



U5-U8 Defending (2) - J. Sells

Category: Functional: Defender

Difficulty: Moderate

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

Description

Defending and Dribbling.

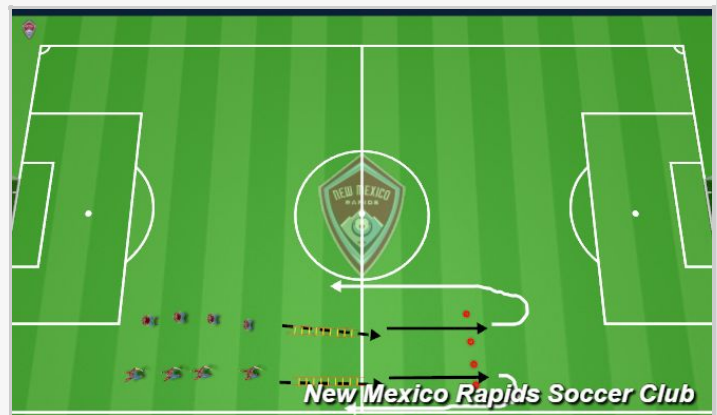
Activation: Agility Ladder (15 mins)

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 Gates Game (15 mins)

DESCRIPTION/ORGANIZATION:

Each player has a ball and on the trainer's signal the players try to dribble the ball through one of the four gates, to the other side of the field. Along the way the "thieves" try to kick the players' balls out of the square. If you lose your ball, you also become a "thief". The winner is the last remaining player.

Variation: Each player starts with 3 points. When a player loses a ball, a point is subtracted. The player is out of the game at 0 points. 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 one team with soccer balls is serving defending team other is attacking team.

- White teams serves and defends for two minutes. Red team is attacking team. Switch roles after 2 minutes. Teams keep track of goals to make activity competitive.

COACHING POINTS:

-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

-Also focus is put on cover, pressure, and balance in 2v2 or higher numbers.



DESCRIPTION/ORGANIZATION:

Four attackers keep possession against 4 defenders by a combination of passes or an individual action, eventually scoring by dribbling the ball into the opposite endzone. After taking possession the defenders may then score by dribbling the ball into the opposite endzone. Attention! The attackers may not go off-side. The off-side line is stipulated by the last defender. (applies only to 11-11 teams) If the ball goes off the field the other team starts the game.

COACHING POINTS:

- 30 x 35-yard grid
- Individual defending principles
- Defending in 4's (pressure, cover and balance)

