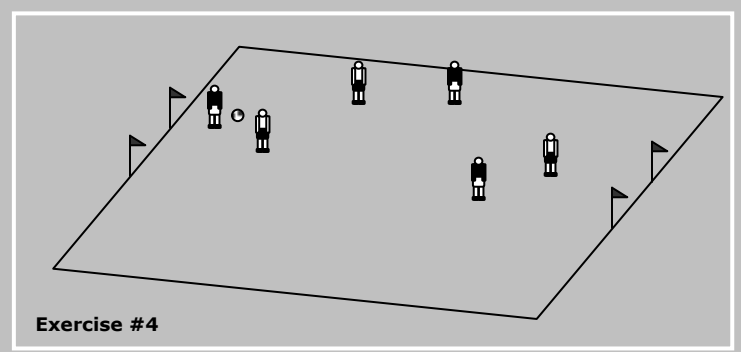
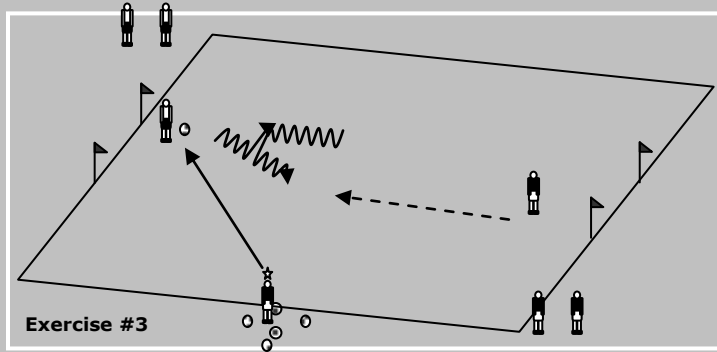
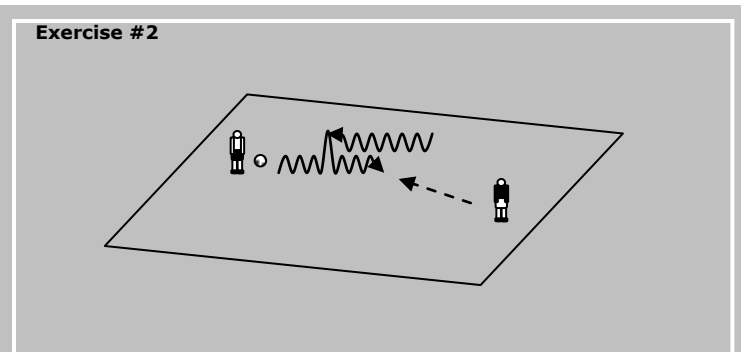
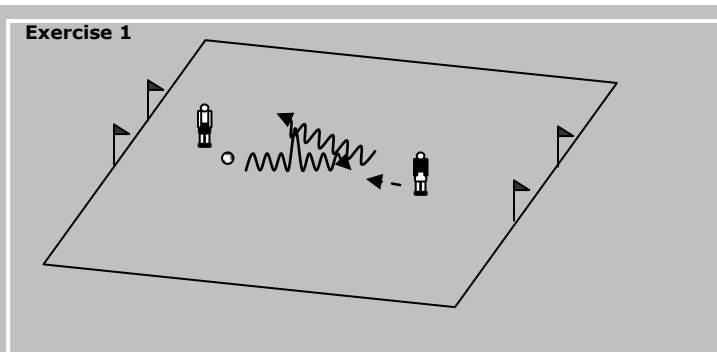


U8 DEFENDING SESSION (1v1 DEFENDING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	1v1 Defending	U8	Micro	U8I
Exercise #1	Organization	Coaching Points		
1v1 Common Goal: Players play 1v1 with 1 ball to two goals on a field size of 12 x 24 yards with two yard goals. Players play one minute games and then rotate with players that are resting. <i>Time: 15 min.</i>		Approach attacker under control, stop at a body's length away. Patience. Tackle on mistake or long touch. Win ball and attack. Stay 4:1 on the positive to instructional comments through out the session. Laugh and have fun with players.		
Exercise #2	Organization	Coaching Points		
1v1 Line Soccer: Players play 1v1 with 1 ball in a grid. Players must set ball on line for a point. Players can play for a minute continuously or rotate through a two or three person line. <i>Time: 15 min.</i>		Same coaching points as above.		
Exercise #3	Organization	Coaching Points		
Numbers Game: Coach calls out a number those two players with that number come out and play 1v1 to goals. <i>Time: 10 min.</i>		Same coaching points as above.		
Exercise #4	Organization	Coaching Points		
3v3: Field(s) size is 25x35 yards. Play two 3v3 games for a group of 10-12 players, one ball per field. <i>Time: 35 min.</i>		Encourage players to defend and play the game. Same coaching points as above. Be positive; become a fan (good job, well done, keep it up, etc.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			