

# SoccerPracticePlans™

From Coerver ClubMax

Practice No. 204



## DEFENDING For 8-10 year olds

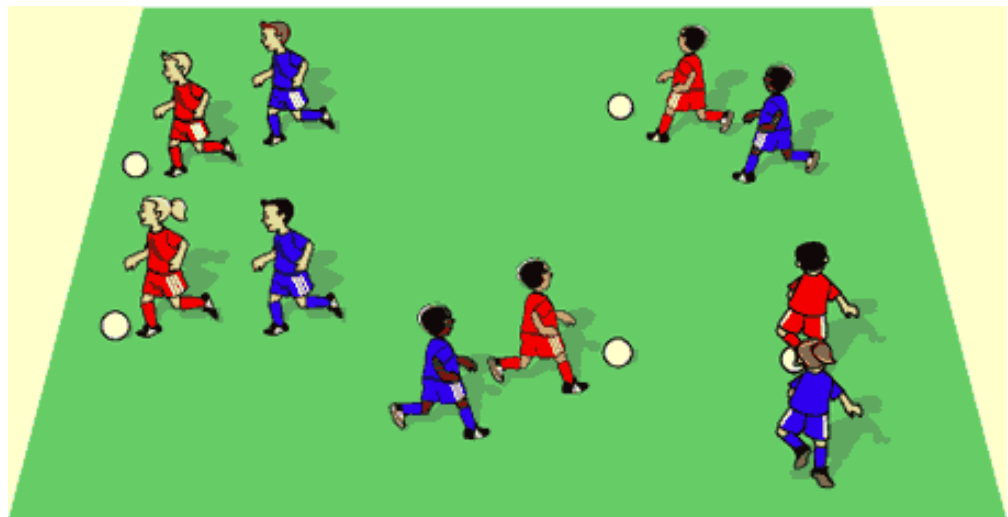
### First & Second Defenders

## WARM UP

### Shadow Defending

1. Players are grouped in pairs. Each pair has one ball with one player possessing the ball and one player acting as a defender for the exercise

2. On the coach's command, player possessing ball begin dribbling. On the coach's next command, defenders chase their partners



### MAIN POINTS:

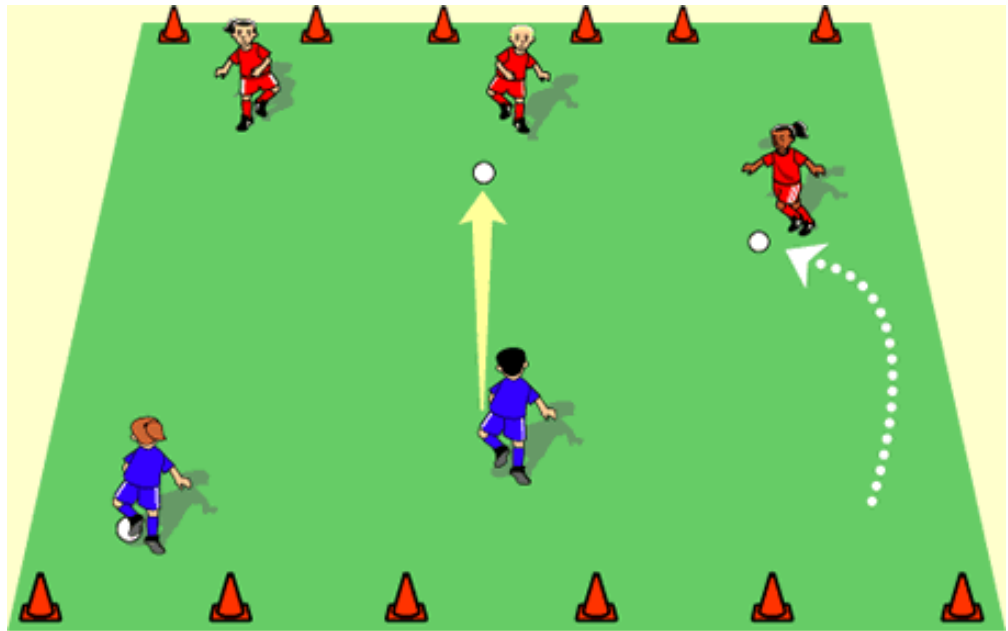
1. Defender keeps his **eyes on the ball.**
2. Play "**Touch Tight.**"
3. **Channel** the attacker.

3. The defender is not allowed to take the ball from the other player, only to chase after him.
4. On the coach's next command, all players freeze in place.
5. If the defender can touch his partner without moving from his spot("Touch Tight"), the defender receives a point. Otherwise, his partner gets a point.
6. Resume on the coach's command, being sure to stretch every three minutes.

## MAIN TOPIC A

### 1v1 Defending

1. One defender starts with the ball and plays it to the attacker to start the exercise.
2. The defender makes a "Curved Run" towards the attacker. There is no out-of-bounds.
3. Defender must get into the "Surfing Position" (side-on) and defend his goal.
4. Alternate possession between sides.
5. First player to score 3 goals is the winner.



### MAIN POINTS:

1. Approach attacker with a **Curved Run**.
2. Defender assumes a correct **Surfing Position**.
3. Knowing when to tackle and when to delay.

## MAIN TOPIC B

### 2v2 Defending

1. 20-yard by 20-yard grid.
2. Defenders act in tandem.
3. First defender applies pressure in "Surfing Position" and channels the attacker with possession of the ball.
4. The second defender will act as "Cover."
5. Defenders must be able to quickly swap their roles of covering and pressuring as attacking players exchange possession of the ball.



### MAIN POINTS:

1. **Cover, Balance, Pressure.**
2. **Correct Surfing Position.**
3. **Defenders keep their eyes on the ball .**

## GAME PLAY

### Zonal Soccer

1. Set up a 60-yard by 30-yard field and divide the field into three zones.
2. Two teams of five players each are set up, each starting with a goalkeeper and two players defending their own goal zone, one player in the middle zone, and one player in the opposing team's goal zone.
3. A player can move into a zone closer to the opponent's goal zone only if he or she makes a successful pass to a teammate in the next zone.



### MAIN POINTS:

1. The first defender's priority is to **win the ball or channel** the ball to one side.
2. The second defender's priority is to **provide cover** for the first defender and to always **note the position of the ball and the other attacker**.
3. Defender makes the **tackle** if the **attacker's head is down, the ball is not moving, or the attacker loses control of the ball**.

## **COOL DOWN**

- 1. The whole team dribbles the ball *slowly* around the field, stopping to stretch and loosen up occasionally.**
- 2. Coach reviews the session and its main points before assigning homework.**

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