

Session Topic: Small Group Defending 1:1 2:2 3:3

Coach Name: Tara Erickson

Age Group: 1987 Girls



(Activities should be developmentally appropriate to age group.)

<u>DIAGRAMS</u>	<u>ACTIVITY & ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<u>WARM-UP</u>	Pairs with ball movement. Shadowing with partners – 1:1 angle defending with minimal pressure. Use different variations. Include stretching periodically.	Proper defending techniques Preparing players for game condition
<u>PHASE 1</u>	1:1 Channel Defending Line soccer with continuous play. Add small goal at one end. Coach can play another ball in to work on the recovering defender.	Angle of approach Speed of approach Making play predictable <u>*Communication</u>
<u>PHASE 2</u>	2:2 Line soccer coaching pressure – cover. *Variations: 2:2 to two wide small goals or one central small goal. 3:3 With same variations.	Pressuring defender (same as above) Covering defender: Support angles, depth and vision. (Decisions) An overall balance from our third defender – vision – positioning.
<u>PHASE 3: THE GAME</u>	6:6 or 7:7 w/keepers utilizing the whole half of the field. Use the full width as well to get the third defender involved.	Must find the same coaching points that have been listed above and reemphasize them.
<u>COOL DOWN</u>	Jogging/stretching	