



Author: Greg Maas

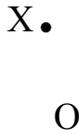
National Youth Certificate Course



Topic: Defending

Age: U12

Lesson Plan

Organization	Variations	Diagram	Coaching Points
<p>Unrestricted</p> <p>In pairs, one ball between two. “Shadow” exercises working on proper defending position and body shape. Alternate the attacker and defender throughout. Stretch.</p>	<ul style="list-style-type: none"> ▪ 1 v 1 defending with players going directly at each other (fundamentals). ▪ 1 v 1 defending with players facing each other and the ball being played away at an angle (angle of approach). ▪ 1 v 1 defending facing one another with the defender playing the ball through the attacker’s legs (close space). 		<ul style="list-style-type: none"> ✓ Pressure responsibilities ✓ Proper body position and shape ✓ Speed and angle of approach ✓ Quick reactions and closing space accordingly ✓ Patience – don’t over commit



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Restricted			
<p>1 v 1, 1 v 2 and 2 v 2 defending exercises in channels (10 x 20 area or as needed).</p>	<ul style="list-style-type: none"> 1 v 1 line soccer with players feeding the ball. Play is continuous until someone scores or the ball goes out of bounds. Repeat. 1 v 2 defending in [wider] channel (15 x 20) with small goals at each end or corners. Play is continuous until someone scores or the ball goes out of bounds. Repeat. 2 v 2 (same as second variation). 		<ul style="list-style-type: none"> ✓ Pressure and cover responsibilities ✓ Close down space quickly and under control ✓ Select a proper angle of approach and cover ✓ Decision when to get tight or to simply “shadow” the attacker ✓ Communication between defenders



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Counter Goals and/or Lines			
<p>3 v 3 + 1 directional game (30 x 40 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> ▪ Line soccer or add 2-3 small goals on touchline or corners to score. ▪ Option to play this exercise rotating the length or width to change the demand on the defending group. 	<p>40 yds.</p>	<ul style="list-style-type: none"> ✓ Pressure, cover and balance responsibilities ✓ Visual and verbal communication between players ✓ Proper defensive shape and balance with movement of the ball ✓ Visual cues from the attacking team ✓ Zonal defending
Two Goals			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible Formation 2:3:2. ▪ No restrictions. 	<p>70 yds.</p>	<ul style="list-style-type: none"> ✓ Immediate pressure to the ball at all times ✓ Defending shape and balance with movement of the ball ✓ Compactness of the field (limit attacking space and options) ✓ Zonal defending ✓ Counter attack



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Cool Down			
Players jog (dynamic movements). Stretch.	<ul style="list-style-type: none">▪ Focus on major muscle groups.		<ul style="list-style-type: none">✓ Reduce Heart Rate✓ Static Stretching✓ Review Session