

## **Week 8**

### **Boys and Girls**

#### **Stage 1 (U7-U10)**

1. As a team, discuss how you defend in each third (phase) of the field. What are the roles of each position and how do they work together in some situations?

#### **Stage 2 (U11-U12)**

1. As a team, discuss how you defend in each third (phase) of the field. What are the roles of each position and how do they work together in some situations? If time permits, coaches should address team defending in a field third of choice.

#### **Stage 3 (U13-U16)**

1. As a team, discuss how your team defends as individuals and in a group, in the each third (phase). What are the instructions for each position? How do their roles and responsibilities change when the ball is centrally vs wide? What are the roles of the players behind those that are pressing?

#### **Stage 4 (U17-U19)**

1. As a team, discuss how your team defends as individuals and in a group, in the each third (phase). What are the instructions for each position? How do their roles and responsibilities change when the ball is centrally vs wide? What are the roles of the players behind those that are pressing?