



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1 Begin the Practice:			
<ul style="list-style-type: none"> Explanation that the main objective of this practice is to have 1st and 2nd defenders work together. Explanation and demonstration of the 1st defender's role: PRESSURE (Areas that could be covered) 	<ul style="list-style-type: none"> 'Read the game' by looking around and seeing positions of teammates and opponents. 'Run to Defend' by first blocking your goal. 'Run to Defend' by then getting to within two yards of the ball. 'Run to Defend' by angling the approach using a curved run. 'Ready Position'. Glide into the Ready or Defensive Stance. <ul style="list-style-type: none"> -The Head –eyes on the ball -Upper body- half turned and slightly inclined forward -Arms –away from sides for better balance -Legs – one in front of the other and knees bent -Back leg support body weight Front leg 'pokes' at the ball 	<ul style="list-style-type: none"> 'Ready Position'. Use a more definitive body position (Sideways-on) <ul style="list-style-type: none"> ○ Sideways-on Stance is visual cue to your intent of where to force 1st Attacker. ○ Sideways-on Stance helps in making your intentions predictable to teammates. ○ Sideways-on Stance allows the application of the 'shepherding' technique. 'Reject Advancement' by forces 1st Attacker where you want him/her to go. 	<ul style="list-style-type: none"> 'Reject Advancement' by poking at the ball and not allowing 1st Attacker to 'Read the Game.' 'Regain Possession' of the ball when reasonably sure of success, otherwise delay.
2 Warm-up			
<ul style="list-style-type: none"> Have players go through Figure 8 Stretch Routine in the "Ready Stance" 	<ul style="list-style-type: none"> At appropriate moments ask the players to stretch/loosen: <ul style="list-style-type: none"> ○ Ankles, Calves, Groin, Quads, Hams, Back, Stomach, Upper body and Neck. 		

Lesson Plan

3 One + One (Cooperative)

'Server' goes through 'the SERVE' pattern and become **Cooperative 1st Attacker**.

- As **Cooperative 1st Attacker** apply the appropriate Stage of Play:
- Beginning Stage – Allow 1st Defender to work on techniques by walking with the ball.
- Intermediate Stage – Allow 1st Defender to work on techniques by jogging with the ball.
- Advanced Stage – Challenge 1st Defender to work together by sprinting through the action.
- **1st Attacker Cooperate** and Guarantee 1st Defender success in individual Defending techniques.



- **Coach** – Remember (PLUS) stands for...**Players Learn Using Stoppages**.

4 One vs. One (Competitive)

Players experiment with their newly acquired techniques in Defending





- **Coach** observes and takes notes on weaknesses to be improved at future practices.
- **Coach** – Remember (vs.) stands for you being ...**Verbally Silent**.



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5 Half-time			
<ul style="list-style-type: none"> Gather the team in a defined, secluded, shaded area. Encourage and have players replenish liquids. Check for injuries Have players relax and communicate with each other about the theme. Review 1st Defenders role – if necessary. 	<p>Explanation and Demonstration of 2nd Defenders role: COVER</p> <ul style="list-style-type: none"> Go through ‘the SERVE’ pattern with SERVER and intend to become 2nd Defender. As 2nd Defender: Make proper recovery run. Remember, curved runs are best! Take (ideal) covering position at 2-4 yd. behind 1st Defender. At a distance where becoming 1st Defender is immediately possible. Begin verbal communication to inform 1st Defender of your covering position. Give 1st Defender ‘specific’ verbal instructions - for example: <ul style="list-style-type: none"> "Tighten" -get closer to 1st Attacker "Force out" -make 1st Attacker go toward touchline "Force in" -make 1st Attacker go away from touchline "Poke" -fake attempts at the ball "Tackle" -make attempts at the ball <p>Give encouragement or other advice such as ‘get closer’; ‘watch the ball’. Etc.</p>		<p>Notes:</p> <p>Your goal is to limit verbiage... For example: "RIGHT," tells it all. No need to say "force-right". Hearing 2nd Defenders voice means... There is "cover" and ball position dictates the 1st Defenders next move.</p>

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<p>Small Sided Game(s) (2 + 1 Cooperative Game)</p>	<ul style="list-style-type: none"> • ‘Server’ goes through ‘the SERVE’ pattern and become Cooperative 1st Attacker. • As Cooperative 1st Attacker apply the appropriate Stage of Play: • Beginning Stage – Allow 1st and 2nd Defenders to work on Defending by walking with the ball. • Intermediate Stage – Allow 1st and 2nd Defenders to work on Defending by jogging with the ball. • Advanced Stage – Challenge 1st and 2nd Defenders to work together by sprinting through the action. • 1st Attacker Cooperate and Guarantee 1st and 2nd Defenders success in Working Together! 		<ul style="list-style-type: none"> • Coach – Remember (PLUS) stands for...Players Learn Using Stoppages.
<p>Small Sided Game(s) (2 vs. 1 Competitive Game)</p>	<p>1st and 2nd Defenders experiment with their newly acquired techniques in Defending</p>		<ul style="list-style-type: none"> • Coach observes and takes notes on weaknesses to be improved at future practices. • Coach – Remember that (vs.) stand for you being Verbally Silent)



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<p>Scrimmage (Cooperative Scrimmage)</p>	<p>Opposing team becomes Cooperative in Attack</p>	<ul style="list-style-type: none"> • As Cooperative Attackers apply the appropriate Stage of Play: • Beginning Stage – Allow Defenders to work on 1st and 2nd Defender Working Together by walking with the ball. • Intermediate Stage – Allow Defenders to work on 1st and 2nd Defender Working Together by jogging with the ball. • Advanced Stage – Challenge Defenders to work together as 1st and 2nd Defenders by sprinting through the action. • Attackers Cooperate and Guarantee Defending Team success in Working Together! 	<ul style="list-style-type: none"> • Coach – Remember (PLUS) stand for...Players Learn Using Stoppages.
<p>Scrimmage (Competitive Scrimmage)</p>	<p>Defenders experiment with their newly acquired techniques in Defending in pairs.</p>		<ul style="list-style-type: none"> • Coach observes and takes notes on weaknesses to be improved at future practices. • Coach –remember that (vs.) stand for you being...Verbally Silent.

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National Youth Certificate Course

Lesson Plan

Topic: Defending

Age: U12

Cool-down	To prevent soreness and injuries stretching Ankles, Calves, Groin, Quads, Hams, Back, Stomach, Upper body and Neck should take place after every game and practice. If you are going to stretch only once, afterwards, is the most important time.	End of Practice	<ul style="list-style-type: none">• -Summarize practice session and theme of 1st and 2 Defenders roles.• -Briefly analyze/compliment the strong/weak points of their performance.• -End with a positive statement, which lets them, know they improved.• -Give them homework assignment related to 1st and 2nd Defenders roles.
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