



<b>Name:</b> Fabien Lewis	<b>Team:</b> U10	<b>Day:</b> 1	<b>Duration:</b> 75 Minutes
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**Description:** This session will teach players the proper technique to use a standing block tackle, as well as, toe poke tackle. Furthermore, the session will also address players' defensive stance and encourage recovery runs.

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Name:</b> "D-Block" (Standing Tackle &amp; Sliding Tackle) – 15 minutes</p> <p><b>Organization:</b> Use designated area. <u>Progression I</u> - Have 2 players' pair up with one ball. Player A have the ball, while Player B is arms leg away. Player A dribbles forward, player B maintains arm's length distance and defensive stance (while moving back). When Player B gets to the other end of the grid, both players switch roles. They are not trying to win the ball. <u>Progression II</u> – Have 2 players stand 2-3 steps on either side of the ball. On command, both players should squarely step to address and block the ball. <u>Progression III</u> – In groups of 2's, player A dribbles the ball at 30% speed, while the player B follows at the side. At player B discretion (when ball leaves player A foot), he toe tackle the ball to dispossess the attacking player.</p> <p><b>Coaching Points:</b> <u>Defensive Stance</u> - Knees bend, remain on balls of your feet &amp; keep eyes on the ball. <u>Standing Block Tackle</u> – (1) Standing leg next to the ball. (2) Chest over ball. (3) Lock ankles, strike middle ball using middle part of foot. (4) Follow through. <u>Slide Tackle</u> – (A) Go to ground on side-thigh and extend furthest foot. (B) Toes up and heel down, "sweep" through ball to dispossess attacker. (3) Use hand to get back up quickly.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Name:</b> 1 vs 1 Defensive (16 minutes)</p> <p><b>Organization:</b> 1 v 1 to goal in 10 x 8 yard grid. Coach serves ball in favor one player. Defend engages and tries to prevent attacking player from dribbling over the end line.</p> <p><b>Coaching Points:</b> (1) Get close to the ball (2) Maintain a good distance to tackle. (3) Get body behind tackle. (4) Tackle without crossing feet. (5) Defender not on ball (2<sup>nd</sup> defender), must cover 1<sup>st</sup> defender.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Name:</b> Small Sided Scrimmage - (16 minutes)</p> <p><b>Organization:</b> 2 v 2 Defensive to goal in 15 x 12 yard grid going to pugs. Coach serves ball to slightly favor one team.</p> <p><b>Coaching Points:</b> (1) Defender closest to ball applies pressure while furthest defender gives cover. (2) Recover to maintain numbers in front of ball. (3) Win ball and SCORE! (4) Reinforce previous points.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity Name:</b> Scrimmage - (28 minutes)</p> <p><b>Activity Organization:</b> 6 v 6 + 2 goalkeepers with no conditions on play in 40 x 35 yard grid. All game related rules apply.</p> <p><b>Coaching Points:</b> (1) Use appropriate technique as per situation (2) Going to ground should be a last resort (3) Tackle with either foot as situation demands. (4) Take pride in defending (5) Reinforce previous points.</p>