

Week FOUR Practice- 3<sup>rd</sup>-5<sup>th</sup> and 6<sup>th</sup>- 8<sup>th</sup> Grade



1v1 and 2v2 DEFENSE

**Practice NEEDS:**

- A full bag of soccer balls
- Pinnies
- Two stacks of Different colored cones
- PUGs or POLES for goals

**1) Minutes 10-15: Circle Rondo**

\*No Pre-practice set up needed

**Circle Rondo**

Have all the players get into a circle with one in the middle who has a pinnie **in his hand**. The objective is for the players on the outside to play monkey in the middle while the single defender tries to take away passes and steal the ball. If the defender wins the ball or the ball is passed out of the circle, whoever is at fault offensively becomes the defender, taking the pinnie, while the first defender who won the ball takes a spot in the circle.

**\*\*See Coaching Point**

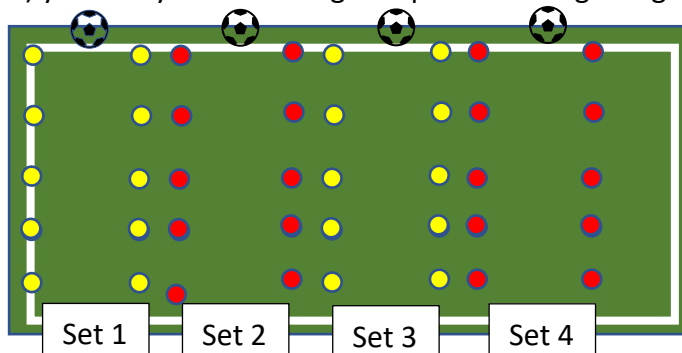
*Progression: If the offense is easily successful, add a defender, having two defenders at a time.*

**\*Coaching Point:** As the kids perform this drill, remember the focus today is on defense, so the key words/focus for this drill would be **“Pressure”** and **“Angle Your Body”**. This means that the defender should **quickly** apply pressure to the ball and angle his body to try and take away one side and the middle (with a diagonal stance) from the offense. A defender does not want to give up a pass to the right and left, he should take one of the two away in addition to the forward pass

**\*\*Progression Coaching Point:** If you have added a defender, the second defender should be learning to **cover** for his 1<sup>st</sup> defender, who is pressuring the ball. The 1<sup>st</sup> defender is supposed to be angling his body one direction, therefore the 2<sup>nd</sup> defender (“cover”) should be playing off of the “pressure’s” back shoulder on the side to which the 1<sup>st</sup> defender is pushing the offense, taking away the pass up the middle (through ball).

**2) Minutes 10-15: 1v1 Lanes**

Set-up: Make 4-5 Lanes using cones (You will need one lane per 2 athletes on your team). The Lanes should be 15(L) x 8-10(W) yds. Tell your team to get in pairs before getting into the drill. Each Pair will need one ball.



## 1v1 Lanes

Each pair will pick a set of cones/lane. The 2 players will each go to the ends of the lane facing each other, one will have the ball. Player 1 will pass the ball to his partner (player 2). Player 2 will receive the ball and attempt to score against player 1 by *dribbling*, inside the lane, to the other side. The only way the player can score is by dribbling across that last set of cones with a *controlled* dribble (not blasting the ball across the line). Once the ball has been stolen/possessed by the defender, out of bounds, or the offense scores, the players return to their original sides, but now player 2 plays the ball to player 1, switching their offensive and defensive roles. This continues for a coach-allotted amount of time. Defense should be taught **\*“fast, slow, low, go”** as *defense* is the focus of this drill/practice.

*Competition style: As a progression or to turn up the intensity, make set/lane 1 the “champion lane”. After every mini game (bout 2-3mins each), the winner from each lane will rotate toward lane 1, the champion lane, and the loser of the game will stay put EXCEPT in lane 1, where the winning player will STAY and the Loser in that set has to go back to the last (in the diagram above, #4) lane. Whoever WINS the LAST game in the champion lane is the 1v1 Champion.*

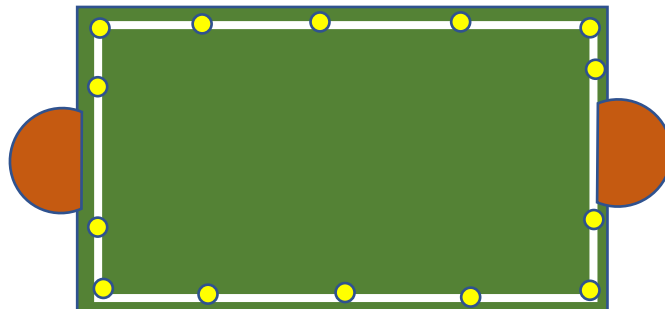
**\*\*Fast, Slow, Low, Go:** The idea here is that defender should NOT run up swinging to win the ball; their objective is to slow down the offense in order to allow the defense’s teammates to recover. In order to do so, they go **fast**, applying quick pressure on the ball, but before getting there they **slow** their bodies and provide a little cushion between them and the offensive player with the ball (keeps the offense from doing a quick easy cut around them), now they have to get a **low** athletic stance for improved mobility, and angle their bodies making the offense **go** where they want them to as well as **go** with the offense, guiding them where the defender decides to take him.

## WATER BREAK

### 2) Minutes 10-15: 2v2 Small Sided Games

Set up: Set up two or three 2v2.

If you have an odd number, just do games for 2-3 minutes having one team sit out then rotate in, or have a neutral (all time offense) on the field. The fields should each be 20(L) x15 (W)yds with either PUGs or poles used as the goals.



### 2v2 Small Sided Game

Pair the kids into teams of 2, placing a different color pinnie on each team so you can rotate them from one field to the other. On each field teams of 2 should play against each other. The ball can start at the middle like a normal kick off, then proceed like a normal game (except using kick-ins as opposed to throw ins). If the ball goes out of bounds, the team passing in the ball can have a “negative” (drop) pass for free (without being defended) in order to get the ball in. Once they have played for a few minutes, have the teams play a different team, starting a new game, until each team has played each other. Remember to focus on defense including the 1<sup>st</sup> defenders role, “immediate pressure” and 2nd defender’s role to “cover”. As they are learning this, they should begin to talk more saying “I’ve got ball” (1<sup>st</sup> defender), and “Im here...push him right/left/this way”.

### WATER BREAK

**4) Minutes 10-15 Conclude with a scrimmage.** Now that you have one game under your belt, this may be a good time to make sure your team understands your formation, especially their roles defensively. They should understand that their formation/shape gets SMALLER, more COMPACT when they become defense.

### WATER BREAK

### 5) DEVOTIONS- WEEK 4.

Finish in Prayer