

SoccerPracticePlans™

From Coerver Coaching

Practice No. 209



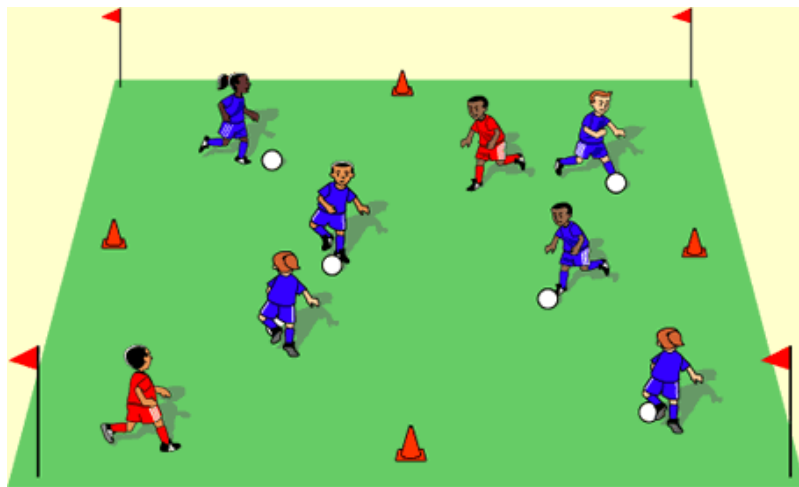
DEFENDING For 8-10 year olds

Basic Defending

WARM UP

Kick Out: Dribbling and Stretching

1. 30- by 30-yard square grid. All players have a ball except for two defenders.
2. Players with balls dribble within the area.
3. On coach's command, defenders try to clear balls by kicking them out.



MAIN POINTS:

1. Proper defensive approach to the ball.
2. Proper defensive stance.
3. Know when to tackle.
4. Know when to delay.

4. If a ball is kicked out, the player who loses the ball must perform 3 juggles before coming back in.
5. Defenders receive 10 points every time they successfully kick a ball out.
6. Stretch every 3 minutes and then rotate defenders.

MAIN TOPIC A

Curved Run and Balance

1. Players work in pairs. One player starts with the ball and plays it to his opponent.

2. Defender makes a "Curved Run" on order to channel the attacker.

3. Defender must get into "Surfing Position."

4. Defender must stay "Touch Tight."

5. 10 points for a goal.

6. 10 points for a tackle.

7. Reset after goal or tackle.



MAIN POINTS:

1. "Curved Runs."
2. "Touch Tight." (Defender always within touching distance of attacker.)
3. Slow down when approaching attacker.
4. "Surfing Position" when defender reaches attacker.

MAIN TOPIC B

2v2 Defending

1. 2v1 to start exercise.
2. Defender plays ball into attackers.
3. Second defender joins in only if there is a pass.
4. Points for interceptions:
10 for interception
20 for interception and goal
5 for a goal by attackers



MAIN POINTS:

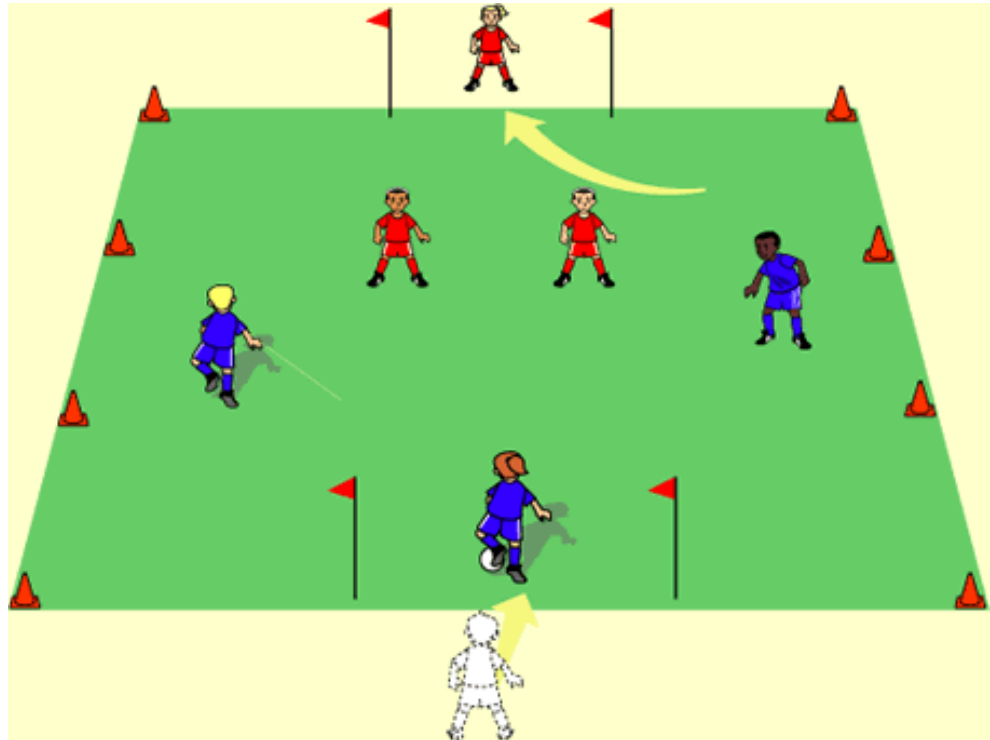
1. Defender delays play for as long as possible.
2. Attempt to "Channel" player with ball and deny passes.
3. Apply full pressure only if attacker makes a mistake.

GAME PLAY

3v2 Defending

1. Two teams of three players each. One team starts with the ball. Attacking team has 3 players on the field, defending team has two players on the field. (When defending, the third player stands behind the goal until his team wins the ball.)

2. When defending team wins the ball, the third player enters the field as one player from the team losing the ball must leave the field and stand behind the goal.



MAIN POINTS:

1. Defenders "Compact" centrally to avoid conceding an easy goal.
2. Learn when to pressure the ball and deny further penetration .
3. Deny passing opportunities.

3. The team winning possession of the ball must pass it back to their entering teammate.

4. There needs to be some sort of point scoring system.

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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