

Soccer Practice Plan

Name: _Marsha Lycan/Falmouth Youth Soccer

Date: Fall 2011

Age Group: U9-U14

Theme: Basic Defending 1v1, 2v2

Activity

Coaching Points

1st Activity (warm-up)

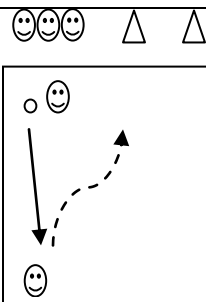
Players in groups of 3s, passing and moving with one ball around entire field. When coach yells GO, person with ball tries to dribble between the 2 others who immediately become defenders.

Progress to player trying to pass ball between other 2 players when coach yells GO

- Immediate ID of 1st defender (I got ball!)
- Pressure/Cover

2nd Activity 1 v 1 to gate

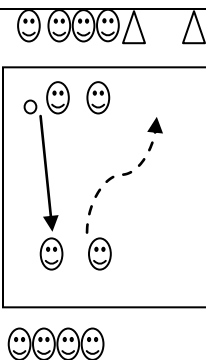
Small grids set up approx 10 x 15. Six or so players per grid, half on one side and half on other. Small goal on one side of grid, off centered so that it's near corner as shown. First player on goal side of grid serves ball to first player opposite who attempts to dribble through small goal for point. If server/defender wins ball, he/she tries to dribble over opposite end of grid for point. Players play one v one until goal or ball out of bounds.



- Defender approaches in "C" run not straight on
- Very rapid approach, then controlled as you reach attacker
- Defensive stance with Body position side on
- Touch tight
- Wait for attacker to 'show' ball then tackle hard and straight on
- If attacker starts to beat around outside, toe poke tackle last resort

2nd Activity 2 v 2 to gate

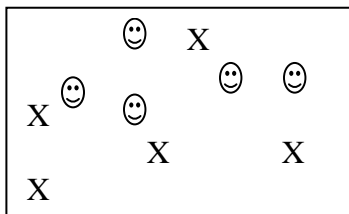
Same as above with 8 or so players per grid. Now players play 2 v 2 with same format.



- Communication, ID of 1st defender
- Pressure/Cover
- If ball is played square by attacker, 2nd defender drops, don't get caught flat
- Make play predictable

3rd Activity Game

Play full field 6 v 6 or 8 v 8 while Reinforcing 1v1 and 2v2 defending concepts



- All of above!