

# WASA Age Group Training #2

Coach:

Topic: Defending

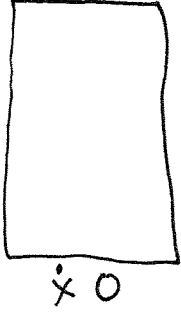
Date:

Age Group: U9-U10

Coach:

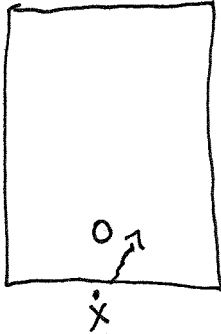
(10x15)

## Defending I



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

(10x15)

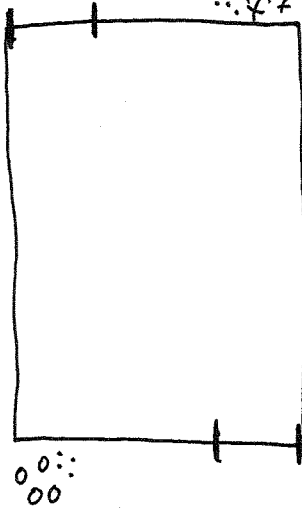


1. Player X tries to dribble past Player O. Player O moves backwards
2. Teach Player O
  - A. Stay in front of ball
  - B. Poke - ball away w/front foot
  - C. Tackle ball w/back foot
  - D. Take ball w/body - step in front

Coach:

[15x25]

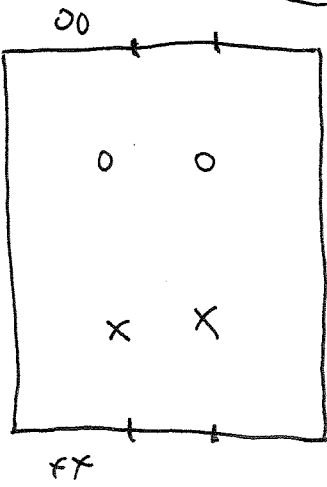
1v1



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 the ball - defender needs to get close enough to pressure the ball. "Get closer" good phrase to say - teach defender.

Coach:

2v2

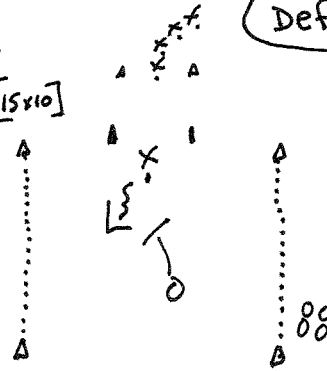


1. 2v2 game. Teams of 3/4.
2. Teach defender to
  1. defend a side. don't cross
  2. Player closest to ball should "pressure" other player "get closer" to cover
3. Don't get "split"

3. Can make this a 2v2 ladder game. 3/4 min games - winner move up / loser 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. Chase defenders after 3 attackers.
4. Defenders must communicate "pressure" or "get closer"

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