



## Interactive Session Plan™



Coach **Ryan Puntiri**

Session date **Week 6**

Team/Age Group **U14s**

Theme **Defending, 1st Defender, 2nd Defender**

Time available

**1 Hour 30 Minutes**



### NOTES

#### Ball Mastery Warm Up (5-8 Minutes)

#### Invisible Ball Warm Up Game (10-15 Minutes)

Break your team into 2 teams, designate an area with 2 goals or 2 lines that will serve as goals. This game is played much like handball but this time there is no ball. The player with the ball has their hand on top of their head. In order to pass the ball the player must yell the person's name they want to pass to (if they have open space they can certainly run, but have to keep their hand on top of their head). The defenders are trying to tag the person with their hand on top of their head before they yell their teammate's name. If the defender does tag the player they take over possession (hand on top of head). This game once the players get it is a lot of fun and can be instrumental in how they develop in the game of soccer.

#### Pressure Cover Warm Up (10-15 Minutes)

We want to get the players understanding the simple concept of pressure/cover defending, which should happen all over the field. Simply stated first person on the ball applies the pressure, and the second person or the help is the cover. We want our players developing a habit of getting a look in to see where there help is to force opponent to their cover. This drill works on players working in groups of 5 or 6. Players on one end will go in pairs and pass the ball to the other end to the single player. The player who receives the ball then attacks the group of 2. The player who played the ball and is first (1st defender) should apply pressure to the player with the ball, but not run straight at them, they should run at them at an angle forcing them in the direction of their teammate (2nd defender) cover. Player with ball tries to get to the cone where the 2 defenders came from.

Coaching: 1st Defender needs to take a look over their shoulder to see where their cover is coming from and approach player with the ball appropriately. 2nd defender needs to read the play as well

#### 2v2 to Two Small Goals: (20-25 Minutes)

In a 15x20 yd. grid with small goals on each end line, play 2v2 matches. Rotate teams to different fields. You could play matches with off sides.

Version 2: You can now play with the big goals and use a 20x20 grid. Have players stand beside each post. One team passes across to the other team, alternate who passes each time. The picture is a picture of version 2.

**Coaching:** Emphasize to players that the pressure needs to be immediate, close the space early. Their last few steps they should shuffle in and have a front foot. Pressing defender forces head down of attacker, Covering defender is positioned about 30 degrees behind pressure, Patience; do not over-commit, Good communication to facilitate role switching while defending

#### 4v4 to Small Goals: (20-25 Minutes)

In a grid, two teams will play to score in the goals. Players will defend, applying the principles and roles of 1st, 2nd defender.

**Coaching:** Recognizing when to be the 1st and 2nd defender, Shape and communication, Visual and verbal cues, When and how to switch Angle of coverage, When and how to tackle

**6v6, or 8v8 Scrimmage (30 Minutes)** If you play 6v6, play in 45x60 yd. field. If you play 8v8, play in 55x80 field. Play with goalkeepers, and encourage them to communicate