

U10 Session Plan Week 8		Season Spring 2016		Topic DEFENDING 2 - PRESURE, DELAY, COVER & BALANCE	
Objectives (5 W's)		Who: #2, #3, #4, #6 Where: In the central and flank channels of the field What: Pressure: Speed and Angle of Approach, Distance, Body shape, Foot work, Type of tackle, Delay, Cover & Balance When: At loss of possession Why: To deny penetration and shooting opportunities			
Organization		Duration 12 mins	Intensity Med-High	Stage 1 3 v 4 to One Goal	
<ul style="list-style-type: none"> Area: In a 20Wx15L yard grid (Half Field) with a goal at the end line Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #9, #11 - The White will pass the ball among the 3 players. The red team will try to move as a group to defend the goal. Intervals 1: Pressure and Delay. The attacking player can dribble forward. ~ 2: Pressure, Delay and Cover ~ 3: Pressure, Delay, Cover and Balance 					
Coaching Points		Activity Time 2 mins	Rest 1min	Intervals 4	
<ul style="list-style-type: none"> What? Technique of Defending: <ul style="list-style-type: none"> ~ Pressure: Speed of Approach, Angle of approach, Pressing Distance, Body shape and Foot work ~ Delay: Jockeying the dribbler, Foot work ~ Cover: Angle/Distance of Cover, What does he/she say to the pressing defender? ~ Balance: Angle and Distance 					
Stage 2 4 v 4 - 5 Seconds Block Defending		Organization			
		Duration 15 mins	Intensity Med-High		
<ul style="list-style-type: none"> Area: In a 20Wx30L yard field with goals Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #8, #9, #11 - When a player loses the ball the team has 5 seconds to move as a group to pressure, delay the ball and win it back. If the defending team regains possession they get 5 points, if they score they get 10 points 		Coaching Points			
		Activity Time 4 mins	Rest 1min	Intervals 3	
<ul style="list-style-type: none"> 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? Balance: Who? Where? 					
Organization		Duration 18 mins	Intensity Medium	Stage 3 5v5 to Goal	
<ul style="list-style-type: none"> Area: In a 20Wx30L yard field with goals Target team (Red): #1, #2, #3, #4, #6 - Opposition team (White): #1, #7, #8, #9, #11. Play to score in the opponent's goal. All rules apply. 					
Coaching Points		Activity Time 7 mins	Rest 2mins	Intervals 2	
<ul style="list-style-type: none"> 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? Why? ~ Balance: Who? Where? 					
Stage 4 - 7v7		Duration 30 mins	Formation R GK-3-2-1 v W GK-2-3-1	Activity Time 12 mins	Rest 3 mins Intervals 2
Organization		In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #2, #3, #4, #6 to move as block to defend			
Coaching Points		Technical Execution, Roles and responsibilities of #2, #3, #4, #6. Defending Principles, 5W's, Speed of Play.			