



# Kentucky Youth Soccer Association

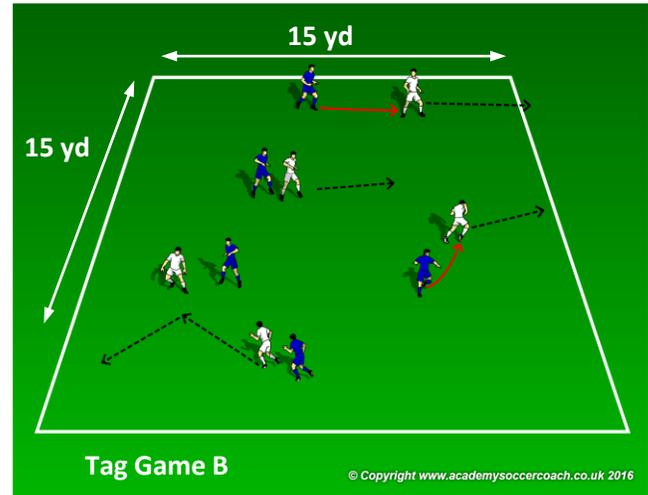
## ODP Lesson Plan



Date: Saturday Dec 3<sup>rd</sup> 2016

### Warm-Up

Topic: Defending, Numbers Down



#### **Tag Game A**

10x 10 yard grid with 6 players in a grid, 3 per team  
 In opposite corners place some 2 yard gates  
 One team are the defenders (blue), the other team's attackers (white)  
 Attacking team has 5 seconds to get through the opponent's gate without getting tagged.  
 If they are tagged they it's a point to the defender, if the attacker gets through the gate they win a point.  
 Players switch sides after each attempt.

#### **Coaching Points**

Apply the pressure quick  
 Keep them running on one side and do not allow them to turn

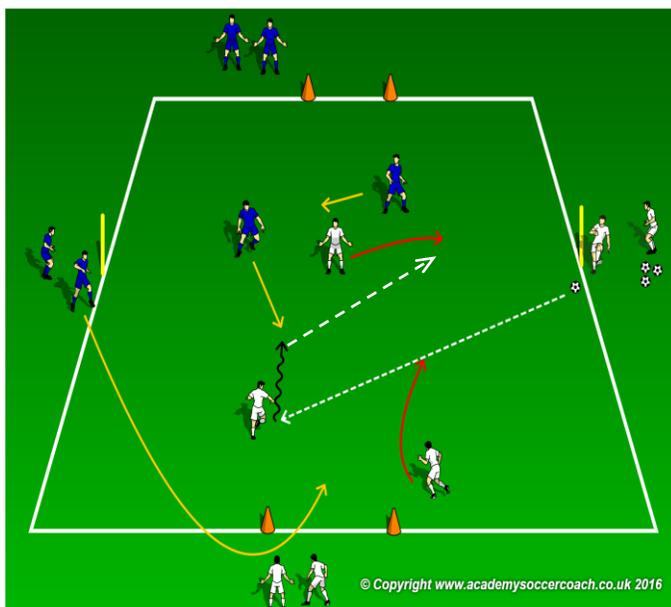
#### **Tag Game B**

15 x 15 yard grid with 8 to 10 players placed in pairs  
 One player is the attacker, the other player is the defender.  
 The attacking player jogs around the grid and the defender follows  
 At any time within a 20 second period the attacking player can explode out of the grid and the defender has to tag them before they get out.

Attacking player can only change direction (quickly once), progress to allow them to change direction several times

#### **Coaching Points**

Defender needs to stay tight and keep letting the attacker know they are there by tapping the arm or the back, keep eye on the attackers middle of the body.



21 x 16 yard grid with 13/14 players placed into two teams.  
 On the end of each grid place a two-yard gate and a cone/pole on the halfway line.

Ball starts on the halfway line and is played in to the attacking team who start with a high target and two players breaking out.

As the ball is played in two defenders come out and apply the pressure, trying to delay the attacking and deny the opportunity for the attacking team to dribble thru the gate.  
 As soon as the first attacker touches the ball, a third defender can join the activity by running through the gate and defend by tracking back to create a 3v3.

If the Def's win it they attack the other gate  
 Progress to allowing a 4<sup>th</sup> attacker to join in after they have played the initial pass.

#### **Coaching Points**

Force the play away from the goal, by shaping up the body on the attacker, and getting tight.  
 Do not allow the attacker to turn and try to force them into the second defender.  
 Be patient and delay the attack, allow time for players to get back and defend the space.



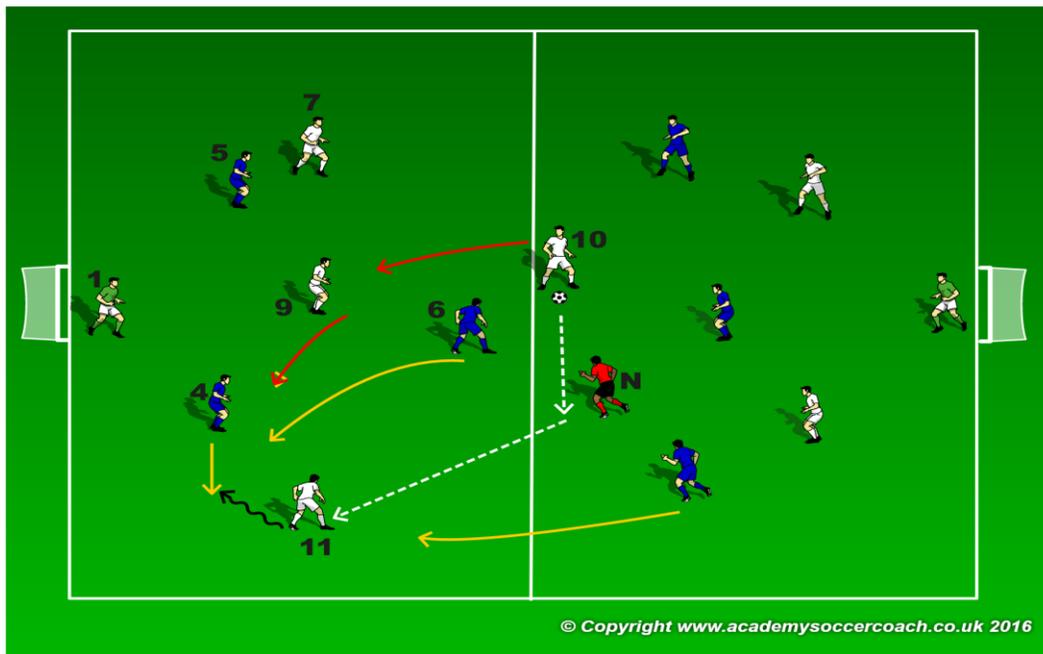
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## ODP Lesson Plan



Date: Saturday Dec 3<sup>rd</sup> 2016

Topic: Defending, Numbers Down



7v7 plus 1 neutral on a 55x 40 field, place a halfway line on the field (adjust the size of the field to the amount of area available)

Teams play in a 1-2-1-3 Formation, giving both teams the advantage in the attacking half.

Make sure the neutral player is a very attack minded player

The attacking players can track back after the ball has been played over the half way line.

### **Coaching Points**

Delay the team the opportunity to penetrate by slowing down the attack

Players track back goal side and defend the space around the goal

If the defender is able to get the attacker face back towards their goal, encourage them to defend from the front.

Push the unit out once the ball has been won and transitioned into the attack

9v9, playing in a 1-2-3-3 to still allow attacking overloads

Cool Down