



# Colorado United U11-U15 Academy Program



Session Date:	Week 4	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Defending (Passing & Receiving)				

<p>Whole: First and last 15 minutes</p> <p>Objective: Using half the field, split the team in half, one side defends the big goal, one defends three small 2-3 yard goals on the halfway line. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession</p>	<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>© Copyright www.academysoccercoach.co.uk 2018</p>
<p><b>FOUR D'S OF INDIVIDUAL DEFENDING</b></p> <p><b>Delay</b>— using the proper defensive stance, the first thing a defender looks to do is delay the attacker from going forward, to allow their teams to come support or get back into position.</p> <p><b>Deny</b>— after delaying the attacker the defender uses their body shape in attempts to deny the attacker a passing option.</p> <p><b>Destroy</b>— once the attacker makes a mistake, has a bad touch, or turns their back the defender looks to tackle.</p> <p><b>Distribute</b>— after winning the ball the now attacker looks to distribute the ball to an open player to relieve pressure from themselves.</p>	<p><b>Pass and Approach</b></p> <p>15 minutes</p> <p>2 10 x 20 alleys.</p> <p>Activity starts with A dribbling towards B and half way there A does a move then passes to B. Then B dribbles towards A. Then two touch passing. Players will follow their pass.</p> <p>Main focus—A passes to B. A approaches B at an curved angle (angle of approach). A tries to get there as quickly as they can but slows down to get in front (speed of approach). A plays passes defense, once B gets by they play to A. Now B defends. Working on how the players approach an attacker.</p>	<p><b>1v1 End line</b></p> <p>15 minutes</p> <p>2 10 x 20 alleys.</p> <p>Now the players play 1v1. They score a point by dribbling past their opponents end line. One side starts with the ball and is the defender. Halfway through switch so they switch their roles.</p> <p>Focus is on the defending. Coaching should be about angle and speed of approach, four Ds of defending and proper defensive stance.</p>	<p><b>2v1 End Line</b></p> <p>15 minutes</p> <p>20 x 20 grid</p> <p>One side is on offense and the other is the defender. Defender plays the ball out to the two attackers. Defenders goal is to isolate one defender to keep it a 1v1 situation. Player uses their angle of approach to cut off the passing lane. Encourage the defender when they isolate. Attackers get one point if they dribble past the defenders line. Defender gets 3 points for stealing the ball and dribbling past the attackers line. Half way switch roles.</p> <p>Created by Josh Beaty</p>