



Week 7: U6-8- FUNdamentals - Defending

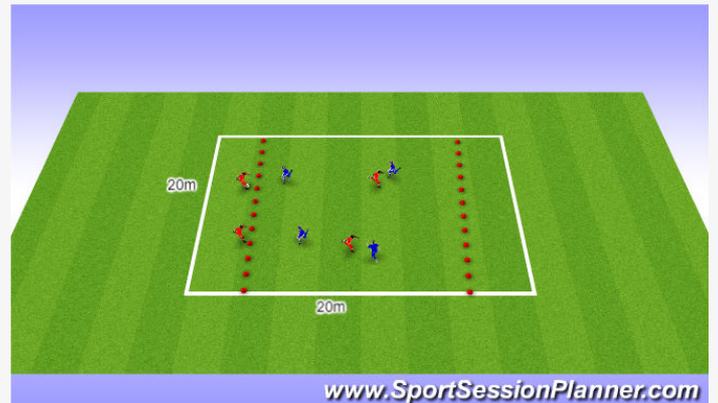
Category: Technical: Dribbling and RWB

Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

General Movement (Warmup) (10 mins)

Set up two end zones. 5 yards up divide the players up into two teams. They have to pass with their hands into the end zone of the opposite team to receive the point. Progression : move to using feet
Cones, balls, bibs

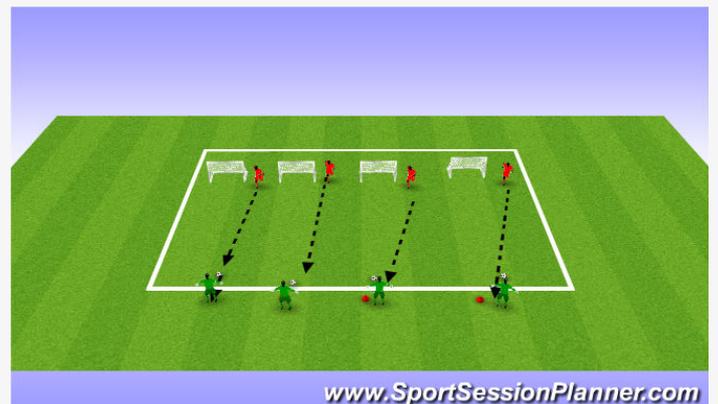


Gross Motor Skills and Coordination (10 mins)

Players play 1v1 in smaller fields. After 1-minute, next player behind the goal will come and play 1v1 while other one rests. Allow each red player play against a black player. Progression: switch feet

Pug Nets, Soccer Balls, cones

Players will be able to look for open space to dribble, focus on the dending player (without ball)



Movement and Coordination / Soccer technique "LOVE" the ball (10 mins)

Game starts 4v4 attacking and defending 4 nets. Focus on the defnding players (without ball).Players are able to pass through a gap.

Progression : can't score where they already have

Pugg nets, bibs, cones, soccer balls

Decision Making

Awareness

Movements

Running with the Ball

Problem-Solving

FUN



Small Sided Game (15 mins)

3v3/4v4/5v5

No goalies enforce the key point of passing/ dribbling with both feet

SSG

Free Play and FUN!

