

<b>U10 Session Plan</b> Week 7		<b>Season</b> Spring 2016		<b>Topic</b> DEFENDING 1 - PRESURE, DELAY, COVER						
<b>Objectives (5 W's)</b>		<b>Who:</b> #2, #3, #4 <b>Where:</b> In the central and flank channels of the field <b>What:</b> Pressure: Speed and angle of approach, Pressing distance, Body shape, Foot work, Type of tackle, Delay, Cover: Angle and distance <b>When:</b> As soon as you loss possessions of the ball <b>Why:</b> To deny penetration and shooting opportunities								
<b>Organization</b>	Duration	12 mins	Intensity	Med-High	<b>Stage 1</b> Pressure, Delay and Cover Box					
<ul style="list-style-type: none"> <li>Area: Set up in a straight line three cones of different colors with a ball on the top</li> <li>Target team (Red): #2, #3, #4 - Opposition team (White): #7, #9, #11 - Place 2 players about 5 yards away from each side of the cone. At coaches command (BLUE!) the players will pressure the indicated cone. Intervals ~ 1: Pressure the cone ~ 2: Pressure and Delay (Jockey back) ~ 3: Pressure and cover (all three players)</li> </ul>										
<b>Coaching Points</b>	Activity Time	2 mins	Rest	1min	Intervals	4				
<ul style="list-style-type: none"> <li>What? Technique of Defending: <ul style="list-style-type: none"> <li>~ Pressure: Speed of Approach, Angle of approach, Pressing distance, Body shape and footwork</li> <li>~ Delay: Jockeying (Back pedaling), Foot work</li> <li>~ Cover: Angle/distance of cover, What does he/she say to the pressing defender?</li> </ul> </li> </ul>										
<b>Stage 2</b> 4 v4 - 5 Seconds Press Game		<b>Organization</b>								
		Duration	15 mins	Intensity	Med-High					
<ul style="list-style-type: none"> <li>Area: In a 20Wx30L yard field with goals</li> <li>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.</li> </ul>		<b>Coaching Points</b>								
		Activity Time	4 mins	Rest	1 min	Intervals	3			
		<ul style="list-style-type: none"> <li>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</li> <li>Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? Cover: Who? Where? When?</li> </ul>								
<b>Organization</b>		Duration	18 mins	Intensity	Medium	<b>Stage 3</b>	4v4 to Goal			
<ul style="list-style-type: none"> <li>Area: In a 20Wx30L yard field with goals</li> <li>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.</li> </ul>										
<b>Coaching Points</b>		Activity Time	7 mins	Rest	2mins	Intervals	2			
<ul style="list-style-type: none"> <li>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</li> <li>Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why?</li> </ul>										
<b>Stage 4 - 7v7</b>	Duration	30 mins	Formation	R GK-3-2-1 v W GK-2-3-1	Activity Time	12 mins	Rest	3 mins	Intervals	2
<b>Organization</b>	In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #4 to work together to regain the ball									
<b>Coaching Points</b>	Technical Execution, Roles and responsibilities of #2, #3, #4. Defending Principles, 5W's, Speed of Play.									