



## ***U07 Academy Session 7***

### **Main Topic**

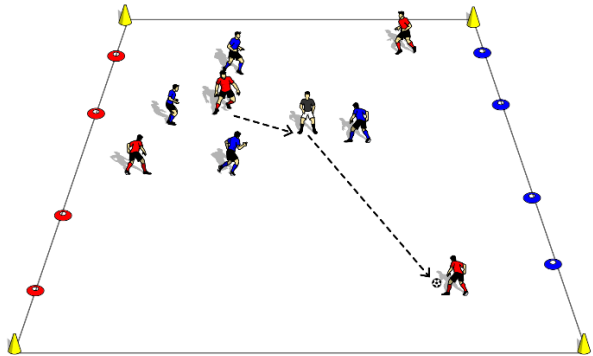
**Cover (2<sup>nd</sup>) Defender:** In this session we will introduce the role of the Cover (2<sup>nd</sup>) Defender providing support to the pressure (1<sup>st</sup>) defender.

Additional considerations for the pressure (1<sup>st</sup>) Defender. As we introduce the role of the cover (2<sup>nd</sup>) defender there are some additional consideration we want to the 1<sup>st</sup> defender to consider when providing pressure on the ball.

1. Must be patient to slow the ball down first and allow their partner (2<sup>nd</sup> defender) to recover goal-side. Don't want to get beaten before the cover defender is in position.
2. Pressure can be more aggressive when good cover (2<sup>nd</sup> defender) is available.
3. If beaten, must make immediate recovery towards goal to become the new 2<sup>nd</sup> defender.

Cover Defender: Immediate supporting player behind the pressuring defender. The cover (2<sup>nd</sup>) defender should take a position of support to the pressuring defender:

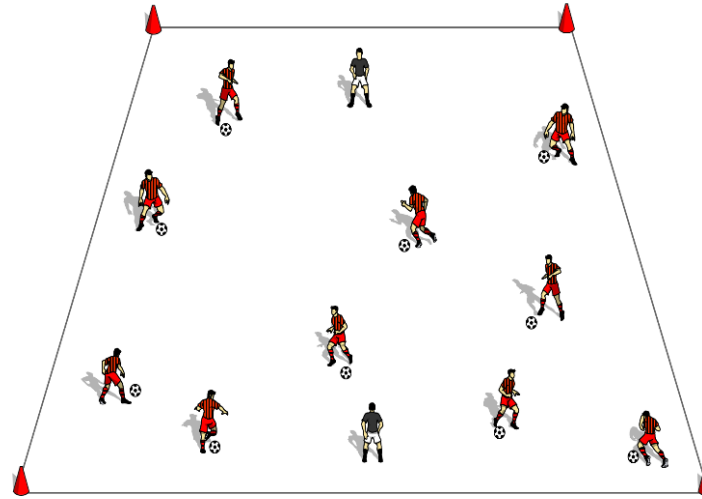
1. Angle: Behind pressure defender ~45 degrees goal-side. Permits the cover defender to be equidistant from supporting pressure defender and closing down a supporting (2nd) attacker.
2. Distance: Will vary in relation to where the ball is on the field. Should be the distance the 2nd defender can tackle or immediately close an attacker who has beaten the first defender. Further away when the ball is far away from our goal. Closer as the ball gets closer to our goal.
3. Must be ready to become pressure defender the moment 1st defender gets beaten by the attacker.

Activity Name/Description	Diagram	Instruction/Coaching Points
<p align="center"><b>Warmup Activities</b></p>		
<p><b>Warm Up Game</b></p> <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>
<p><b>1<sup>st</sup> Activity – Body Awareness</b></p> <ul style="list-style-type: none"> <li>- Start out with the stationary and dynamic balance and agility exercise from previous weeks.</li> </ul> <p><b>Now add a ball</b></p> <ul style="list-style-type: none"> <li>- Start with what was done in the previous session and have them use the sole of each foot to move the ball back and forth and side to side.</li> </ul>	<p>WITHOUT AND <b>WITH</b> A BALL.</p> <ul style="list-style-type: none"> <li>- See if they can stand on one foot and move the ball around them using the other foot making a circle around them with the ball. Switch feet.</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>	<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 the players to show you movements they can do.</li> <li>- Take it slow at first showing them the proper way to do the exercise and speed up slowly once they understand.</li> </ul>

## Individual and small group activities

### 2<sup>nd</sup> Activity – Dribbling with the 6 parts of the foot

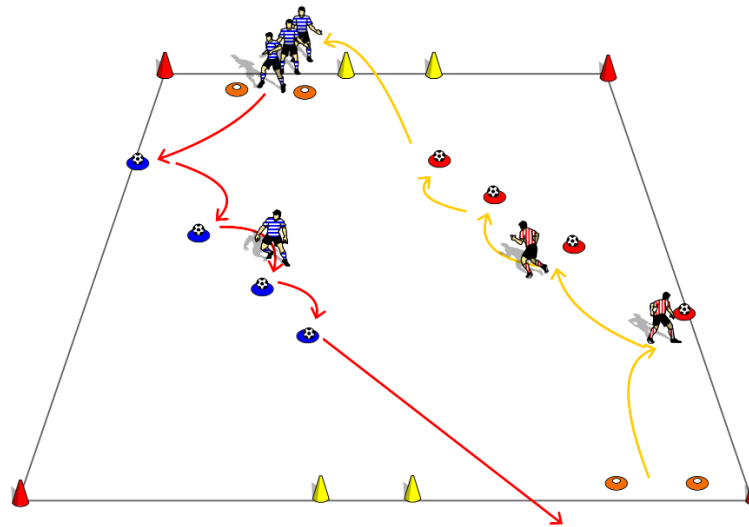
- For this activity we want the players to move around experimenting with each part of the foot they can dribble with.
- The 6 parts of the foot that can be used to dribble a soccer ball are the Inside, Outside, Toe, Heel, Sole (bottom), Instep (Laces).
- Incorporate the pullback, lean and push, step over and scissors by having the players execute whenever the coach directs it.



- 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.
- Verify they are using the part of the foot that was directed and give them a high five if they are.
- 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.

### 3<sup>rd</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.

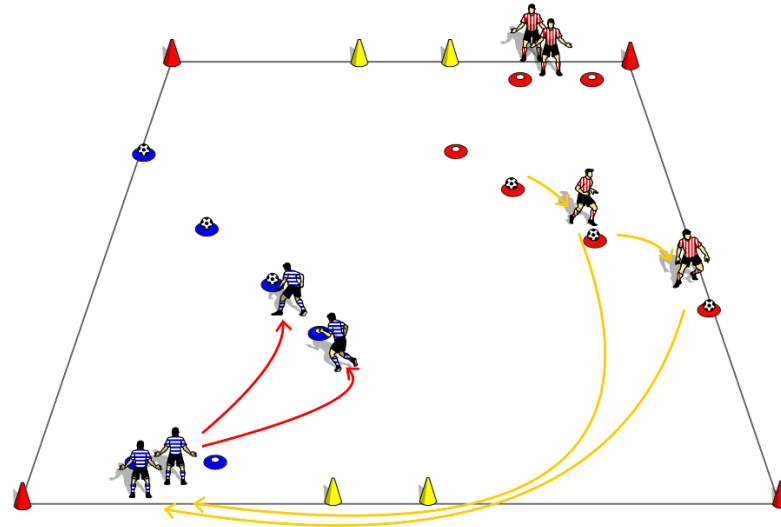


### Defensive Shape

- Focus on proper body stance
- 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.
- We want the player to be side on with one foot in front of the other and positioned between the ball and our goal.

#### 4<sup>th</sup> Activity – Cover Defender

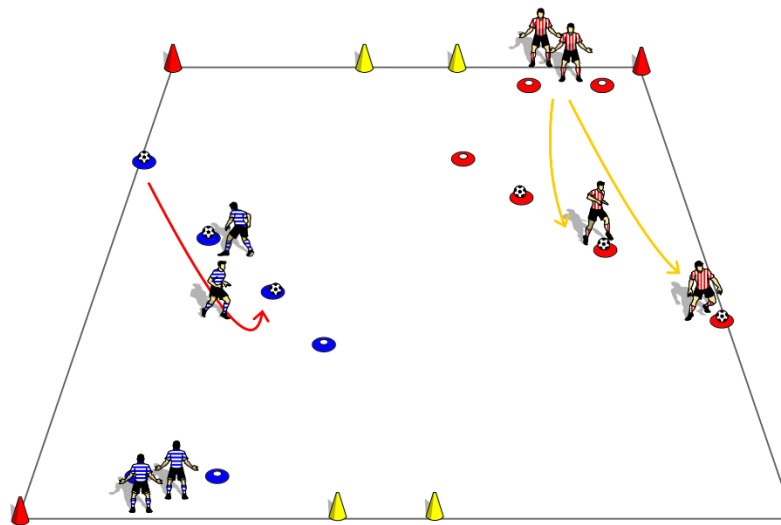
- Now we introduce the cover defender.
- Switch ends for where the lines begin.
- 1<sup>st</sup> player will make a bending run to provide goal-side pressure on the 2<sup>nd</sup> cone.
- 2<sup>nd</sup> player will immediately go out to provide cover by positioning themselves on the next cone closest to the goal.
- Player continue until the 1<sup>st</sup> defender is on the furthest goal and then join the line going the opposite direction.



- Cones can be spaces closer together nearer the defenders goal to simulate how we want the cover defender to be closer as we get closer to our goal.
- This is so the 2<sup>nd</sup> defender can quickly close down the attacker should the first defender get beaten to prevent them from scoring.
- Take it slow at first to make sure the cover defender is getting in the correct position.
- Make sure every player gets to be a cover defender.

#### 5<sup>th</sup> Activity – Recovering 2<sup>nd</sup> Defender

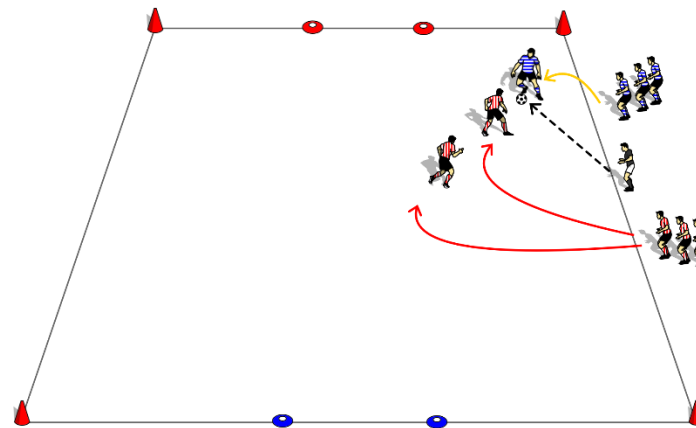
- Now we introduce how the pressure defender becomes the cover defender after they have been beaten by the 1<sup>st</sup> attacker.
- 1st player will make a bending run to provide goal-side pressure on furthest cone.
- 2nd player will immediately go out to provide cover by positioning themselves on the next cone closest to the goal.
- Coach will tell the 1<sup>st</sup> defender they got beat and that player will make an immediate recovery to position themselves on the cone behind the new 1<sup>st</sup> defender.



- When the 1<sup>st</sup> defender gets beaten by the attacker. They must immediately move to get into a position to cover the new 1<sup>st</sup> defender.
- To do this they must immediately run to get goal-side of the 1<sup>st</sup> defender at the proper angle and distance to provide cover.
- Continue until the pressure defender reaches the last cone. Players will then join the line going in the opposite direction.

### 6<sup>th</sup> Activity – 1v2 Pressure and Cover

- Coach will send out a ball to favor one team and call out the team/player.
- Team whose side the ball is played will send out one player.
- Other team will send out two players with one player pressuring the ball and the other providing cover.
- Cover player will be in position to defend should the pressure defender get beaten.
- If beaten, the pressure defender will immediately move to get into a position to provide cover for the new pressure defender.

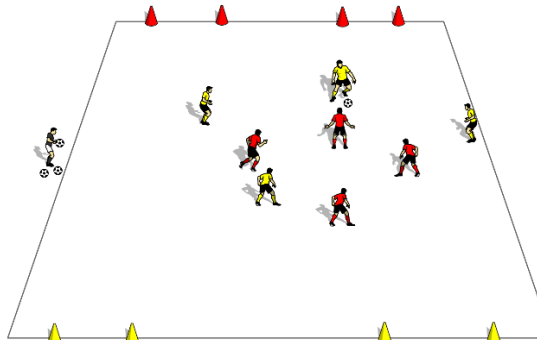


- Vary the position where the initial ball is served to provide different scenarios on the field.
- Initially have both the cover and pressure defender go out on the field at the same time.
- As the players start to understand the activity, make the 2<sup>nd</sup> defender wait before entering the field.
- When this happens, the pressure defender will have to delay the attacker instead of going in to tackle the ball.
- Once the cover defender is in position, the pressure defender can be more aggressive to win the ball.

### Final Game

#### Final Game

- A 4v4 with goals scored when a player dribbles through the cone goal.
- This provides appropriate targets to attack and numerous 1v1 opportunities.



- Set up two cone goals at each end of the grid.
- Players score only by dribbling through one of the cone goals.
- Additionally, having two goals at each end will encourage players not to just stand in front of a goal.

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 be challenging.</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>