



Name: Fabien Lewis	Team: U10	Day: 2	Duration: 60 Minutes
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Description: This session teaches your players the defensive principles of Pressure, Cover, Balance & Compactness. This type of session brings organization to your team when defending.

<p style="text-align: right; font-size: small;">© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p>Activity: “Tiger Tail” – 10 minutes</p> <p>Organization: Each Player has a ball and a penny which hangs from the back of their shorts (acting like a money tail). Each player has 2 lives (their ball and their penny). Players dribble around in a designated area trying to kick players ball out of the grid OR pull their penny from their shorts. If their penny is pulled, that player cannot get back that life. But, if their ball is kicked out, they could get back a life but getting someone else ball. The last player that’s left with their ball and/or penny, wins.</p> <p>Coaching Points: (1) Knees bent, stand on balls of feet, when defending your penny. (2) Immediate pressure to win the ball after losing yours (3) Touch tight when trying to win possession of ball (4) Use sidelines as extra defender.</p>
<p style="text-align: right; font-size: small;">© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p>Activity: Small Sided Game – 10 minutes</p> <p>Organization: In 15 x 10 yard grid, 2 v 2 going to pugs. Ball starts with the coach who passes to attacking team.</p> <p>Coaching Points: (1) Reinforce previous points (2) 1st defender pressure, 2nd defender covers (3) Communicate with teammate on which side you want him to force the attacker (4) 2nd Defender must cut off passing option to goal – see ball – see attacker.</p>
<p style="text-align: right; font-size: small;">© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p>Activity: Expanded Small Sided Game – 20 minutes</p> <p>Organization: In 25 x 20 yard grid, 4 v 4 + 2 goalkeepers. Ball starts with the coach who passes ball to attacking team. Off side rule apply.</p> <p>Coaching Points: (1) Reinforce previous points (2) 1st defender pressures, 2nd defender covers, 3rd defender balance, 4th defender gets behind the ball to remain compact (3) Stay connected (i.e. maintain 5-7-yard distance from each other) (4) Be brave, hold your line.</p> <p><i>Modify 4 v 4 to 3 v 3 + 2 goalkeepers to coach defensive principles, pressure cover and balance.</i></p>
<p style="text-align: right; font-size: small;">© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p>Activity: Scrimmage – 20 minutes</p> <p>Organization: In 40 x 30 yard grid, 6 v 6 + 2 goalkeepers and 1 neutral in 30 x 40 yard grid. All rules apply.</p> <p>Coaching Points: (1) Reinforce previous points (2) Enjoy.</p>