



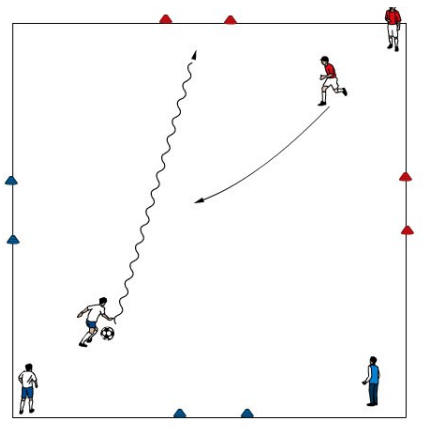
Andover Soccer Association --- U8/U9 --- Week 6

1) Shadow Dribble---One player with a ball and another player behind them with a ball as well. The player in front can go anywhere in the 20x20 yard box and the player behind must try to keep as close to them as possible and follow where they are going and what they are doing. The leader determines where they are going and the player who is the shadow tries to keep up with them. Then reverse the roles. Players can use both feet to start, then can choose to use one foot, then the other. *Version 2:* Now the leader adds in moves while they are dribbling and the shadow player must do the same. (8 minutes)

2) Snake---In the same space as above, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss. (8 minutes)

3) Knock Out---In same space as previous activity, have players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 sole of the foot touches or juggling 5 times). (8 minutes)

4) 1v1 to Cross Goals--- On a 15x10 yard field, set up a two yard goal on each side of the field. Divide your team into two groups and have one group start with the ball and the other group without. Group with the ball will try to dribble the ball through two of the goals furthest from them (score on the red goals) and defend the two goals closest to them (defend the blue goals). If the defender wins the ball, they now try to score on the two goals at the opposite side. Game ends when the ball rolls out and two new players begin the game. (8 minutes).



5) Small Sided Scrimmage---In a 20yd x 25yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. (30 minutes)



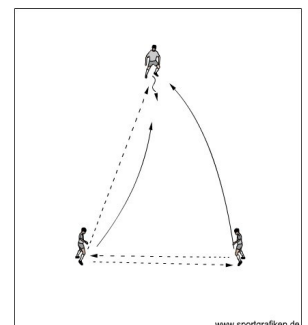
Andover Soccer Association --- U10/U12 --- Week 6

OBJECTIVE: Defending individually and as a group. Players must know the technical, tactical, physical and mental components of defending as individuals, in small units and as a team. This session can be used for players from U12 and older. The older and/or better ability of players the more demands we place on them.

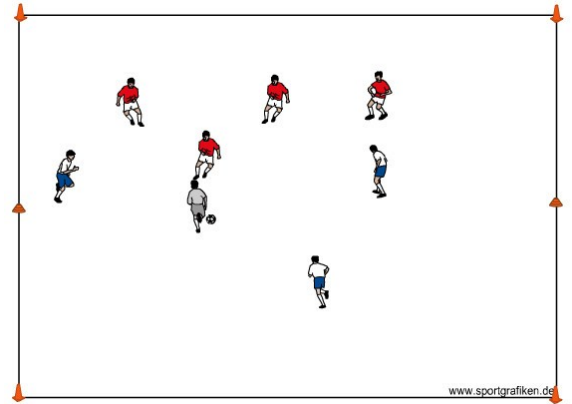
Coaching Points:

- The 1st defender needs to “approach fast, arrive slow”, bend run, have correct stance: be on their toes, with knees bent, one foot forward, one back. The 1st defender “affects” the ball...gets the head of the 1st attacker down by getting close to the 1st attacker, approximately arm’s length
- The 2nd defender needs to be at approximately a 30 degree backward angle to the 1st defender on the side that the first defender is showing the ball towards; cannot be too far back or too close to 1st defender
- The 2nd defender tells 1st defender which way to push attacker
- Communication – Visual and verbal. Players must communicate their intentions and responsibilities clearly and precisely through verbal and visual cues
- **Deny** penetration with a dribble
- Immediate chase/pressure – The moment possession is lost the nearest player(s) try to regain possession or apply pressure on the ball
- **Delay** – The pressuring defender(s) forcing the attacking team to take time organizing its attack so defenders have time to form a collective defending action behind the ball
- **Cover** – While the ball is being pressured all other players should be recovering into defensive positions. The positions taken should support the pressuring defender in the event he is beaten
- **Balance** – As the team concentrates their defense in the area of the ball, defenders away from the ball (opposite side of field) must position themselves to cover vital spaces (central areas) in order to prevent attackers from making penetrating runs into these spaces in which to receive the ball
- Defenders need to slide together or move as a block. Defenders need to squeeze space anytime the opponent passes side-ways or square
- Any pass or dribble backwards by the attacking team, the defending team pushes up and closes a lot more space **Caution:** How much space to squeeze will depend on how much pressure is applied to the 1st attacker (player with the ball). If not enough pressure is applied, defending team can be beaten with a long ball over the heads or a through ball
- Defending relative to match situation - Time, score, etc. How much time is left in the game and what is the score? Do we defend more cautiously to preserve the win or just keep playing the same way?

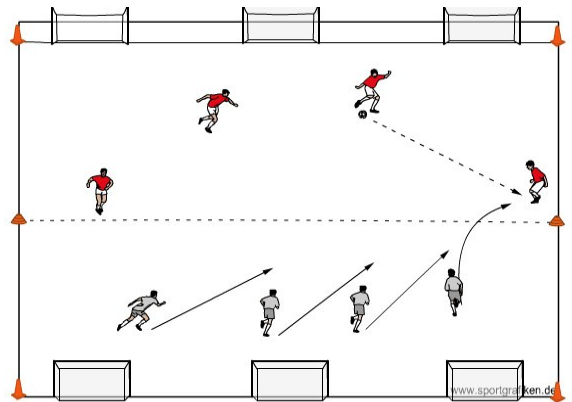
1) Warm-up - - In three’s, pass the ball back and forth one or two touches from about 7-10 yards apart. When any of the three players stops the ball with the bottom of their foot (or at the coach’s command), the partners respond by 1st player making a bending run and closing down the player on the ball as the 1st defender would and the other player reacts as the 2nd defender and covers the space behind 1st defender. After arriving, the defender backs off, and the exercise continues. **(15 minutes)**



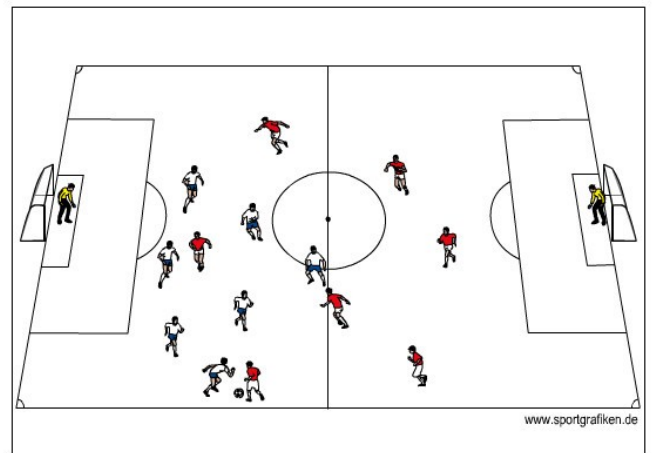
2) **4 v 4 to End Lines** - - In a 30 x 45yds grid The midfield is divided in half by discs. The offside rule begin at midfield. One team defends and attacks the long side of an end line. Teams score by dribbling ball under control over the end line. (15 minutes)



3) **4 v 4 to Six Goals** - - 30yd x 45yd grid. The midfield line is the restraining line (offside line). Each team attempts to score in one of the 3 goals opposite them. Work with one of the teams to help them maintain the flat shape of the defending action. (20 minutes)



4) **7v7 or 8v8 Game** - - Including Goalkeepers. Use a system of play that has 3 or 4 backs. **Reminder:** Goalkeeper plays a very important role in zonal defending. He or she must come off their line and act as a sweeper as soon as the defenders push up and squeeze space. Be ready to clean up any balls played over or through the defenders. (30 minutes)



Cool Down - - Juggling in 2's and 3's. Players will perform static stretching of the major muscle groups.
(10 minutes)