Game	45-60	<p>Three v. Three with 2 and 2 (8)</p> <ul style="list-style-type: none"> • 30 yds by 40 yds grid • Use pinnies (red, yellow,) • Per team : Three players in the grid, 2 outside • 2 simultaneous games • “Goal” is scored when ‘pass’ to teammate outside of the grid • Switch teams after 5 minutes • 3 ‘rounds’ 	HIGH ENERGY
(4) Scrimmage / Play	60-75	Eight v Eight half field	
(5) Cool Down	70-75	<ul style="list-style-type: none"> • Juggle • Light Stretching 	
(6) Skull Session	75-90	Law #2 – Start & Restart of Play	