

## **Defending U-10**

**OBJECTIVE:** This session is designed to teach players the technical points of pressuring the ball. The 1<sup>st</sup> defender's speed of approach, body shape and tackling technique.

**Prepractice : Triangle Passing** 1<sup>st</sup> touch with any foot across body to other foot, specify 1<sup>st</sup> touch with left and then right. Look for good technique and proper body position.

**Prepractice : Ball Touches:** Tic tocs, pull backs, etc have kids "coach".

**1.) Defensive Stance Warm-up:** In pairs passing about 10-15 yds away. When coach signals one player stops ball with their foot, the other player approaches to defend. Then players back up and passing resumes.

*Variation :* After a few passes, one of the players lets the ball go through their legs, the other player approaches to defend and 'force' the player in the direction they are facing

### **Coaching Points:**

- Angle of approach – We want to direct the player one way on the field
- Speed of approach – Approach fast arrive slow
- Body Shape- knees bent, on the balls of their feet
- Mobility – able to make a quick change or adjustment

**Mistakes to watch for:** *(these are common mistakes that we want to watch for and correct.)*

- Planting their feet once they get to offensive player
- Sprinting straight at the attacker (diving in)
- Standing straight up

## **Demonstrate the Block and Poke Tackle**

### **Coaching Points: (Block Tackle)**

- Attack the player fast, closing the distance between yourself and the ball as fast as possible
- Position your feet in a staggered stance, one foot slightly further than the other.
- Your knees should be slightly bent, allowing you to quickly extend your feet either way, in case the attacker tries to dribble past you.
- Extend your arms sideways, to gain some balance and always stay on the balls of your feet, so you can block the ball with either foot
- When you decide it's time to move in for the block, keep your body low and drag the inside of your tackling foot through the ball. It's important that the ankle of your tackling foot is locked and your non-kicking foot is planted firmly near the ball. Otherwise you risk injuring yourself.

### **Coaching Points: (Poke Tackle)**

- Attack the player fast, closing the distance between yourself and the ball as fast as possible

- Position your feet in a staggered stance, one foot slightly further than the other.
- Your knees should be slightly bent
- If you get close to the attacker and there is an opening to poke the ball away with your toe, do so quickly!

**2.) 1v1 to two small goals:** Divide kids into equal teams. Set up a 15yd x 10yd grids with small goals (2 yds across) at each end. Play multiple 1v1 games for 45-60 seconds per game. Rotate players in and out changing combinations. Kids score by stopping ball between cones. Keep track of score. Focus on foot tackles and recovery

**Coaching Points:**

- Same as above
- Reading the attackers body language- try to anticipate their next move
- Deciding how to win possession of the ball block tackle or toe poke (see coaching points below)

**Visual Cues to Tackle:** opponent has their head down; just as the ball leaves the foot on the dribble; the ball gets stuck under the opponent; the opponent touches the ball too hard and loses control.

**3) 2v2 to lines :**

Create a field that is 20yds x 15yds (twice as big as the one used above, set up prior to practice, break all of the players into teams of 2. Each team will defend the end line behind them. Players have to dribble across the end line to score and stop the ball on the line to score.. Play a tournament format where teams will play 2 minute games and then rotate in another team. Scoring goes as follows: 3 pts for the win, 1 pt for the tie, 0 for a loss and, if they have a shut-out, they get 2 bonus pts.

**Coaching Points:**

- Same as above
- Reading the game – Do the players recognize when they become the first defender and if, when and how to tackle
- Focus on 2<sup>nd</sup> defender sliding between the 1<sup>st</sup> defender and the goal.

**Mistakes to watch for:**

- Players hanging back and not pressuring the ball when they become the 1<sup>st</sup> defender
- 2<sup>nd</sup> Defender not moving into position

**4) Scrimmage:!!!!**