
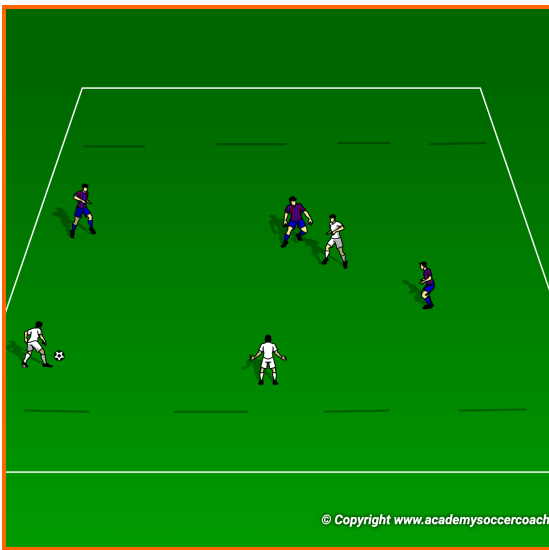


<p>Spring 2024</p> 	GOAL:	Defending Numbers Down					G2/3
	PLAYER ACTIONS	Show a good understanding of how to flip the play positively for defenders and how to work effectively as a team in a defensive scenario					
	KEY QUALITIES	Correct Body Position, Triggers of when to engage, Limit Space, communication					
	MOMENT	Defending	DURATION	90 minutes	PLAYERS	8-12	

SKILL ACQUISITION: Defending: Being quick to limit attackers space, being patient, being the right amount of aggressive – **Footwork:** Making sure feet don't cross, moving small steps and not lunging to stay balanced - **Defensive IQ:** waiting for the right triggers of when to engage, showing away from the goal, forcing attackers onto weaker foot, using communication to work effectively as a team when defending.

1 PLAY PHASE (Intentional Free Play)	DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.
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OBJECTIVE: To pass or dribble past an opponent in order to move the ball into the attacking end zone to score a point **PLAYER ACTIONS:** Pass or dribble forward, Spread out

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L with end zone either side of the field. Do these 5 yards from the end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

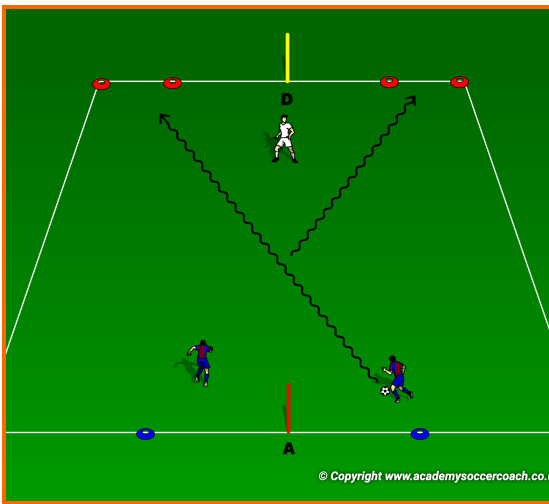
KEY WORDS: Play forward, find your teammate

GUIDED QUESTIONS: If you see an opening in front of you, what should you do? When should you pass instead of dribble?

ANSWERS: Play forward and to goal whenever possible. If all the openings in front of you are closed, pass to a teammate to see if they can find an opening forward.

NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

CORE ACTIVITY: 2v1 into Side Goals	DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.
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OBJECTIVE: To limit the space and opportunity of the attackers dribbling/combining past you

PLAYER ACTIONS: Limit Space as soon as possible, watch the ball, show onto one side to block of passing option and wait for triggers to engage

ORGANIZATION: In a 20Wx25L grid, separate players into two equal teams of defenders and attackers. In a cycle format, one defender will come out and try to defend the two side goals situated to the side of their start point. The attackers will come out in two's to create the 'defending numbers down' scenario and will attack the two side goals. They score either by dribbling through or passing through at an acceptable distance. (Coach can deem what is acceptable). Defender's job is to win the ball and either clear the ball out of play for 1 point or regain possession and dribble to one of the other teams' starting cones for 3 points. Play is resumed by three new players entering the field after the first group is finished.

KEY WORDS: Delay, Limit Space, Show one way, be patient, cut off passing opportunities, action off triggers.

GUIDED QUESTIONS: What effect does it have on the attacker when you approach quickly after the initial pass? What should I SLAM on when I get to the defender? How should I position my body to support my chances of winning the ball?

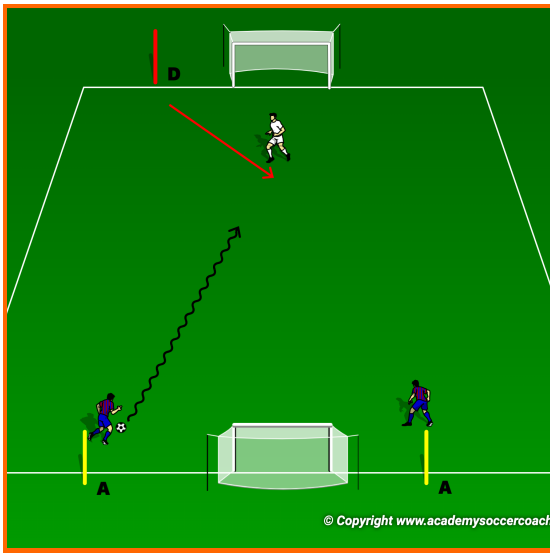
ANSWERS: It will limit the attackers space and not allow them to gain speed. When approaching, I should slam the brakes on so I don't commit and make it easy for the attacker. I should try and position my body so I cut off the passing option and try to create a 1v1 opportunity.

Non Focus Player: When attacking I should be as explosive as possible and get my first touch forwards. I should try and change the feet I dribble with so I can make the defender's body position harder to maintain. The supporting player

should add creative movement to the attack to spread the defender and make them have to make choices on who to press, stop and limit.

LESS CHALLENGING: 2v1 into a Centre Goal

DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.



OBJECTIVE: To dribble towards the shapes on the opposite side utilizing the space available.

PLAYER ACTIONS: Limit Space as soon as possible, watch the ball, show onto one side to block of passing option and wait for triggers to engage

ORGANIZATION: In a 20Wx25L grid, separate players into two equal teams of defenders and attackers. In a cycle format, one defender will come out and try to defend a center goal.. The attackers will come out in two's to create the 'defending numbers down' scenario and will attack the center goal.. They now must score by scoring a goal. (Coach can add a goalkeeper if they wish). Defender's job is to win the ball and either clear the ball out of play for 1 point or regain possession and dribble to one of the other teams' starting cones for 3 points. Play is resumed by three new players entering the field after the first group is finished.

KEY WORDS: Delay, Limit Space, Show one way, be patient, cut off passing opportunities, action off triggers.

GUIDED QUESTIONS: What effect does it have on the attacker when you approach quickly after the initial pass? What should I SLAM on when I get to the defender? How should I position my body to support my chances of winning the ball? Where should I show, try and shepherd attackers towards?

ANSWERS: It will limit the attackers space and not allow them to gain speed. When approaching, I should slam the brakes on so I don't commit and make it easy for the attacker. I should try and position my body so I cut off the passing option and try to create a 1v1 opportunity. Away from the goal and towards the side of the area.

Non Focus Player: When attacking I should be as explosive as possible and get my first touch forwards. I should try and change the feet I dribble with so I can make the defender's body position harder to maintain. The supporting player should add creative movement to the attack to spread the defender and make them have to make choices on who to press, stop and limit.

MORE CHALLENGING: 3v2 into Side Goals

DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.



OBJECTIVE: To limit the space and opportunity of the attackers dribbling/combining past you, to work as an organized defending team and being hard to beat.

PLAYER ACTIONS: Limit Space as soon as possible, watch the ball, show onto one side to block of passing option and wait for triggers to engage

ORGANIZATION: In a 20Wx25L grid, separate players into two equal teams of defenders and attackers. In a cycle format, now two defenders will come out and try to defend the two side goals situated to the side of their start point. The attackers will come out in three's to create the 'defending numbers down' scenario and will attack the two side goals. They score either by dribbling through or passing through at an acceptable distance. (Coach can deem what is acceptable). Defender's job is to win the ball and either clear the ball out of play for 1 point or regain possession and dribble to one of the other teams' starting cones for 3 points. Play is resumed by three new players entering the field after the first group is finished. (20 Second rounds, if defenders haven't conceded by the time allocated, they win!).

KEY WORDS: Delay, Limit Space, Show one way, be patient, cut off passing opportunities, compact/tight, action off triggers.

GUIDED QUESTIONS: What effect does it have on the attacker when you approach quickly after the initial pass? What should I SLAM on when I get to the defender? How should I position my body to support my chances of winning the ball? Where should I show, try and shepherd attackers towards? How far do we press as a team?

ANSWERS: It will limit the attackers space and not allow them to gain speed. When approaching, I should slam the brakes on so I don't commit and make it easy for the attacker. I should try and position my body so I cut off the passing option and try to create a 1v1 opportunity. Away from the goal and towards the side of the area. We shouldn't fully commit as they will leave too much space behind!

Non Focus Player: When attacking I should be as explosive as possible and get my first touch forwards. I should try and change the feet I dribble with so I can make the defender's body position harder to maintain. The supporting player should add creative movement to the attack to spread the defender and make them have to make choices on who to press, stop and limit.

2 PLAY PHASE: The Game – 3v3

DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.



OBJECTIVE: To work hard off the ball to protect two goals

PLAYER ACTIONS: Stay disciplined and organized as a team to limit space and not allow the attackers to score. Force play central.

ORGANIZATION: In a 30Wx30L field, add two goals at either end for both teams. They then have two goals for scoring opportunities. Normal Scrimmage. Defenders job is to work hard and protect both goals in wide positions.

KEY WORDS: Work Hard, Show Centrally, Press, engage! Cover!

GUIDED QUESTIONS: Who should engage towards the ball? What do I leave behind me when I engage? How can we stay organized as a team and be hard to beat?

ANSWERS: The player closest to the ball. I leave space behind me so I need to ensure that my teammate is covering this. We can communicate to work together to limit space and not allow goal scoring opportunities.

Non player: Be as creative as possible with the ball and my movement, how can i support the -player on the ball. Create space for players with the ball. Be brave and get on the ball. Be direct!

FIVE ELEMENTS of TRAINING EXERCISE

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1.Organized:** Is the exercise organized in the right way?
- 2.Game like:** Is the exercise game like?
- 3.Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4.Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5.Coaching:** Is there the proper coaching based on the age/level of the players?

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**