

SoccerPracticePlans™

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Practice No. 214



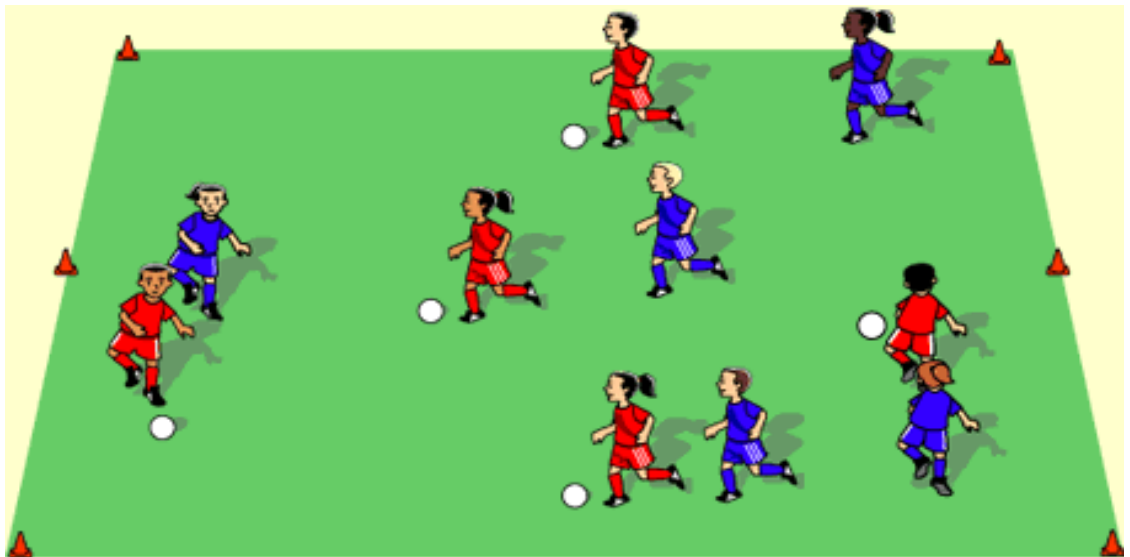
DEFENDING For 8-10 year olds

Marking Tight

WARM UP

Chasing Shadows

1. Each player has a partner.
2. Players numbered 1 and 2.
3. Player 1 is attacker with a ball and player 2 is defender with no ball.
4. On coach's command player 1 dribbles and player 2 goes on coach's second command.
5. When coach shouts shadows player 2 has to be within touching distance.
6. Use points system.



MAIN POINTS:

1. Defender should be on **balls of feet**.
2. **Knees bent** for balance .
3. **Body sideways** (surfing position), head steady, eyes fixed firmly on ball.

MAIN TOPIC

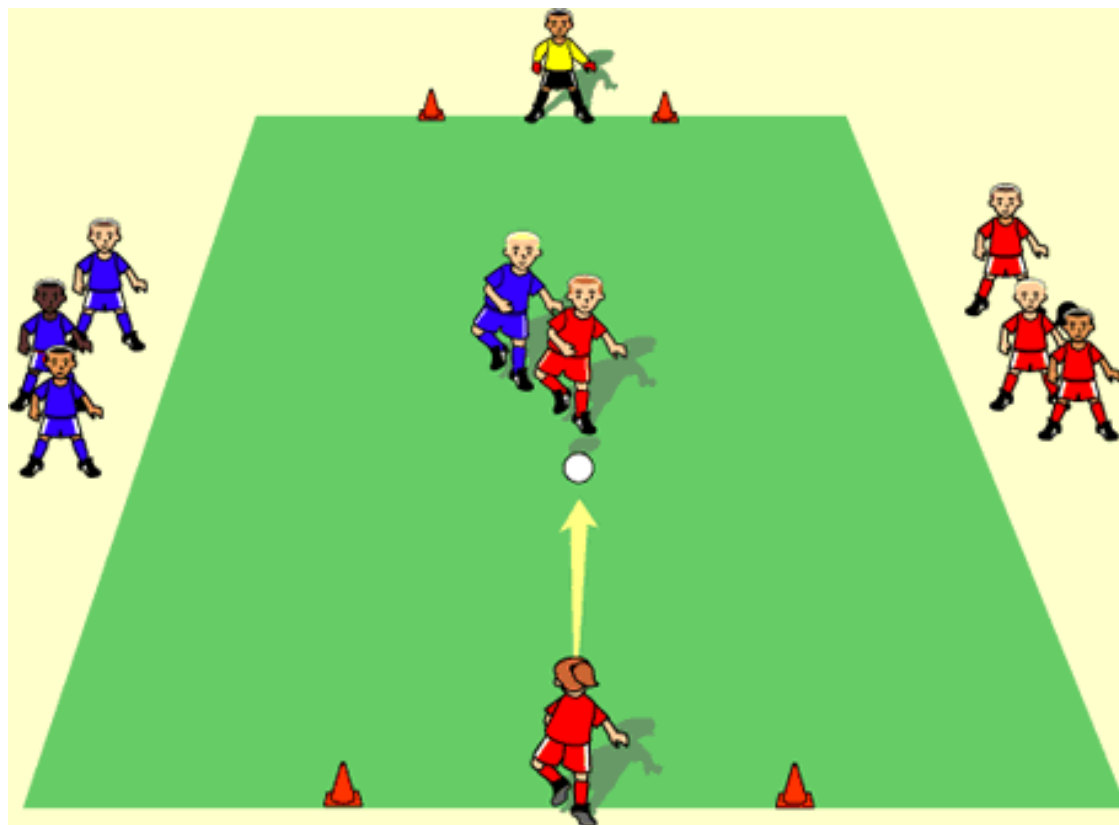
Marking

30 x 10 yard grid.

Play 1 v 1 with the goalkeeper.

Server passes the ball to the forward.

The defender tries to intercept, spoil, force back.



MAIN POINTS:

1. Prevent turning.
2. If attacker turns with ball make play predictable.
3. Block shots

GAME PLAY

3 v 3 Duels

40 x 20 yard field with two teams of three.

Five yard end zone.

Coach plays the ball to either team.

Score by getting a player into the opposition end zone with foot on the ball.



MAIN POINTS:

1. **Touch tight** and jockey (surfing position).
2. Communication.
3. Be **patient**.

COOL DOWN

1. Each player dribbles a ball and stretches every minute.

