

WASA Age Group Training #2

Coach:

Topic: Defending

Date:

Age Group: ~~U11~~ U11-U12

10x15

Defending I

1. Player X (w/ball) tries to beat player O (w/out ball) to opposite end. Player O runs backward. Change roles.

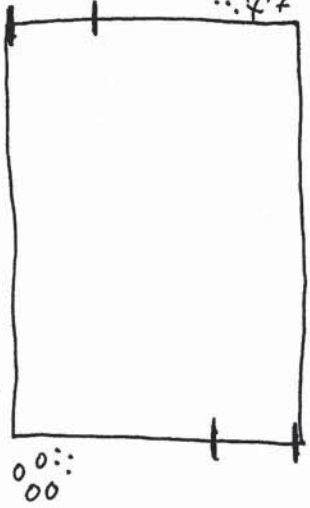


Coach:

15x25

1v1

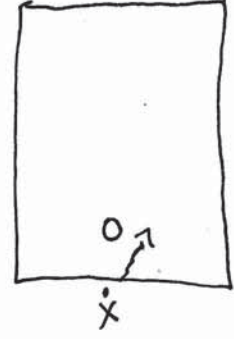
1. 1v1 game to sm. goals located in corner.
2. defender plays ball across to Attacker → Angle/speed of Approach important. contain attacker and try to Poke, Tackle, Take ball away
3. Pressure for ball - defender needs to get close enough to pressure the ball. "Get closer" good phrase to say - teach defender.



10x15

1. Player X tries to dribble past Player O. Player O moves backwards

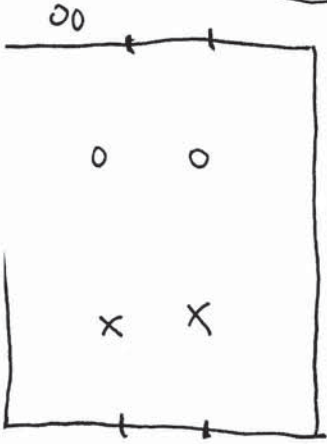
2. Teach Player O
 - A. Stay in front of ball
 - B. Poke - ball away w/front foot
 - C. Tackle ball w/back foot
 - D. Take ball w/body - step in front



Coach:

2v2

1. 2v2 game. Teams of 3/4.
2. Teach defender to
 1. defend a side. don't cross
 2. Player closest to ball should "pressure" other player "get closer" to cover
 3. Don't get "split"



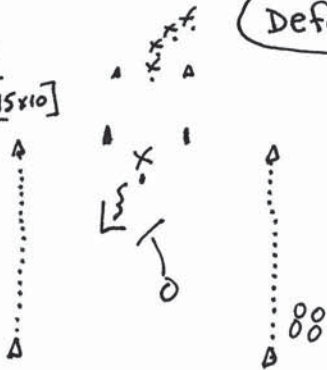
3. Can make this a 2v2 ladder game. 3/4 min games - winners move up / losers move down.

Coach:

Defending II

1. Attacker tries to get by defender - inside area. If attacker makes it out - they can shoot (keeper optional)
2. Defender stays inside area and defends attacker. Teach: Poke, Tackle, Take.
3. If defender can Take ball (best option) they try to score at sm. goal at top of area. Change defenders after 3 attackers.
4. Defenders must communicate "pressure" or "get closer"

15x10



5. options: 1v1, 2v1, 2v2 inside box