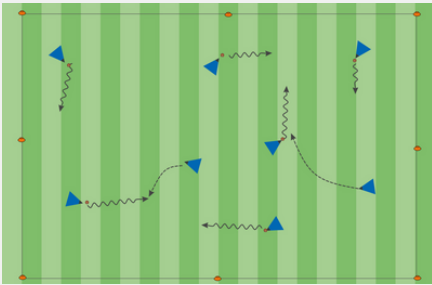


STEP CURRICULUM

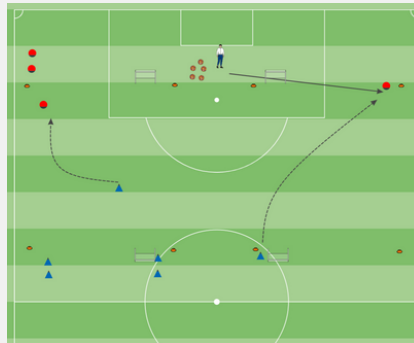
WEEK 5

Defending to Win It



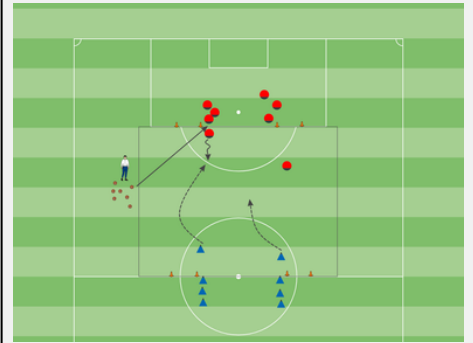
- Open space within one half of field
- All players with a ball except 2-3
- Players keep the ball - find space away from defenders
- Defenders, try to win it
- Defending to win it
- Repetition of winning the ball
- Force players into smaller areas - Easier or harder to win the ball?

1v1



- Half field - area appropriate for age and ability - split in half again
- 1v1 - Score (3 points for passing in goal, 1 point for dribbling across)
- Defender can defend as soon as ball is played
 - Coach plays ball s
- When do we defend?
- Where do we force them? 1 point side
- Where should we defend - high up or wait?
- Body shape - riding a surfboard

2v2



- Area as shown - 2v2
- COACH plays ball in
- Defender comes on when ball is on
- Score by passing into goal
 - Can you score?
- Who is pressuring? Why?
- Where is other defender? Why?
-

Week 5 - STEP Guide

Play (10 minutes) - Practice (30 minutes) - Play (20 minutes):

Standards

- Defending
 - First day
 - Focus on approach, body shape (riding a surfboard)
 - Second day
 - Add in delay
- Second Defender
 - Introduce
- Focus on winning early, high pressure, win it high so we are closer to our goal
 - We can back them down later, but hard to go the other way

Focuses

- Rules, focus, concentration, routines
- Set a high standard! - Group players by development level
- Coach minimally when players are playing - coach them when rotating
- Playing 4v4 - Don't coach the players on the field during 4v4 - Coach when off