



Name: Fabien Lewis	Team: U8	Day: 1	Duration: 60 Minutes
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Description: This session would help your players learn basic defending techniques, as well as, improve their game awareness in defending.

<p>© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p>Activity: Warm up – 10 minutes</p> <p>Organization: Player A (white) passes the ball into player B (blue) then applies pressure on the ball. Player B will receive and dribble forward in a zig zag pattern. Player A is not trying to win the ball but rather maintain arm's length distance away from defender and adjust body stance. Progression: Both players stand 1 step away from each other, with ball is in the middle. Introduce "Standing Block Tackle" & "Toe Poke"</p> <p>Coaching Points: (1) Speed to close down attacker (2) Force attacker head down to ball (3) Bend knees – be on balls of feet – adjust body position to direction where attacker is going (4) Standing foot next to ball - swing leg through ball using middle part of foot - lock ankles - chest over ball.</p>
<p>© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p>Activity: 'Gladiator' – 15 minutes</p> <p>Organization: 2 v 1 defending in 18 x 8 yard grid. Player A (in blue, 1st in line) starts defending only after Player X (white) starts dribbling forward. Player A can only defend his line. If Player X enters the other box, only then can Player B (in blue, 2nd in line) apply pressure and defend his end line. Player X is trying to score by dribbling pass both respective defenders and through their end line.</p> <p>Coaching Points: (1) Reinforce previous points. (2) Force attacker to sideline (3) Use appropriate tackle</p>
<p>© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p>Activity: Small sided Game – 10 minutes</p> <p>Organization: 4 v 4 in 30 x 25-yard grid. A team scores when any player dribbles the ball into the end zone.</p> <p>Coaching Points: (1) Reinforce previous points. (2) Communication (3) One player pressure – One player cover (4) Recover (5) Transition to attack</p>
<p>© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p>Activity: Scrimmage – 30 minutes</p> <p>Organization: 5 v 5 in 25 x 20 yard grid going to pugs. Use modify small sided game rules.</p> <p>Coaching Points: (1) Reinforce all points. (2) Have fun.</p>