



## U9-U10 Defending (2) - J. Sells

Category: Technical: Defensive skills

Difficulty: Moderate

Am-Club: New Mexico Rapids Soccer Club  
Technical / Coaching Directors, Albuquerque, United States  
of America

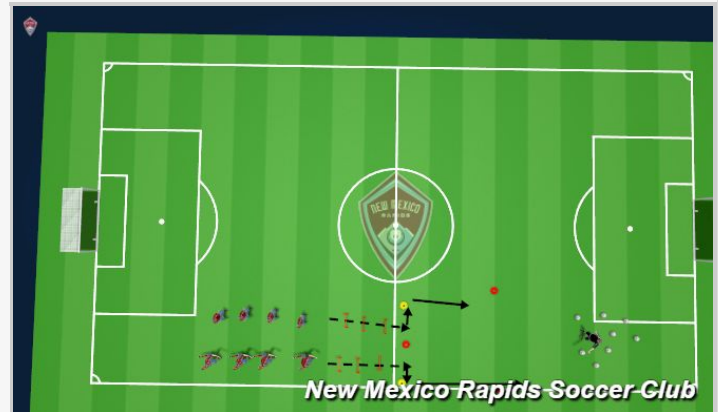
### Hurdle Run: Activation (10 mins)

#### DESCRIPTION/ORGANIZATION: Hurdle Run Race

For this drill the players are divided into 2 groups of 6 players each and stand opposite each other on one side of the "hurdle course". At the end of both courses are two different colored cones, on either side of them another cone at a 10 meters distance. All the players start the stick course at the same time (a faultless run, otherwise they must start again). The one to arrive first touches a cone and then chooses a direction. The one to arrive last must try to catch up with the other player and reach the end cones (red) first.

\*Attention! Once the stick run has been mastered, attention can be turned to speed.

\*Variation: Coach can call out the color cone players must touch once they have completed the hurdle zone.



### Technical Triangle: Opponent in Front (15 mins)

#### DESCRIPTION/ORGANIZATION: Gate Blocker

A. Player 1 dribbles toward the center stick and executes a turn (below)

- The inside cut
- The outside cut
- Cut behind the standing leg (Cruyff)
- The step-over turn (Step 4)

B. Player 1 dribbles back again around near red cone

C. Player 1 passes to player diagonally across from them at top stick.

D. Top stick player receives ball and speed dribbles back to starting line.

\*Players follow their pass and dribble to the next line.



### End Zone Dribble 3v3 + N (25 mins)

#### DESCRIPTION/ORGANIZATION: End Zone Dribble w/ Goals

Three attackers + N keep possession against 3 defenders by a combination of passes or an individual action, eventually scoring by dribbling into opposite endzone. After taking possession the defenders may then score by dribbling the ball into opposite endzone. Attention! The attackers may not go off-side. The off-side line is stipulated by the last defender. If the ball goes off the field the coach introduces a new ball into the game.



**DESCRIPTION/ORGANIZATION:**

6v6 + Neutral (N) (Yellow) play possession and try to score is opposing teams goal. Teams use possession play and technical skills to break opponent down and score. Numbers and field space can be altered based on age group and level of players.

**COACHING POINTS:**

- 40 x 35-yard grid
- Individual/ small group defending principles
- GK+2-3-1 vs. GK+3-1-2
- Technical quality and speed
- Spacing
- Decision making
- \*Coach within the flow. Limit coaching stoppages and make competitive.

