

9-12 Years Skill Centre - Week 10



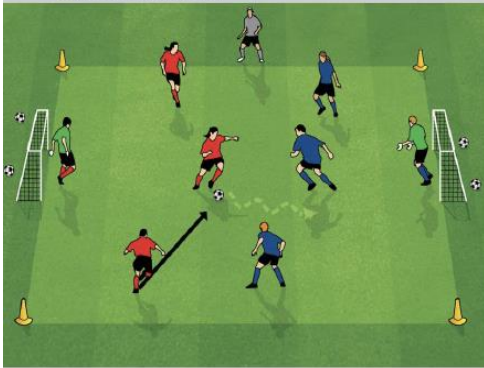
SESSION 10

PLAYING MOMENT **DEFENDING** | CORE SKILL **PRESSING** | FOCUS **PRESSING WHEN OUTNUMBERED**

SKILL ARRIVAL

SETUP

- Area of up to 12x20m. Modify area depending on the number and age of players involved. (As more people arrive, players can make the area larger)
- Small goals at each end of the area.
- Bibs placed to the side of the pitch for players to pick up on arrival.
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players (or players can set up themselves)



HOW TO PLAY

- Players play 1v1 against each other until more players arrive.
- When players turn up, they play 2v1, 2v2, 3v2 and 3v3.
- When a pitch aches 3v3, arriving players begin another game on a different pitch.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- Players can dribble or pass in from the touch line.

OUTCOMES

- An environment of "play" encourages players to be creative and try new things.

SKILL INTRODUCTION

SETUP

- Area of up to 8x10m. Modify area depending on the ability of players involved.
- 4 gates positioned as shown (2 on each end of the playing area).
- Two teams of equal numbers, starting behind the goals. 1st player from each of the team stands behind starting line as shown in diagram.
- All footballs around the edge of the area.
- Duplicate pitch to ensure players are not waiting for too long (No more than three in a line).



HOW TO PLAY

- Red defender passes into blue and closes down.
- Blue attacker attempt to score in one of the gates (1pt).
- If Blue defender wins possession they attempt to dribble through the Red gates.
- Players return to the back of the line until their next go. (Ensure that session flows so that players do not wait in line for long).
- Teams scores are kept.
- Change so that the Reds have the opportunity to receive the ball.

POSSIBLE PROGRESSIONS

1. Players start from different starting points around the area.
2. Server plays ball in air / bouncing ball etc.

OUTCOMES

- Body position to make attacking play predictable
- Decision making - type of tackle

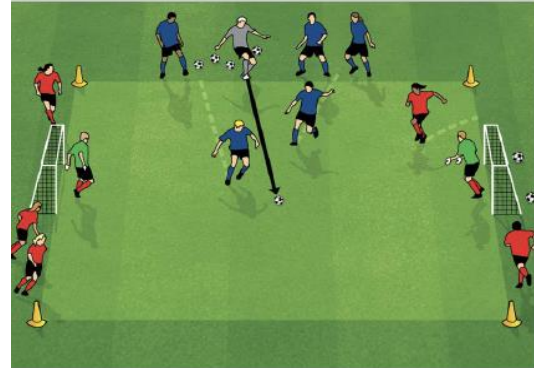
DRINKS BREAK DISCUSSION

- How many times did you tackle the opponent? What did you do well in order to win the ball?

SKILL TRAINING

SETUP

- Area of up to 30x15m. Modify area depending on the number of players involved.
- 2 teams of equal numbers, bibbed in different colours (Red & Blue in diagram).
- Blue attackers begin practice off the pitch next to the coach.
- Red defenders split and begin next to the goals.
- Spare footballs by the coach on half way line.



HOW TO PLAY

- Blue team have 5 attacks to score as many goals as they can.
- Blue team decide how many players will attack and what the overload will be. The amount of points that they win depends on the overload.
- Options are:
1v1 - 5pts per goal
3v2 - 3pts per goal
2v1 - 1pt per goal
- Session is started by coach passing the ball to one of the attackers inside the area. Coach points to the goal that they are attacking and calls out the overload.
- If Blue team scores, the same players continue & attack opposite goal with a new ball passed in by coach.
- If Red win possession, they attempt to counter and core in the opposite goal. If successful, the score is taken off the Blues total.
- Total score is added together after 5 attacks before the teams change over.

EXERCISE TASK

- Can the defender/s prevent the attackers from having a goal scoring opportunity

PLAYER TASK EXAMPLES

- Can the defender close down the attackers meeting them as far away from the goal as possible
- If outnumbered can the defender cut off the pass to the second attacker?
- Can the defender show the player in possession in a direction that takes them away from the goal?
- If the defender wins possession can they counter attack quickly?

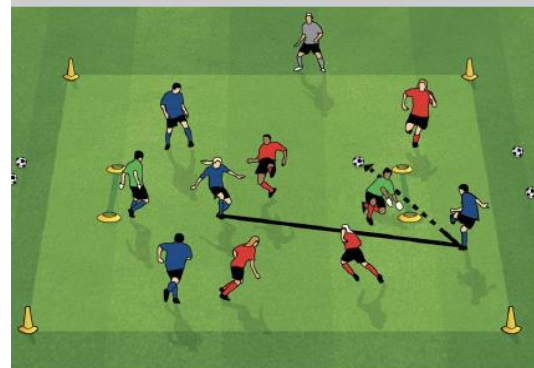
OBSERVATION DISCUSSION

- What are the difficulties when defending outnumbered? How can we make it easier for ourselves?

SKILL GAME

SETUP

- Area of up to 10x25m. Modify area depending on the number of players involved.
- 3 attackers in Red bibs with a ball each, 3 defenders in Blue bibs without a ball.
- 3 starting cones for defenders, placed along one side of the playing area.
- Starting cone for attacker placed at the end of the playing area.
- Scoring zone placed 8m away from the goal.
- Line of flat cones / spots placed 4m away from the attackers starting cone.



HOW TO PLAY

- On coaches command, one red attacker runs with the ball towards the scoring zone.
- When attacker travels over flat cones / spots, defender can begin running.
- Red attacker attempts to shoot from inside the scoring zone.
- If Blue defender wins possession, they attempt to travel with the ball across the cone line.
- When play ends, the next two players go.
- Change over defenders after a while.

POSSIBLE PROGRESSIONS

1. Change the starting point for the defenders.
2. Change practice so that it is a 2v2.

OUTCOMES

- Angle of approach to direct attacker away from goal / towards defenders
- Body position to encourage attacker in a particular direction
- Decision making - when to tackle / what type of tackle to select

DRINKS BREAK DISCUSSION

- What methods did you use to get the ball off the attacker?