



ACTIVITY PLAN

Age Group: U10

<p>Week 4 Defending Basics</p> <p>Warm up</p> <p>Objective: To improve basic defending understanding</p>	<p>Organization: 35 x 25 yard area. All but 2 players have a ball.</p>	<p>Procedure: The coach instructs players that don't have a ball to get one. Once a player loses their ball they try to get one from another player. When the coach decides to stop, the players without a ball do a fun activity.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Get players to put pressure on players with a ball - Keep your eyes on the ball 	
<p>Week 4 Defending Basics</p> <p>Individual Activity</p> <p>Objective: To improve basic defending understanding</p>	<p>Organization: Break players into 2 teams of 6.</p>	<p>Procedure: One team is inside the grid, the other outside in a corner in 2 lines. The coach plays a ball into play. The first player in each line outside the grid enters to try to win the ball ASAP. Once the first ball is out of play the coach plays another into the grid and then the next player in each line enters the grid. The coach keeps track of how much time it takes for the defending team to go through their lines.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Have defenders force play away from help - Defenders should enter field with appropriate angle and speed of approach. 	



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<p>Week 4 Defending Basics Small Group Activity Objective: To improve basic defending understanding</p>	<p>Organization: 2 vs 2 to end lines Keep same teams and Grid as the previous activity.</p>	<p>Procedure: Have one team form lines on one side of the grid with the other team opposite. Coach is in the middle of the grid with the balls. Coach plays the ball to one team. That team attempts to dribble the ball over the opposing team's goal line. The defending team tries to stop the attacking team.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Defenders should travel while the ball is moving from the coach to the attacking team. -As player receives the ball the defender should be slowing down. 	
<p>Week 4 6 v 6 Small Sided Game Objective: To improve individual & small group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 6 v 6 match 2 Goals Size 4 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> Summation of all challenges for the players. Stay out of their way and let them play. 	