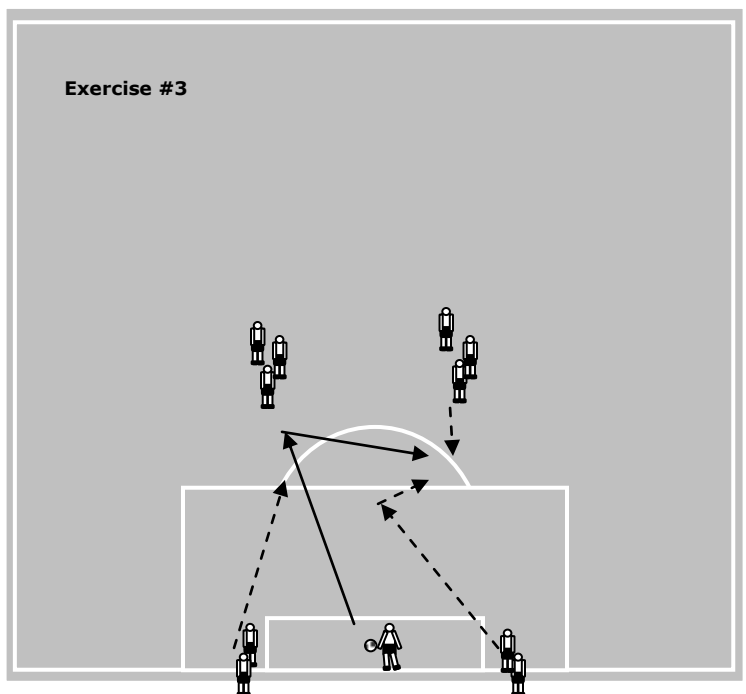
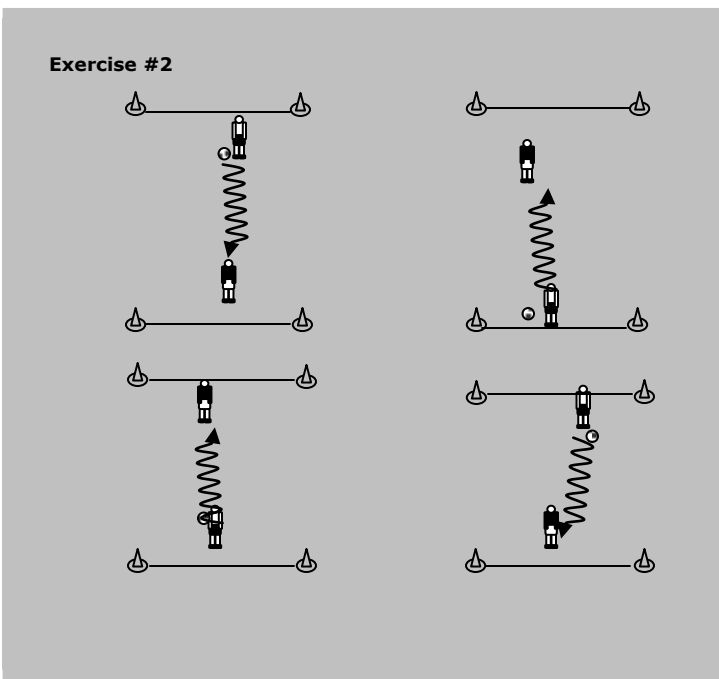


## U10 DEFENDING SESSION (DELAYING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Delaying	U10	Bantam	U10I
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
In 2's; 1v1 Passive: In grids 7x12 yards players play 1v1 line soccer but defenders are passive. No tackling. When attacker gets to end line, switch roles. <i>Time: 10 min.</i>		Players practice delaying the attacker. Stay "goal side" (in this case in between the end line and the ball. Stay 4:1 on the positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
1v1 Line Soccer: In grids 7x12 yards, players play 1v1 line soccer. Points are scored by stopping the ball on the end line. 2-3 minute games; make it a competition. <i>Time: 15 min.</i>		(see pg. 49; doc. 310 146) Defender must be patient. This is difficult for young players, encourage them, tell them they are great.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
2v2 GK's: Half the team form 2 lines 25 yards from goal, the other half form two lines next to the goal. Goal keeper rolls ball out to attackers, two defenders go defend them. <i>Time: 15 min.</i>		Don't let the attackers get a shot off. Do not over commit or "dive in." When the ball is away from the attacker's foot, defenders should tackle. Keep feet moving.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
5v5 w/ GK's: (see pg. 34; doc. 310 133) <i>Time: 35 min.</i>		Coaching is minimal. Fun and competitive.		



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