



U5-U8 Defending (1) - J. Sells

Category: Functional: Defender

Difficulty: Moderate

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

Description

Defending. Individual and small group.

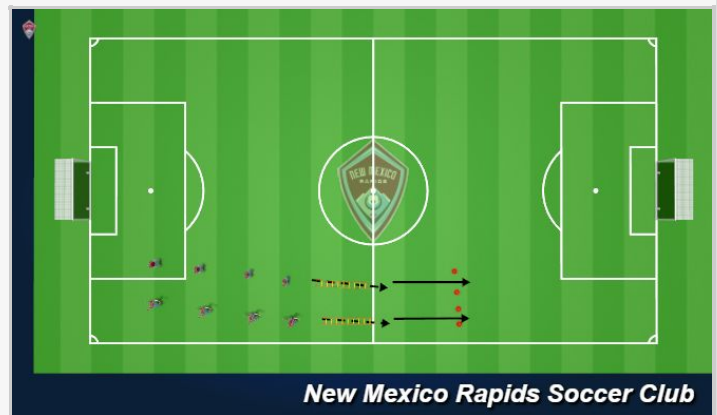
Activation: Agility Ladder (10 mins)

DESCRIPTION/ORGANIZATION: Agility Ladder

COACHING POINTS:

This is a drill, in which the footwork forms are taught in the speed ladder. The drill builds up from coarse motor skills to fine motor skills.

Core Patterns: 1 Foot in Each Straight, 2 Feet in Each Straight, 2 Feet in - One out Zig Zag, 2 Feet in - 2 Feet out Zig Zag, etc...



Dribble King (15 mins)

DESCRIPTION/ORGANIZATION:

Each player has a ball and on the coach's signal, the players dribble the ball from the starting line to the finishing line on the other side of the grid. Along the way the "thieves" tries to kick the other players' balls out of the square. Lose the ball and you also become a "thief". The winner is the last remaining player.

COACHING POINTS:

Dribbling Technique

Defending Technique

Head Up

Space recognition

Change of direction and speed.



1v1 - 3v3 Counter Goal Soccer (25 mins)

DESCRIPTION/ORGANIZATION:

- 1v1 grid 20L x 15w

- 2 teams and coach has soccer balls

- Coach plays to team attacking 2 goals. Cannot score until you are in your attacking 1/2. Def. can counter and score anytime once possession is won.

COACHING POINTS:

-Attack the ball as it's passed

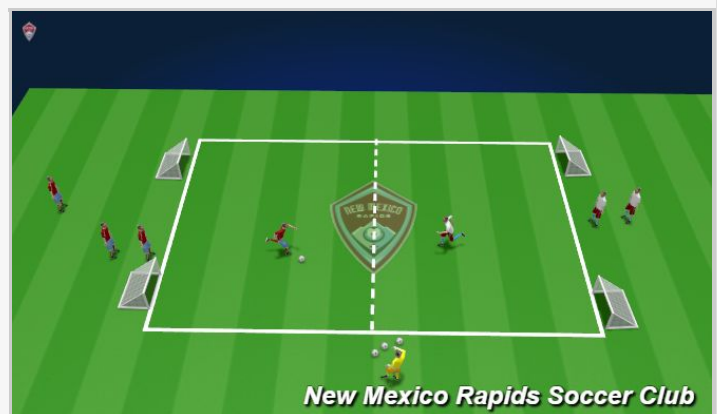
-Go at speed at defender

-Making a move/change direction as you approach defender. Look to attack defender's front foot.

-Change of pace and finishing after beating defender

-Defender needs to come in at angle (channel) attacker.

-Defender: staggered and low stance



5v5 + N Endline Gate Game (25 mins)

DESCRIPTION/ORGANIZATION:

35 (W) x 40 (L) yard area

5v5 + N to start match.

5v5 + N (yellow) keep possession by a combination of passes or an individual actions, followed by scoring in one of the opposite endline gates. After taking possession the defenders may then score by scoring in one of the opposite endline gates. Attention! If the ball goes off the field the other team starts the game.

