



## U6 Academy Session 5

**Main Topic:** Intro to Defending. In this session we introduce some of the basic concepts of individual defending to include proper defending stance, how to defend goal side, and how to provide pressure to close down an attacking player.

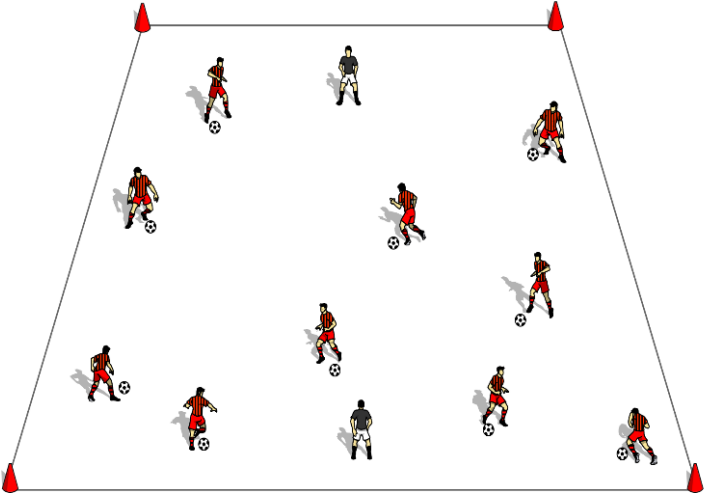
### **REVIEW:**

**Step-Over.** The step over is an attacking move that has the player fake a pass using the inside of their foot and then take the ball away using the outside of the same foot.

**Lean and Push.** The lean and push is an attacking move where the player makes a fake step “lean” opposite the direction they want to go and then beats the defender with an outside touch (pinkie toe) with the opposite foot.

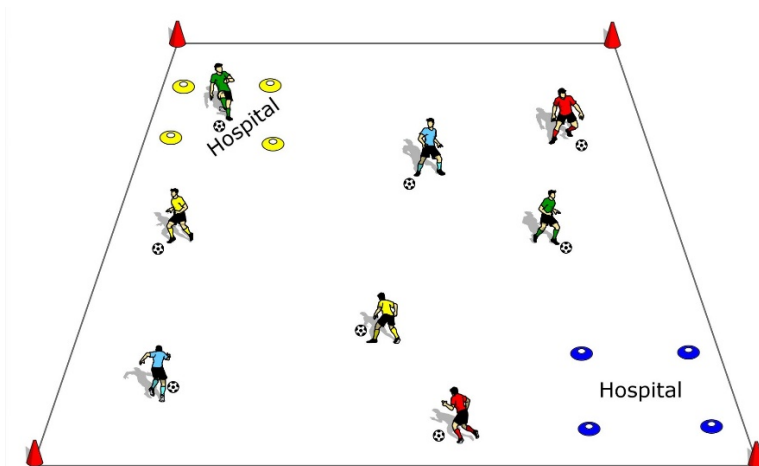
**Pull Back.** The pullback is a change of direction move that is executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it. Teaching young players to keep their eye on the ball while they turn and to keep the ball close to them after they make the turn will help them complete the pullback properly.

Activity Name/Description	Diagram	Instruction/Coaching Points
<b>Warmup Activities</b>		
<b>Warm Up Game</b> <ul style="list-style-type: none"> <li>- Coach should have a soccer ball in their hand so if a ball goes outside the area they can immediately call “new ball” and provide one to a player.</li> <li>- BE SURE TO MAKE THE GATE GOALS WIDE SO THE PLAYERS HAVE SUCCESS SCORING BY DRIBBLING THROUGH THEM</li> </ul>		<ul style="list-style-type: none"> <li>- To encourage the players to spread out we will now require that once a team has won the ball they must pass it to the coach before scoring.</li> <li>- Coach cannot be defended.</li> <li>- When the coach receives a pass from a player he will look to find an open player to pass the ball to.</li> </ul>
<b>1<sup>st</sup> Activity – Body Awareness</b> <ul style="list-style-type: none"> <li>- Start out with the stationary and dynamic balance and agility exercise from previous weeks.</li> </ul> <b>Now with a ball</b>	<b>WITHOUT AND WITH A BALL.</b>	<ul style="list-style-type: none"> <li>- Continue to make the movements more difficult and challenging.</li> <li>- Start by demonstrating the movements and then asking</li> </ul>

<ul style="list-style-type: none"> <li>- Have them stand on one foot and move the ball forward and backward with the sole of the foot. They should go all the way from the heel to the toe.</li> <li>- Next have them move the ball left and right with the sole of the foot.</li> <li>- Next have the player push the ball forward with their laces and then catch it with the sole of the foot. Do each foot.</li> <li>- Finally, have them push the ball forward with the laces of one foot at catch with the sole of the other foot.</li> </ul>		<p>the players to show you movements they can do.</p> <ul style="list-style-type: none"> <li>- Take it slow at first showing them the proper way to do the exercise and speed up slowly once they understand.</li> </ul>
<p align="center"><b>Individual and Group Activities</b></p>		
<p><b>2<sup>nd</sup> Activity – Dribbling with the 6 parts of the foot</b></p> <ul style="list-style-type: none"> <li>- For this activity we want the players to move around experimenting with each part of the foot they can dribble with.</li> <li>- The 6 parts of the foot that can be used to dribble a soccer ball are the Inside, Outside, Toe, Heel, Sole (bottom), Instep (Laces).</li> <li>- Have them execute the “pull back”, “lean and push”, and “stepover” moves introduced in previous sessions when directed by the coach.</li> </ul>		<ul style="list-style-type: none"> <li>- Have the players try using each part of their foot. They may not know their left foot from right so have them make two touches with one foot and then two touches with the other.</li> <li>- Verify they are using the part of the foot that was directed and give them a high five if they are.</li> <li>- For those that aren't, show them the part of the foot they are supposed to be using and then give them a high five when they use it correctly.</li> </ul>

### 3<sup>rd</sup> Activity – Hospital Tag

- Set up two small squares with four cones inside your training grid. These squares will be the “Hospital” for the players to go to “heal” after they have been tagged two times.
- Each player must keep their ball within playing distance (generally no further away than it would be if they were dribbling it like a basketball).
- Players must be in control of their ball to tag another player

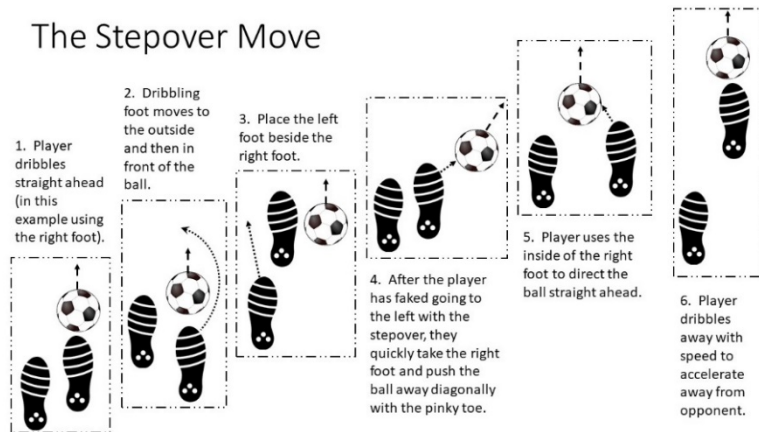


- Players dribble their ball around the grid trying to tag the other players with their hand while at the same time trying not to be tagged.
- If a player is tagged they must place their hand (“Band-Aid”) over the tagged area and continue to dribble.
- Once they have been tagged two times they must go to the “hospital.” At the hospital they perform 5 toe taps (or another move assigned by the coach) to get well.

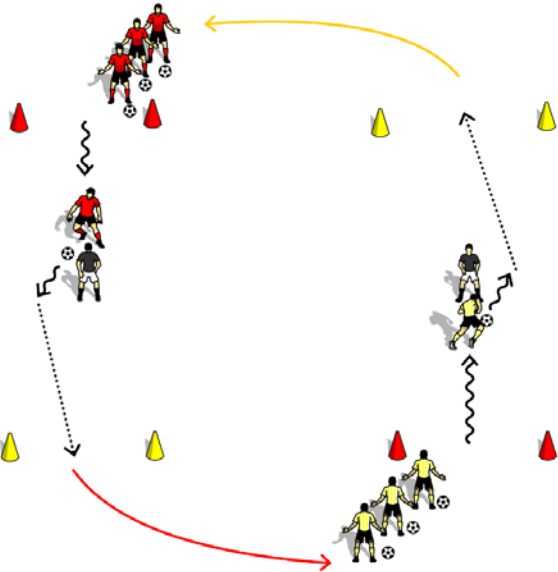
### Review - Step Over Move

- Approach the ball as if you are going to pass or strike it with the inside of the foot.
- Step in front of the ball instead so your foot lands on the other side of it.
- Place the opposite foot along the step over foot.
- Push the ball in the opposite direction with the outside of the step over foot (pinky toe).
- Accelerate past your opponent.

#### The Stepover Move

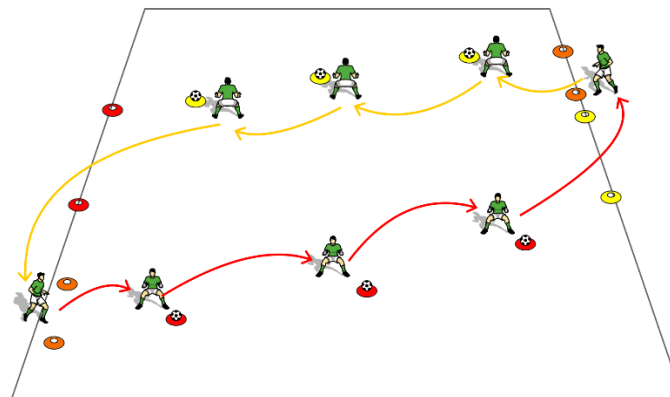


- Introduce the step over by breaking it up into the individual steps.
- We will introduce the step over move with the players performing it over a cone.
- Next we will have them perform the step over with a stationary ball.
- Once they become proficient we will have them dribble and perform the step over.

<p><b>4<sup>th</sup> Activity – Make your move</b></p> <ul style="list-style-type: none"> <li>- The purpose of this drill is to start building player's confidence to beat a defender using a move.</li> <li>- Player will dribble out to practice a move to get by a static coach or cone.</li> </ul> <p>Moves to perform</p> <ul style="list-style-type: none"> <li>- Lean and Push</li> <li>- Step over</li> </ul> <ul style="list-style-type: none"> <li>- Once a player uses their move to get past the opponent, we want them to dribble with speed to the end gate.</li> <li>- Once they dribble through the end gate they join the line in the opposite direction</li> </ul>		<ul style="list-style-type: none"> <li>- To start, the player will dribble out slowly towards the defending target.</li> <li>- If it is a coach, have the coach stand with one foot forward of the other. We want the player to attack the forward foot.</li> <li>- We want the players to have success so the coach should not defend other than to stand and give the player someone to beat with a move.</li> <li>- Once they are the correct distance from the defending target, the player executes the move.</li> </ul>
<p><b>5<sup>th</sup> Activity – Defensive Stance</b></p> <ul style="list-style-type: none"> <li>- Proper body stance is important for defending</li> <li>- We want our body to be low and we want to be on the balls of our feet to allow us to change direction rapidly</li> <li>- We also want to adopt a sideways stance for several reasons.</li> </ul> <ol style="list-style-type: none"> <li>1. The proper position to make a block tackle.</li> <li>2. The proper position to execute a poke tackle.</li> <li>3. If beaten, in position to quickly make a recovery run.</li> </ol>	<p>Demonstrate a good defensive stance and then have the players try it.</p>	<ul style="list-style-type: none"> <li>- Stand “side –on” with one foot forward and the other back</li> <li>- Feet shoulder width apart with knees bent to get our body lower</li> <li>- Be on the balls of your feet to move back and forth without crossing the feet.</li> <li>- Hands to the side for balance</li> </ul>

### 6<sup>th</sup> Activity – Goal Side Defending

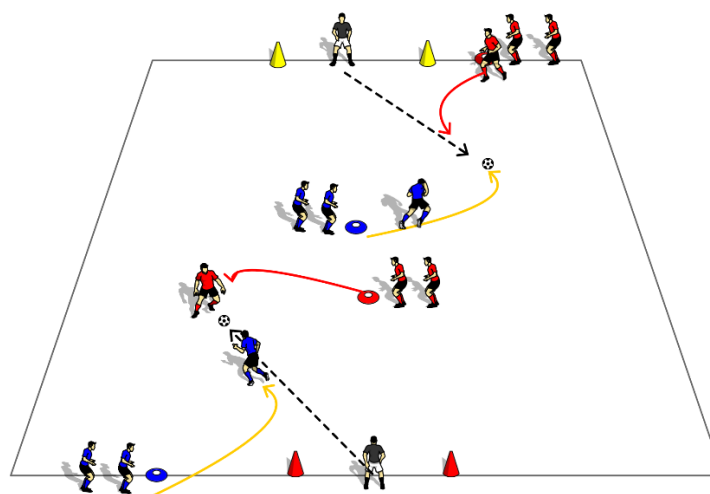
- In this activity we will work with the players to get in the proper defensive stance goal side of the attacking player (cone with ball).
- We want the first cone to be out wide and following cones to be more inward to force the players to have to move inward to get goal side.
- Focus on the defender getting to each cone as quickly as possible to provide “pressure” and stopping in a good defensive shape between the attacking player and our goal.



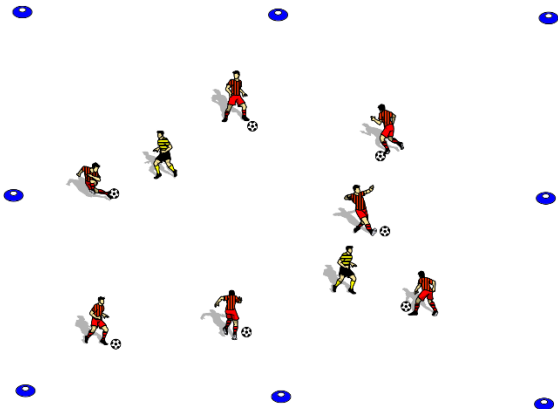
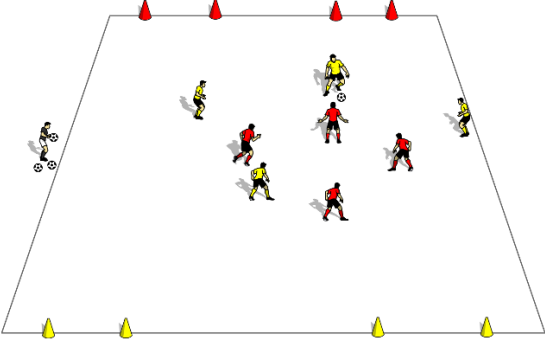
- Players form two lines, one on each side of the training space.
- When coach yells “go”, first player moves out quickly to get goal side (between the cone w/ball and the goal) in a defensive stance.
- When the coach yells “go” again that player moves to the next cone and a new player comes out.
- Continue with the players joining the line going the opposite direction once they finish each side.

### 7<sup>th</sup> Activity – Closing Down

- In this activity we will work with the defenders to make a bending run to close down and get goal side of the attacking player.
- Place a central goal on each side of the grid. The coach will position himself/herself inside the goal.
- Roll the ball out to the attacking player. The attacking player will try to pass the ball back to the coach or beat the defender by dribbling to the goal.



- As soon as the coach rolls the ball out to the attacker, we want the defending player to close down the player and protect the goal by making a bending run to place themselves between the attacker and the goal.
- We want the defender to start closing down the attacker as soon as the coach rolls the ball instead of waiting until the attacker receives it.
- The defender should close down to a distance close enough to block the pass back to coach but not so close they can get beaten by the dribble.

Final Games		
<b>Bandit</b> <ul style="list-style-type: none"> <li>- All but 2 players dribble their ball.</li> <li>- The 2 without soccer balls are bandits.</li> <li>- When the coach say, “Watch Out for Bandits”, the bandits try to steal the other player’s soccer ball.</li> <li>- Once they steal a soccer ball, they try to keep it and are no longer a bandit.</li> </ul>		<ul style="list-style-type: none"> <li>- If a player loses their soccer ball, they become the bandit and attempt to steal any soccer ball (it doesn’t have to be their soccer ball).</li> <li>- If a soccer ball is kicked out of the grid, it cannot be brought back in.</li> <li>- Each round should last ~2 minutes.</li> <li>- At the end of each round, each player with a ball wins.</li> </ul>
<b>Final Game</b> <ul style="list-style-type: none"> <li>- The purpose of this activity is to start to introduce the players to playing a game.</li> <li>- A 4v4 with goals scored when a player dribbles through the cone goal.</li> <li>- This provides appropriate targets to attack and numerous 1v1 opportunities.</li> </ul>		<ul style="list-style-type: none"> <li>- Set up two cone goals at each end of the grid.</li> <li>- BE SURE TO MAKE THE GATE GOALS WIDE. WE WANT THE PLAYERS TO HAVE SUCCESS SCORING BY DRIBBLING THROUGH THEM</li> <li>- Additionally, having two goals at each end will encourage players not to just stand in front of a goal.</li> </ul>
Cool Down		
<b>Ball Toss with Partner</b> <ul style="list-style-type: none"> <li>- Players partner up with one ball per pair.</li> <li>- Players stand a few feet apart and start gently tossing the ball back and forth in the air and catching it.</li> <li>- We want the players to be successful and not drop the ball so they should be close enough to catch it but far enough to challenge themselves.</li> </ul>		<ul style="list-style-type: none"> <li>- Start out with the partners being closer but expand out once they get the hang of it.</li> <li>- For those pairs that are able to catch every ball, have them challenge themselves by standing on one leg while they toss the ball back and forth.</li> <li>- After a few tosses back and forth, have them stand on the other leg.</li> </ul>