

ACTIVITY PLAN

adidas Age Group: U10

Author: White

Week 4 Defending Basics Warm up Objective: To improve basic defending understanding	Organization: 35 x 25 yard area. All but 2 players have a ball.	Procedure: The coach instructs players that don't have a ball to get one. Once a player loses their ball they try to get one from another player. When the coach decides to stop, the players without a ball do a fun activity.	Key Coaching Points: - Get players to put pressure on players with a ball - Keep your eyes on the ball	
Week 4 Defending Basics Individual Activity Objective: To improve basic defending understanding	Organization: Break players into 2 teams of 6.	Procedure: One team is inside the grid, the other outside in a corner in 2 lines. The coach plays a ball into play. The first player in each line outside the grid enters to try to win the ball ASAP. Once the first ball is out of play the coach plays another into the grid and then the next player in each line enters the grid. The coach keeps	Key Coaching Points: - Have defenders force play away from help -Defenders should enter field with appropriate angle and speed of approach.	

track of how much time it takes for the defending team to go through

their lines.



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Week 4	Organization:	Procedure:	Key Coaching Points:	
Defending	2 vs 2 to end lines	Have one team form lines on	- Defenders should	{
Basics	Keep same teams	one side of the grid with the	travel while the ball is	
	and Grid as the	other team opposite. Coach	moving from the coach	\
Small Group	previous activity.	is in the middle of the grid	to the attacking team.	}
Activity		with the balls. Coach plays	-As player receives the	• }
Objective:		the ball to one team. That	ball the defender	* • • • • • • • • • • • • • • • • • • •
To improve		team attempts to dribble the	should be slowing	•
basic defending		ball over the opposing team's	down.	`
understanding		goal line. The defending team		
		tries to stop the attacking		<u> </u>
		team.		
Week 4	Organization:	Procedure:	Key Coaching Points:	
6 v 6		Free Play!	Summation of all	
Small Sided	30 x 50 yard area Play a 6 v 6 match		challenges for the	
Game			players.	
Objective:	2 Goals		Stay out of their	
To improve	Size 4 ball		way and let them	
individual &			play.	
small group				
game				
understanding.				建模