



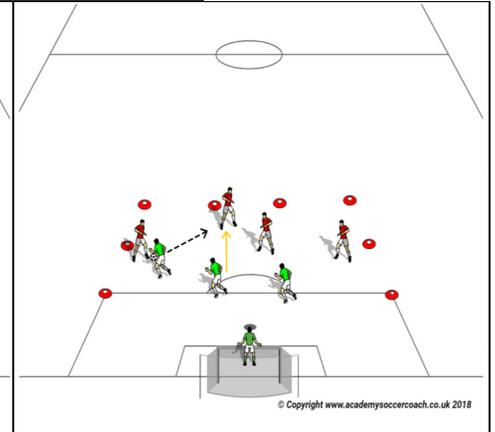
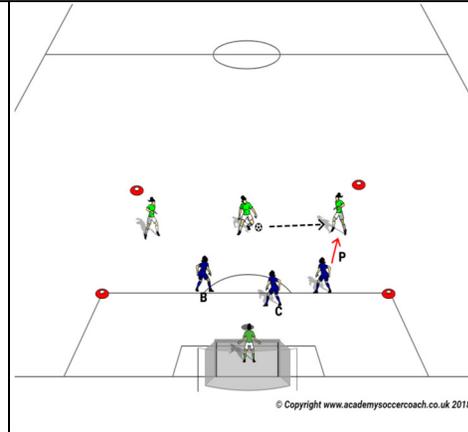
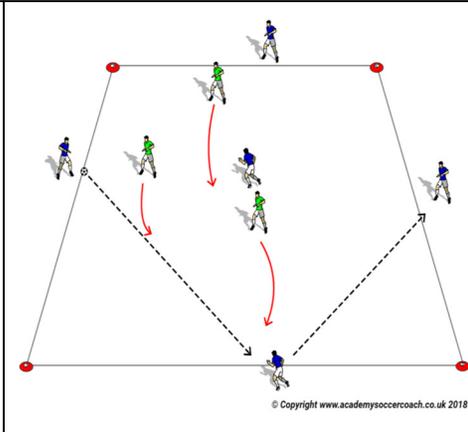
Colorado United U11-U15 Academy Program



Session Date:	Week 4	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Team defending				

Whole: First and Last 15 minutes

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



Pressure— 1st defender, player closest to the ball gets in front of the attacker to prevent them from penetrating off the dribble. Forces the attacker to one side.

Cover— 2nd defender looks to cover the nearest player off to the side the first attacker is forcing.

Balance— 3rd defender looks to play in between the 1st and 2nd attacker to prevent the through ball or split pass.

5v3
15 minutes
15 x 15 square grid

The three defenders look to provide pressure to players on the outside to force an error pass or take the ball. One defender pressures the ball, the second defender covers the next available pass and the third defender is covering in between to prevent the split.

3v3 Defending the goal
15 minutes
Double 18 yard boxes

Three defenders look to prevent the three attackers from scoring. Attackers pass the ball from one side to the other as the defenders work on communicating the pressure. Once each attacker touches the ball its open play. Players work on staying connected as the back three. When the defenders win the ball they aim to dribble outside the grid.

3v4 Defending the goal
15 minutes
Coach discretion, double 18 yard box

Three defenders look to prevent the three attackers from scoring. Attackers pass the ball from one side to the other as the defenders work on communicating the pressure. With 5 attackers the defenders must work in unison to stay connected and compact as to not allow a pass to go through. When the defenders win the ball they aim to dribble outside the grid.

Created by Josh Beaty