



Valley Stream U13 Cobras Week 5

Category: Functional: Defender
Skill: U13

Pro-Club: Red Bulls New York Academy
Duane Pena, New York, United States of America

Individual defending (10 mins)

Organization:

12-16 players 4 attackers, 1 defender per grid, each attacker has a ball, grids 15x15

Instructions:

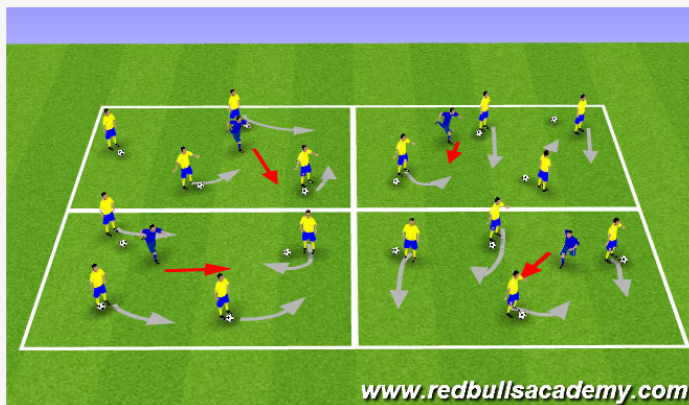
- 1 - Defender has to try and kick each attackers soccer ball out the grid.
- 2 - Attackers that lose their soccer ball support players with the ball
- 3 - Defender that kicks out all the soccer balls first wins

Coaching Points:

- 1 - Speed of approach
- 2 - Body shape when defending
- 3 - type of tackle block/poke

Progressions:

- 1 - add a time limit for defenders.
- 2 - If a defender knocks out all the ball out he can go and support another defender



Technical Warm Up (15 mins)

Organization:

- 10x20 yards
- 2 teams

Instructions:

- Players pressure nearest ball and hold defensive position until covering player (2nd defender) directs the pressing player (1st defender) to press next ball.
- 2nd defender provides specific instruction to 1st defender to either "show in" or "show out" (as highlighted in image).

Coaching Points:

1st Defender (Pressure):

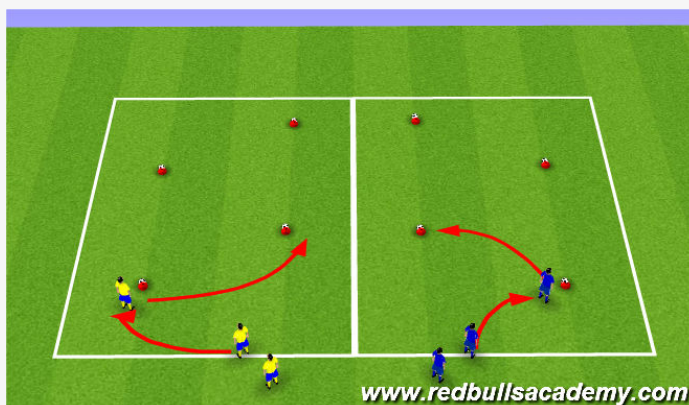
- Angle, speed and distance of approach
- Deny space and penetration
- Create 1 vs.1 scenario - isolate an opposition attacker
- Channel outside near goal, inside/outside in opposition half

2nd Defender (Cover):

- Provide clear, concise and specific instruction to 1st defender - "show in", "show out", "hold", "press"
- Open body stance when play is directed in field - to read switch/intercept
- Closed body stance when play is directed out field - to double up/cover
- Prevent forward penetration - keep play in front

Progressions:

- Allow 2nd defender to decide upon command



Pressure, Cover (15 mins)

Organization:

6 players per area. 2 Players on middle line. 2 players on either end line.

Instructions:

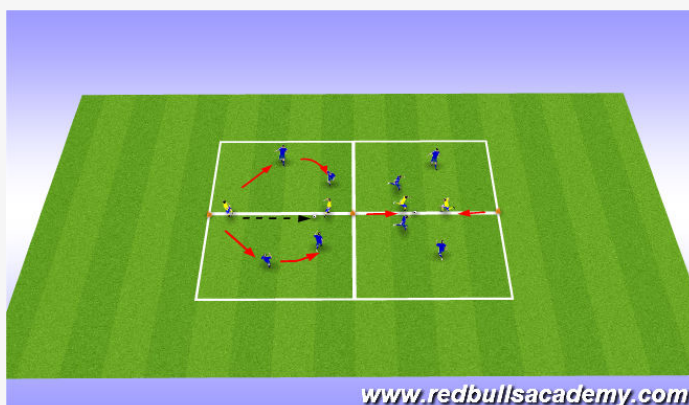
2 middle players pass the ball between themselves. Holding the ball for 3 seconds in between.

Coaching Points:

- Movement as ball travels
- Covering player being in position to block penetrating lane
- Communication between players (specific information)
- Pressuring player keeping pressure on if attacker dribbles the ball

Progressions:

Middle players can decide to dribble the ball if they wish too.



Pressure, Cover - Part 2 (20 mins)

Organization:

Same as previous.

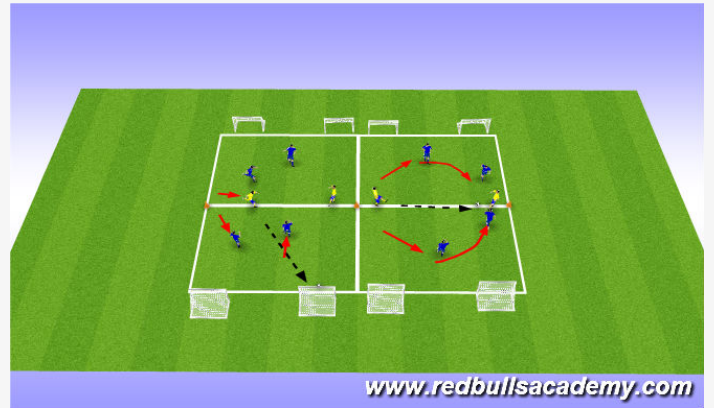
Instructions:

Same as previous but now middle players are able to score in either goal if opportunity presents itself.

If attackers score then they switch with defenders.

Coaching Points:

- Quick transition between roles (switching between pressure and cover)
- Communication between players (tone to work as a motivational tool)



Free Play (20 mins)

Organization:

Instructions:

Coaching Points:

Progressions:

