



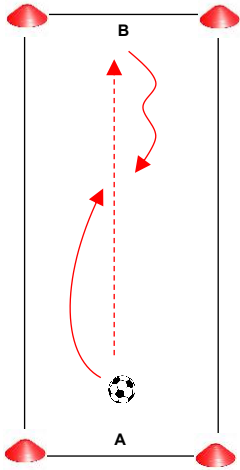
GOAL	Defending				
PLAYER ACTIONS	Close Down, Slow Down, Shows Down, Shadow Support				
KEY QUALITIES	Understanding Delaying Attacker by Pressure and Cover				
MOMENT	Defending	DURATION	60-Min	PLAYERS	10 to 12

U11+

SKILL ACQUISITION: Defending: Closing down the attacker; Slowing down when approaching the attacker; Shows down the attacker by stagger position to the attacker; Shadow support of the cover defender to the 1st pressure defender; Positioning of the rest of the field in relation to the ball in defensive cover.

1st PLAY PHASE (Closing Down, Slowing Down)

DURATION: 15- MIN - INTERVALS: 2 ACTIVITIES: 7-min - REST: 1 min.



OBJECTIVE: Getting players able to learn basic principles of closing down, slowing down, and showing down.

PLAYER ACTIONS: Pressure and close quick, slow down without over running player in possession with the ball and setting up a defending posture to the attacker.

ORGANIZATION: Use as much space as possible and set up a grid for each pair of players similar to what is shown in the diagram (approximately 10L x 25W). Play starts with Player (A) who passes the ball directly across to Player (B). Once the ball is released from Player (A), Player (A) will run out in an arcing run quickly to close the attacker (Player B). When Player (A) is close, Player is to slow down and take of a staggered side-on stance just before Player (B). Player (B) will continue with the ball while Player (A) maintains a defensive posture and shadow Player (B) until they reach the end of the grid. Once complete, players switch and start again. **RULES:** This is a non-active defensive drill. No tackling of the ball. The drill is to focus on the principles of closing down, slowing down, showing down, and shadowing the attacker.

KEY WORDS: Close Down, Slow Down, Show Down, Shadow Down or Close-Quick- Arrive Slow.

GUIDED QUESTIONS: When slowing down to the attacker, what is the body position the defender should take? What happens if the defender is positioned squared to the attacker instead of a staggered side-on position? Why do you need to arc your run?

ANSWERS: Defender needs to slow down just before reaching the attacker into a staggered side-on position. If not, and the defender is squared to the attacker, the attacker will have more options on what to do to get around the defender. Additionally, the defender in a side-on posture has more balance. Arcing the run forces the attacker more to one side of the field allowing the defender to minimize the attacking options.

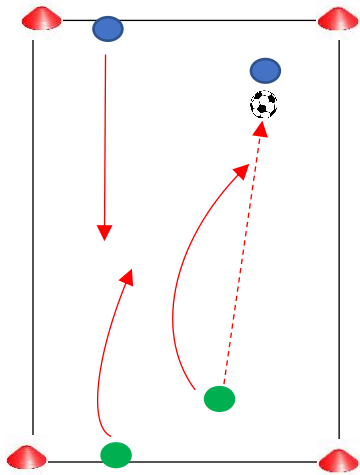
Note: After the player sends the ball to the attacker, get the defending player to yell out "ball". This basic communication will help in games to let teammates know who is first to the ball to defend.

4-CORNER DEVELOPMENT SUMMARY

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Running with/ without the Ball - Slowing down - Balance - Coordination - Agility - Jockeying 	<ul style="list-style-type: none"> - Angle of run - Body position relative to attacker - Slowing attacker down 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique 	<ul style="list-style-type: none"> - Watching the ball - Concentration on body position - Building confidence in front of attacker

CORE ACTIVITY: Pressure and Cover

DURATION: 18- MIN - INTERVALS: 5 ACTIVITIES 3-min- REST: 30-sec



OBJECTIVE: 2 v 2 Pressure and Cover

PLAYER ACTIONS: First defender pressure with a second defender cover.

ORGANIZATION: Organize the playing grid 25L x 15W as shown in the diagram. Player starts where the defenders pass across to the attackers across the grid. 1st defender will arc run the close quick and slow into a staggered side-on stance. The 2nd defender to take up a cover position in support of the 1st defender. While this is occurring, the attackers will try and pass and move in order to get the other end of the grid. If the play switches to the other attacker then the 2nd defender becomes the 1st defender with the supporting defender in a cover position. **RULES:** This is an active defending drill. The focus is not on the attackers and their play. The focus is to remain on the defending position.

KEY WORDS: Close Down, Slow Down, Show Down, Shadow Down.


GUIDED QUESTIONS: Where should the cover defender be to the 1st defender? How far should the cover defender be to the 1st defender?

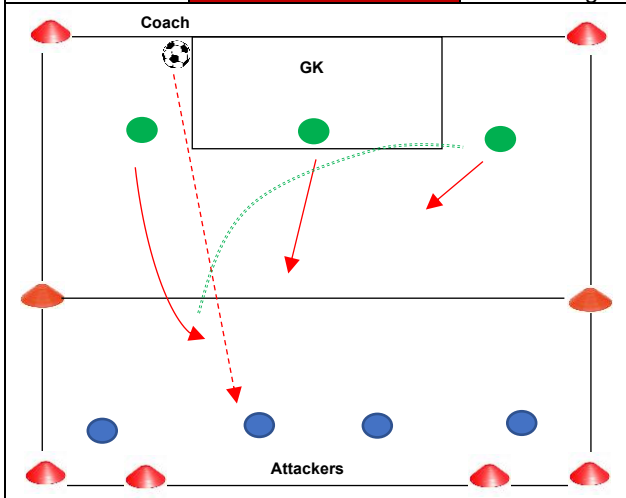
ANSWERS: The cover defender should be in line to the opposite shoulder of the 1st defender that is facing the attacker. The cover defender should be just far enough to be in position and in support of the 1st defender without creating too much open space for other attacking players to run through.

Note: The emphasis on this drill is how the pressuring defender positions themselves for defending. The goal is to force the attacker to the outside. The second defender is to be in a cover position angled behind the pressuring defender. Coach is to watch for body positioning for the defenders to ensure that they are positioned to defend properly on both pressure and cover responsibilities.

4-CORNER DEVELOPMENT SUMMARY

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Running with/ without the Ball - Slowing down - Balance - Coordination - Agility - Jockeying 	<ul style="list-style-type: none"> - Angle of run - Body position relative to attacker - Slowing attacker down - Supporting player position (cover player) 	<ul style="list-style-type: none"> - Communication with support player - Listening to instruction on drill - Listening to teammate in support - Celebrate correct technique 	<ul style="list-style-type: none"> - Watching the ball - Concentration on body position - Working as a pair to succeed in drill - Building confidence in front of attacker

	GOAL	Defending				U11+
	PLAYER ACTIONS	Close Down, Slow Down, Shows Down, Shadow Support				
	KEY QUALITIES	Understanding Delaying Attacker by Pressure and Cover				
	MOMENT	Defending	DURATION	60-Min	PLAYERS	



OBJECTIVE: This drill is to help defenders apply their defending skills in a game simulation.

PLAYER ACTIONS: Applying pressure and cover technique and take up a "banana shape" defending posture for a layered cover formation (see green dotted line).

ORGANIZATION: This drill is to be done using half field. 3 defenders against 4 attackers. Play starts with the coach by the goal passing out the ball to a random attacker. The defenders are to apply the "close down, slow down, show down, and set up shadow support. Defenders will have to figure out who is to be first to the ball and while communicating to their defensive teammates to be in a cover position. Attackers are active and will attempt to score on the goal. If the defenders can kick the ball out and/ or kick the ball past center, the drill stops and is re-set. **RULE:** This is active defending and active attacking. Coach is to stop the drill to help correct any defending and/ or attacking postures that are not in line with the expectations of the drill.

KEY WORDS: Close Down, Slow Down, Show Down, Shadow Down.

GUIDED QUESTIONS: How can you let your defending partners know that you are 1st defender to the ball?

ANSWERS: Closest defender to the ball as 1st defender can yell out "ball". This will tell the other defenders to take up a cover position.

Note: To elevate this drill, position two cone goals as shown in the diagram. The drill can then advance where if the defenders get positive possession of the ball, they are able to counterattack the try and score a goal in the small goals. Two points for defenders able to score a goal vs 1 point for attackers to score a goal on the larger net.

Goalkeeper will be present for the session and able to be a support to the defenders to prevent goals.

4-CORNER DEVELOPMENT SUMMARY			
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<ul style="list-style-type: none"> - Quick reaction - Running with/ without the Ball - Slowing down - Balance - Coordination - Agility - Jockeying 	<ul style="list-style-type: none"> - Angle of run - Body position relative to attacker - Slowing attacker down - Supporting player position (cover player) - Counter-attack once ball is won 	<ul style="list-style-type: none"> - Communication with support player - Listening to instruction on drill - Listening to teammate in support - Celebrate correct technique 	<ul style="list-style-type: none"> - Watching the ball - Concentration on body position - Working as a pair to succeed in drill - Building confidence in front of attacker - Competition

SCRIMMAGE	DURATION: 18- MIN – INTERVALS: 3 ACTIVITIES 5-min – REST: 1-min
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PLAY A REGULAR GAME: (this is an open game with players on the field).

ORGANIZATION: Divide players into two teams. Use pinnies as required to help the players know who is on their team. Have open field play. Let the players play and avoid continual interruptions in the play. Look for moments for a stoppage in play for a coaching opportunity to help support the training that was done in the previous sessions leading up to the scrimmage. **RULES:** Apply all the standard rules of play for the game including throw-ins, goal kicks, and retreat line requirements.

KEY WORDS: Defenders to avoid bunching up allowing for too much open space to be present (allowing for attackers to easily gain control of the area and strike towards the goal).

GUIDED QUESTIONS: What shape do defenders need to take in their pressure and cover? How do you know who is 1st defender?

ANSWERS: Banana shape. 1st defender is to yell out "ball".

Notes:
To fit the scrimmage timing space-

- Adjust the game intervals to fit the practice time remaining.
- Only play as many intervals as there is time remaining for the practice.

Coaches can add or adjust any conditions as needed to challenge the players to their ability.





Consider the following for the scrimmage to encourage what was covered in the session:

- Can only score from a pass.
- Introduce a minimum pass rule before a team can score i.e., must complete 5-passes before you can take a shot on the goal. The focus of the session is not to score but get used to pass and movement concepts. This will help grow confidence in the game.

Crossfield Soccer Association is focused on the 5 key principles for game play:

HEAD- Player with your head. Be focused and switched on. **CONTROL-** Control the ball through dribbling and being able to receive the pass. **LOOK-** See the field. See the options that are available to see what can be done in the play/ game. **PASS-** Pass with purpose, accuracy, and intent. **MOVE-** Move into a position where you are seen by your teammate with the ball for an option to receive a pass.

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Running with/ without the Ball - Slowing down - Balance - Coordination - Agility - Jockeying 	<ul style="list-style-type: none"> - Angle of run - Body position relative to attacker - Slowing attacker down - Supporting player position (cover player) - Players closing the field when defending 	<ul style="list-style-type: none"> - Communication with support player - Listening to coaching moments, as required - Listening to teammate in support - Celebrate correct technique - Playing in teams 	<ul style="list-style-type: none"> - Watching the ball - Players adjusting to the play when defending - Concentration on body position - Working as a pair to succeed in drill - Building confidence in applying skills in game

FIVE ELEMENTS OF TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<ol style="list-style-type: none"> 1. ORGANIZED: Is the exercise organized the right way? 2. GAME LIKE: Is the exercise game like where the skills being coached are applicable to the player and their game? 3. REPETITIONS: Are there repetitions when looking at the overall goal of the session? 4. CHALLENGING: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. COACHING: Are the coaches comfortable with the session and able to present the details to their players? 	<ol style="list-style-type: none"> 1. What was the goal of the training session? 2. What did you do well in the training session? 3. What could you do better?
SESSION PLAN SYMBOLS	
 Training Disc  Pass Ball  Run without Ball Running w/o Ball  Run with Ball	