

Soccer Practice Plan

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Age Group: U18 Girls

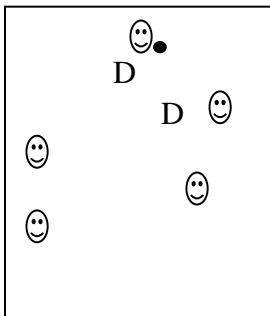
Theme: Defensive Transition the moment ball is lost

Activity

Coaching Points

1st Activity (warm-up) 5 v 2

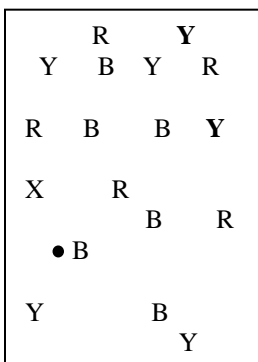
Players are in groups of 7 playing 5 v 2 as warm up. Defenders hold pinnies so that they can switch off quickly when they win the ball.



- Work in tandem
- Communication
- Body position/angle of closing runs
- Channel ball into cover
- Prevent penetrating (split) pass at all costs

2nd Activity 6 v 6 + 6

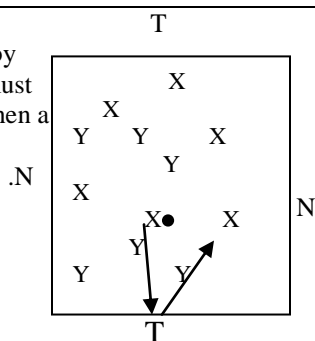
3 teams in separate colors Red, Yellow, Blue, with one team always defending. Defense changes rapidly as the attacking color who loses ball transitions to defense. After establishing rhythm then start scoring by giving defensive color 1 pt when then win ball back within 3 seconds of losing it..



- Communication!
- First Defender identifies herself QUICKLY
- Without proper cover, pressure is useless
- Forcing ball into channels
- Defensive reaction/shape moment ball is lost.
- Tenacity to win back within 3 seconds

3rd Activity 6 v 6 +2 Progression

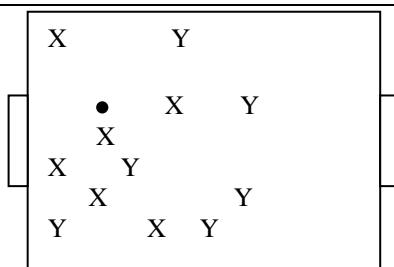
6 v 6 + 2 Neutrals who are wide players on either side of grid. Teams score point by playing ball to Target over endline who must one touch ball back to another player. When a point is scored successfully then team plays the other way



- Communication
- React immediately when ball is lost
- Ball side/goal side as quickly as possible
- 2nd/3rd defender role important in giving cover/taking Away options!

5th Activity (the game)

Play regular game whatever numbers allow with goals and GKs. Stop frequently upon team losing position to look at defensive reaction and shape



- ALL OF ABOVE
- Focus on the immediate transition moment