

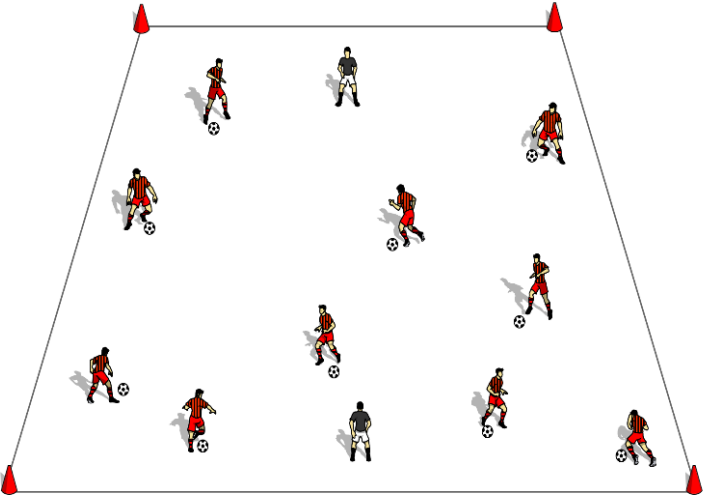


## U7 Academy Session 3

### Main Topic: 1v1 Defending

In this session we introduce some of the basic concepts of individual defending to include providing pressure, containing an attacking player, and immediately becoming a defender once you lose the ball.

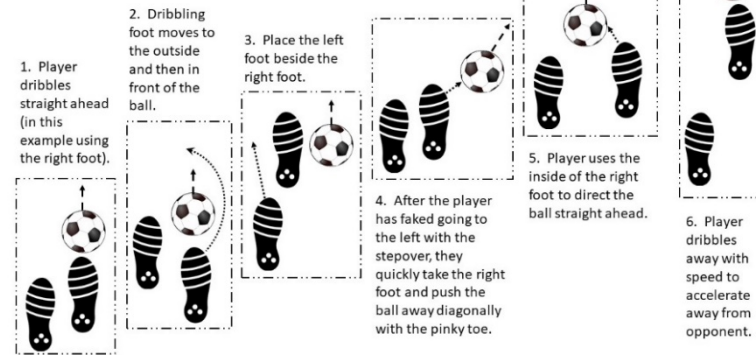
Activity Name/Description	Diagram	Instruction/Coaching Points
<b>Warmup Activities</b>		
<b>Warm Up Game</b> <ul style="list-style-type: none"> <li>- As players arrive, assign them to a team to start playing 1v1 and adding players as more arrive.</li> <li>- The coaches should have a couple of soccer balls in their hand so if a ball goes outside the area they can immediately call "new ball" and provide one to a player. Identify the players who are not getting the ball and try to provide them the "new ball."</li> </ul>	<p>The diagram shows a trapezoidal field with four red cones at the top corners and four yellow cones at the bottom corners. Inside the field, there are several player icons in red and yellow uniforms. A soccer ball is shown near the left side of the field.</p>	<ul style="list-style-type: none"> <li>- This should be a game without much coaching to get the players warmed up, expend some pent up energy from being in school, and focused on soccer.</li> <li>- Goals are scored by dribbling through one of the two "gates." This will encourage dribbling to beat the defenders.</li> </ul>

<p><b>1<sup>st</sup> Activity – Body Awareness</b></p> <ul style="list-style-type: none"> <li>- Purpose is to give them activities to improve their balance, coordination and agility.</li> <li>- Start out with simple movements such as standing on one leg with the other leg stuck out: in front, behind, to the side, and across the body. Have them use their arms for balance.</li> <li>- Move to more advanced coordination moves by standing on one foot and moving the ball back and forth and side to side with the other foot.</li> </ul>	<p>WITHOUT AND WITH A BALL.</p>	<ul style="list-style-type: none"> <li>- Start out with simple movements. Then move on to more complex movements such as jumping jacks and skipping.</li> <li>- <b>Have them do toe to heels with one foot by moving the ball back and forth with the bottom of the foot.</b></li> <li>- <b>Next have them do side to sides moving the ball left and right with the bottom of the foot.</b></li> <li>- <b>Be sure to have them do these with each foot.</b></li> </ul>
<p><b>Individual and small 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>- Incorporate the pullback and the lean and push by having the players execute either whenever the coach directs it.</li> </ul>	 <p>The diagram shows a large equilateral triangle defined by three red cones at its vertices. Inside the triangle, there are 12 smaller red cones arranged in a grid-like pattern. Several soccer players, depicted as small figures in red and black uniforms, are positioned at various points within the triangle, each with a soccer ball at their feet, ready to perform a dribbling exercise.</p>	<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 – Review Step Over

- 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



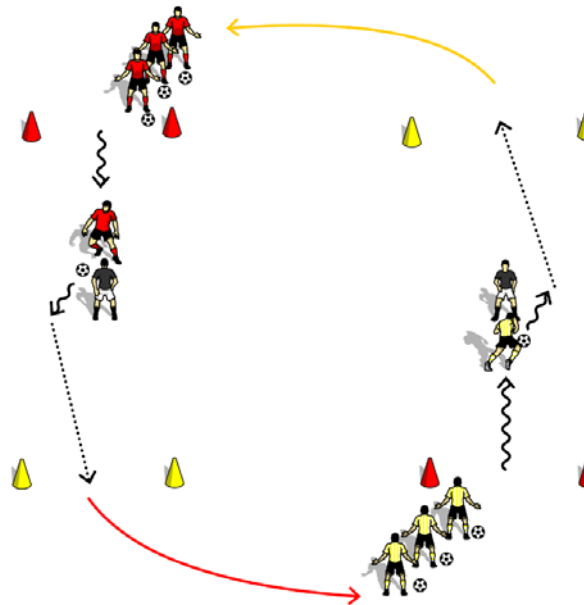
- Introduce the step over by breaking it up into the individual steps.
- We will introduce the step over move with the players performing it over a cone.
- Next we will have them perform the step over with a stationary ball.
- Once they become proficient we will have them dribble and perform the stepover.

### 4<sup>th</sup> Activity – Make your move

- The purpose of this drill is to start building player's confidence to beat a defender using a move.
- Player will dribble out to practice a move to get by a static coach or cone.

#### Moves to perform

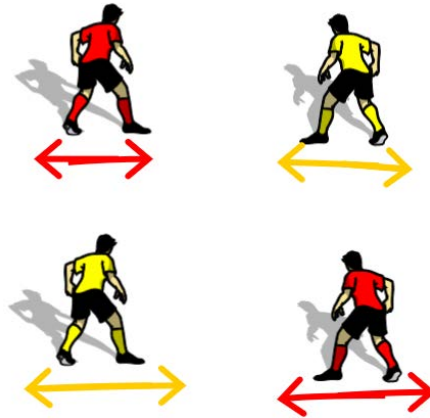
- Lean and Push
- Stepover
- Once a players uses their move to get past the opponent, we want them to dribble with speed to the end gate.



- To start, the player will dribble out slowly towards the defending target.
- 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.
- Once they are the correct distance from the defending target, the player executes the move.
- After they have gotten comfortable performing the move, we want them to start working on selling the move by faking the defender with a fake pass, using a shoulder dip, or with their eyes.

### 5<sup>th</sup> Activity – Knee Taps

- In this activity, players will pair up to work on their defensive positioning.
- Two player will face each other and can only move forward and backward (like fencing).
- The object is for one player to tap the forward knee of the other player.
- After you introduce it, have a competition where each player gets one point each time they tap their opponent's knee.
- Play for 30 seconds.

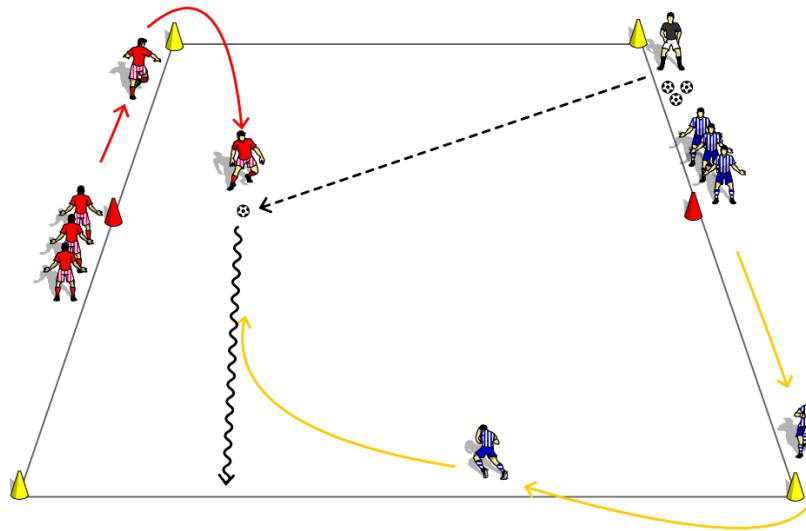


### Coaching Points

1. Adopt a low, sideways on body position.
  2. Move back and forth on the balls of the feet.
  3. Do not cross over feet.
- A defender should adopt a sideways stance for several reasons.
1. In proper position to make a block tackle.
  2. In proper position to execute a poke tackle.
- If the defender is beaten, he or she needs only to turn 180 degrees to make a recovery run.

### 6<sup>th</sup> Activity – 1 v 1 Defending

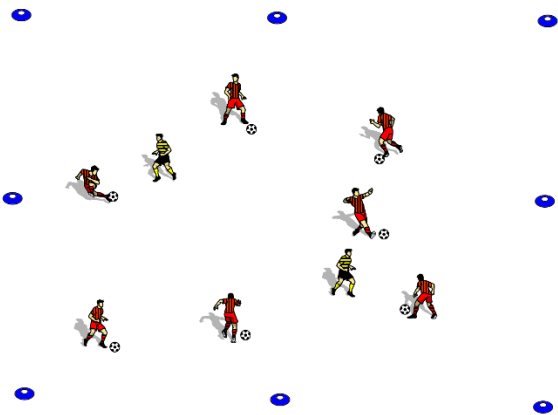
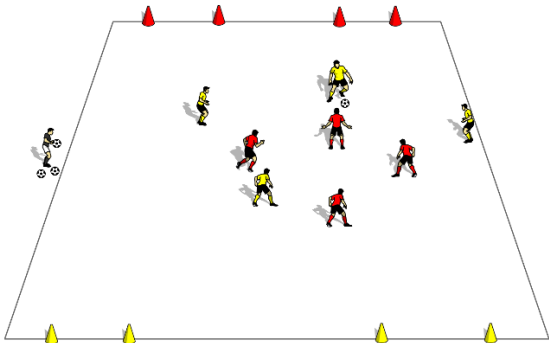
- Divide the players into two teams.
- When the coach says go, a player from each team will race down to their respective end cone.
- The coach will serve a ball to one of the players who will try to score by dribbling across the opposite endline.
- The other player will be the defender and try to prevent the attacking player from scoring.
- If the defender wins the ball they become the attacking player.



### Coaching Points

1. Close down the space quickly and slow down as you near the attacking player
2. Adopt a sideways stance with your knees bent. Stay on the balls of your feet.
3. Make your move to tackle and win the ball when the attacking player takes their eye off the ball or takes a bad touch.

Stress to the defender the importance of moving quickly after the ball has been played, but slow down as he or she gets closer to the attacking player. Young players especially have the tendency to overrun the offensive player.

Final Game		
<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>- 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>- Players score only by dribbling through one of the cone goals.</li> <li>- This will encourage dribbling.</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 Catch</b> <ul style="list-style-type: none"> <li>- The purpose of this activity is to help develop Hand-Eye Coordination.</li> <li>- Players gently toss the ball and catch it.</li> <li>- For those that are able, have them drop the ball and bounce it off their thigh straight up and catch it.</li> </ul>		<ul style="list-style-type: none"> <li>- Be careful that they are tossing it too high and not able to catch it.</li> <li>- For those that get the hang of it, have them alternate off of the thigh and then catch it.</li> <li>- We want each player to challenge themselves to the current limits of their ability.</li> </ul>