



# BU14 Panthers Week 5

Category: Tactical: Defensive principles  
Skill: U13 | Start Time: 15-Oct-2015 00:00h

Pro-Club: Red Bulls New York Academy  
Stiven Valencia, White Plains, United States of America

## Description

### Key learning objectives:

1. Roles - pressure, cover & balance
2. Technique - speed and angle of approach.
3. Compactness - don't get stretched or split.
4. Communication - urgent, loud, and specific.

## Warm-Up (20 mins)

### Organization:

- 8 x 8
- 4 Players
- 1 Ball

### Instructions:

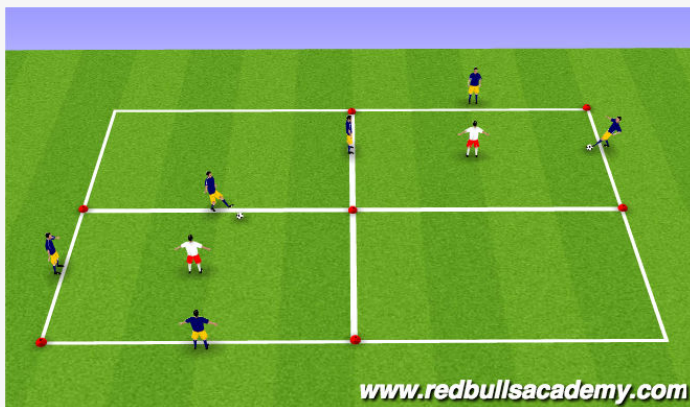
- Players will be involved in a 3 v 1 rondo activity.
- Objective: Possess/retain away from defender.
- Dynamic Stretches will included during the warm up.

### Coaching Points:

- Technical sharpness
- Accuracy & Pace of pass.

### Progressions:

- 2 Touch Limit
- 1 Touch Limit



## Defensive Scenarios (20 mins)

### Organization:

1. Set up as shown (3 zones of 10-12 yds & 20 yds width)
2. Three teams of 3 players

### Instructions:

1. Semi-opposed.
2. If ball is played through, team receives a point and becomes defending team.
3. If defending team wins possession of the ball they attempt to score on small goals.

### Coaching Points:

1. Roles - pressure, cover & Balance.
2. Technique - speed and angle of approach.
3. Compactness - don't get stretched or split.
4. Communication - urgent, loud, and specific.



## 3v3 plus targets (20 mins)

### Organization:

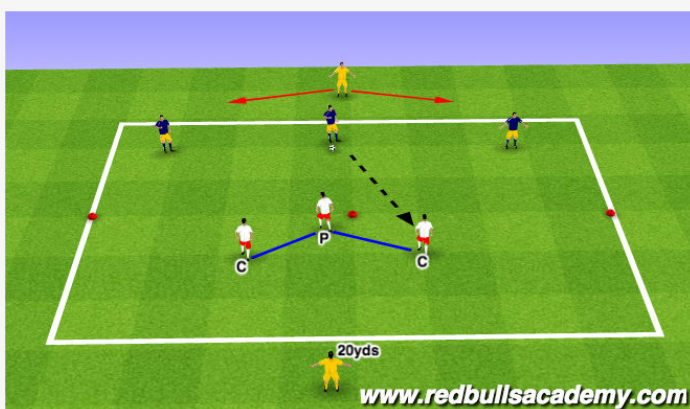
1. Set up as shown (30x20)
2. 3v3 plus targets

### Instructions:

1. Players look to possess the ball and find pass to target on the ground.
  2. One point for playing the ball to the opposite side target player.
  3. After point ball will start with team that gave up point from target player.
  4. Team that scored has to start behind confrontation line.
- \*\*\* As session progresses show players cues of when to press higher.

### Coaching Points:

1. Roles - pressure, cover & Balance.
2. Technique - speed and angle of approach.
3. Compactness - don't get stretched or split.



4. Communication - urgent, loud, and specific.  
\*\*\* Visual cues to press: Bad touch or pass, backwards pass.

## Free play (25 mins)

### Organization:

40x30  
6v6 with bumpers  
Waiting team plays on the outside

### Instructions:

1. 3 touch inside.
2. 1 touch for bumpers.
3. Winner stays in.

### Coaching Points:

Minimal coaching points on topics addressed during the session.  
\* Encourage use of defensive principles worked on during session.

