

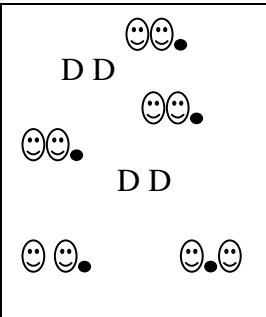
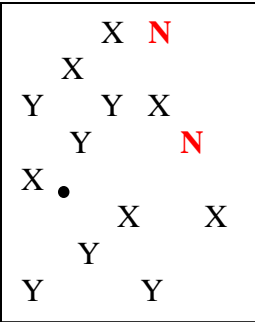
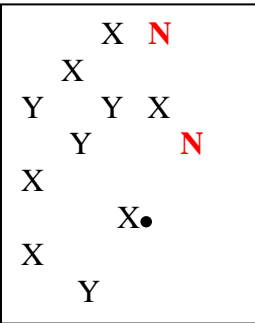
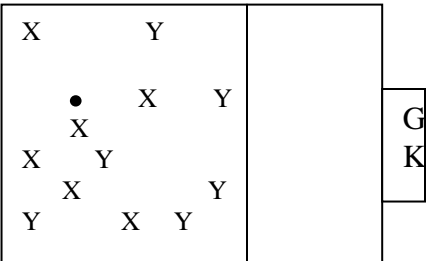


# Soccer Practice Plan

Name: Marsha Lycan	Date: 27-Jan 2011
Age Group: U18 Girls	Theme: Small Group defending

## Activity

## Coaching Points

<p><b>1<sup>st</sup> Activity (warm-up)</b></p> <p>Players in grid in pairs with one ball per pair Two Pairs ( more depending on numbers) of defenders who are trying to steal ball from one pair. Defenders must work together trying to get ball from one pair. Once D wins ball, other pair becomes defenders. (helpful to have D holding pinnies to allow quick transition)</p> 	<ul style="list-style-type: none"> <li>Work together</li> <li>Communication</li> </ul>
<p><b>2<sup>nd</sup> Activity 6 v 6 +2</b></p> <p>6 v 6 with 2 Neutrals as offensive support in large grid. Play possession with 5 passes equalling one point. Can use GK as neutral with ability to use either hands or feet.</p> 	<ul style="list-style-type: none"> <li>Communication!</li> <li>First Defender identifies herself QUICKLY</li> <li>Without proper cover, pressure is useless</li> <li>Forcing ball into channels</li> </ul>
<p><b>3<sup>rd</sup> Activity 6 v 6 +2 Progression</b></p> <p>Same as above now adding directional play. Goal is scored by team dribbling or passing across their endline.</p> 	<ul style="list-style-type: none"> <li>Communication</li> <li>2<sup>nd</sup>/3<sup>rd</sup> defenders reacting to visual cues</li> <li>Use boundaries to defensive advantage</li> <li>React quickly to doubling opportunities</li> </ul>
<p><b>5<sup>th</sup> Activity (the game)</b></p> <p>6 v 6 with large goal 15 yds outside of grid. Team must complete 4 passes then can shoot on big goal. Shot must be from within grid.</p> 	<ul style="list-style-type: none"> <li>ALL OF ABOVE</li> <li>Work as unit to take away shooting opp</li> </ul>

