### **U10 Session Plan**

Week 7

Season Spring 2016

Topic

**DEFENDING 1-PRESURE, DELAY, COVER** 

(5 W's)

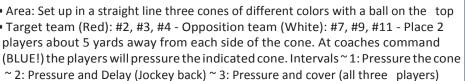
Who: #2, #3, #4 Where: In the central and flank channels of the field Objectives What: Pressure: Speed and angle of approach, Pressing distance, Body shape, Foot Foot work , Type of tackle, Delay, Cover: Angle and distance When: As soon as you oss possessions of the ball Why: To deny penetration and shooting opportunities

### Organization

Duration | 12 mins

Intensity Med-High

Stage 1 Pressure, Delay and Cover Box



**Coaching Points** 

Activity Time 2 mins Rest 1min

Intervals

4

What? Technique of Defending:

- ~ Pressure: Speed of Approach, Angle of approach, Pressing distance, Body shape and footwork
- ~ Delay: Jockeying (Back pedaling), Foot work
- ~ Cover: Angle/distance of cover, What does he/she say to the pressing defender?



# Stage 2 4 v4 - 5 Seconds Press Game

Organization

Duration

15 mins

Intensity Med-High

Area: In a 20Wx30L yard field with goals

•Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11 - When a player loses the ball the team has 5 seconds to pressure, deny penetration, and win the ball back. If the Red team regains possession they get 5 points, if they score they get 10 points. If White scores all points eliminated for Red.

## **Coaching Points**

Activity Time 4 mins Rest 1 min Intervals

- What? Technique Speed and angle of approach, Pressing distance, Body shape, foot work, Type of tackle (Poke or Block) - Angle, speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? When? Why? ~ Delay: Who? When? Why? Cover: Who? Where? When?

### Organization

Duration

18 mins

Intensity

Medium

Stage 3

4v4 to Goal

Area: In a 20Wx30L yard field with goals

 Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply.

**Coaching Points** 

Activity Time 7 mins

Rest

2mins

Intervals

- What? Technique Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackle (Poke or Block) - Angle, speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why?

Stage 4 - 7v7 Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Duration 30 mins Intervals 2 In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #4 to work together to regain the ball Organization Technical Execution, Roles and responsibilities of #2, #3, #4. Defending Principles, 5W's, Speed of Play. **Coaching Points**