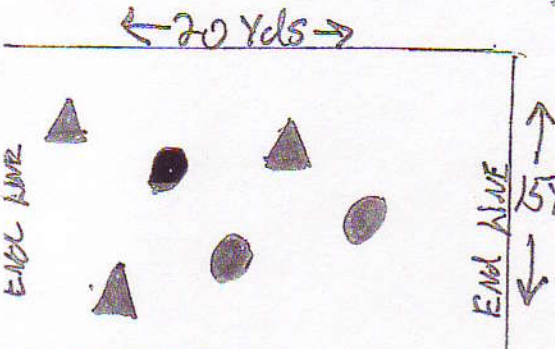


#6
U-10 PRACTICE #6 - 1st and 2nd ATTACKERS-CREATING PRESSURE-DEFENSIVE COVER

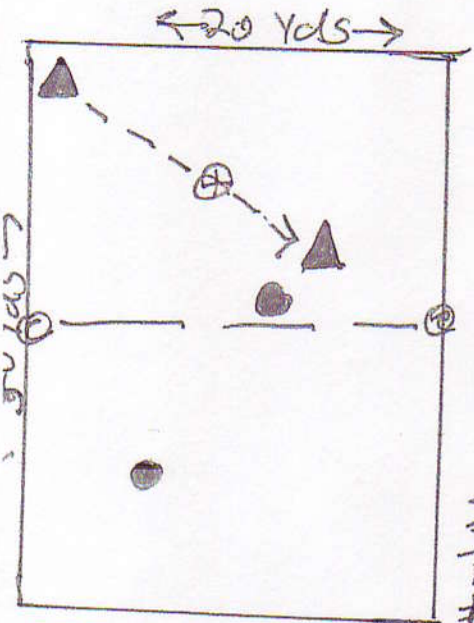
BALL STEALING WARM-UP - 10 min.



- (1) EACH TEAM OF 3 HAS A BALL AND DRIBBLES IN THE GRID, PASSING TO TEAM MATES. -STRETCH
- (2) BEGIN BALL STEALING EXERCISE. GAME IS FOR EACH TEAM TO STEAL THE OTHER TEAM'S BALL AND STOP IT ON THE END LINE.
- DYNAMIC STRETCHING BETWEEN EACH SCORE.
- COACHING POINTS - COMMUNICATE PRESSURE! "MAN ON"
- TEACH: DEFENSIVE COVER AND PLAYER POSITION.

3V3 GAME-WARM UP - 10 min.
 SET UP 2 GRIDS

EXERCISE #1 | 2V2 GAME - 20 min.
1ST AND 2ND ATTACKER | 1ST AND 2ND DEFENDER



- USE 2 EQUAL GRIDS OF 10 YDS X 15 YDS.
 - ATTACKER ▲ SERVES FROM END LINE TO 1ST ATTACKER
 - FIRST DEFENDER CAN CROSS THE MIDFIELD LINE AND GOES 1V1 WITH 1ST ATTACKER.
 - 2ND DEFENDER COVERS AND STAYS IN THE DEFENSIVE HALF OF THE FIELD.
 - ALTERNATE DEFENDER & ATTACKER TEAMS & POSITIONS.
- COACHING POINTS:

SET UP 2 GRIDS
 SIDE BY SIDE

- #1 COVER DEFENDER MUST COMMUNICATE POSITION TO 1ST DEFENDER
- #2 TEACH 1ST DEFENDER TO RECOVER AND RETURN TO COVER DEFENDER POSITION IF BEATEN BY 1ST ATTACKER (THE SWITCH)
- #3 TEACH 2ND ATTACKER TO MOVE BEHIND 1ST ATTACKER AND BE AVAILABLE FOR AN CUTLET PASS (BACK PASS) IF NEEDED
- #4 TEACH 1ST DEFENDER TO PRESSURE 1ST ATTACKER AND TO CUT DOWN ANGLE AND FIELD SPACE



EXERCISE #2 - GOALKEEPER WARS - 10-20 min

- USE 2-GK AND 1 ATTACKER - ROTATE ATTACKER & GK EVERY 10 SECS.
- ATTACKER DRIBBLES FROM THE TOP OF THE KEY AND SHOOTS FROM OUTSIDE THE 6 YD LINE AT EITHER KEEPER.
- TEACH PROPER FINISHING AND CREATIVE BALL HANDLING.
- ROTATE PLAYERS BETWEEN EXERCISE #1 AND EXERCISE #2

COACHING POINTS

SCRIMMAGE - GAME CONDITION - 45 min.

- #1 TEACH #1 DEFENDER (PRESSURE DEFENDER) WHEN TO MARK CLOSELY.
- TEACH PRESSURE DEFENDER TO CLOSE OFF SPACE
- TEACH COVER DEFENDER TO SUPPORT AT A 45° ANGLE AND CLOSE OFF PASSING LANE.
- TEACH PRESSURE DEFENDER TO RECOVER IF BEATEN AND GO TO SUPPORT DEFENDER ROLE.
- COACH ALL PLAYERS; THE PRIMARY JOB OF THE PRESSURE DEFENDER IS TO DENY PENETRATION.
- COVER DEFENDER DISTANCE OF SUPPORT WILL VARY WITH BALL POSITION & SPEED OF ATTACKER!