



Interactive Session Plan™



Coach **Ryan Puntiri**

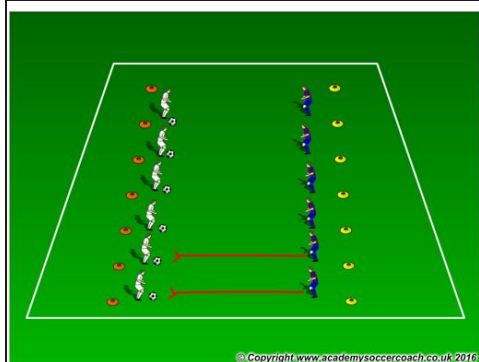
Session date **Week 4**

Team/Age Group **U13s**

Theme **Defending Pressure/Cover**

Time available

1.5 Hours



NOTES

Ball Mastery Warm Up (5-10 Minutes)

Please refer to warm up sheet which explains the warm up as well as different progression based on age group and/or ability.

1V1 Defending Footwork (10 Minutes)

Line players up across from each other about 10-12 yards apart. Make sure there is enough room on either side of them as well. One player has a ball at his feet, player with ball stays stationary and uses inside of the foot touches. When the coach says go, player with the ball stops the ball with the bottom of their foot, and defender (player without ball) sprints towards player with the ball. As player without the ball gets close they should stagger their stride so they have a front foot. Have defender shuffle in teaching them good defending space. Have players do five then switch. Coaching: Teach players to close the space early by sprinting, but then to shuffle in the last few steps so they have a front foot to be able to push off. Defenders should be low, knees bent, and be ready to beat the player with the ball to the spot. I teach players that even though they have correct footwork as they approach the ball, to keep composure and take a half step back in anticipation.

Shadow Drill (5-10 Minutes)

Same as above but now the player with the ball goes at defender slowly. This will enable the defender to close the space shuffle in, and shadow the player with the ball on the way back to the cone. Once players reach the cone, the players switch roles. Players with the ball should take 2 touches to the left, the 2 touches to the right. This way the defender has to switch their front foot

Coaching: Stress to players to stay low, and the defenders objective is to beat player with the ball to the spot. Players are working on defending footwork, not stealing the ball.

1V1 Continuous (15 Minutes)

Set up 10x15 yard grids, depending on the number of players. One line of players at one end with soccer balls. Another line of players without soccer balls at the other end. Players with the ball plays a ball across to player without a ball. Player with the ball attacks and tries to stop the ball on the opposite line. Defenders are trying to steal the ball, but should use defending footwork on their approach. If defender steals it they can attack the other line.

Progression: Place 2 pug goals at either end line. Players try to score in pug goal. You make it continuous by having the player that just played offenses is the next defender, by having balls in both lines

Coaching: Stress to players that this is not 50/50 ball and there is clear possession, therefore they need to have composure. Players that are waiting to go next, should be 4-5 yards off the line so they don't interfere with the play.

Cage Matches Refer to Small Games Session (15 Minutes)