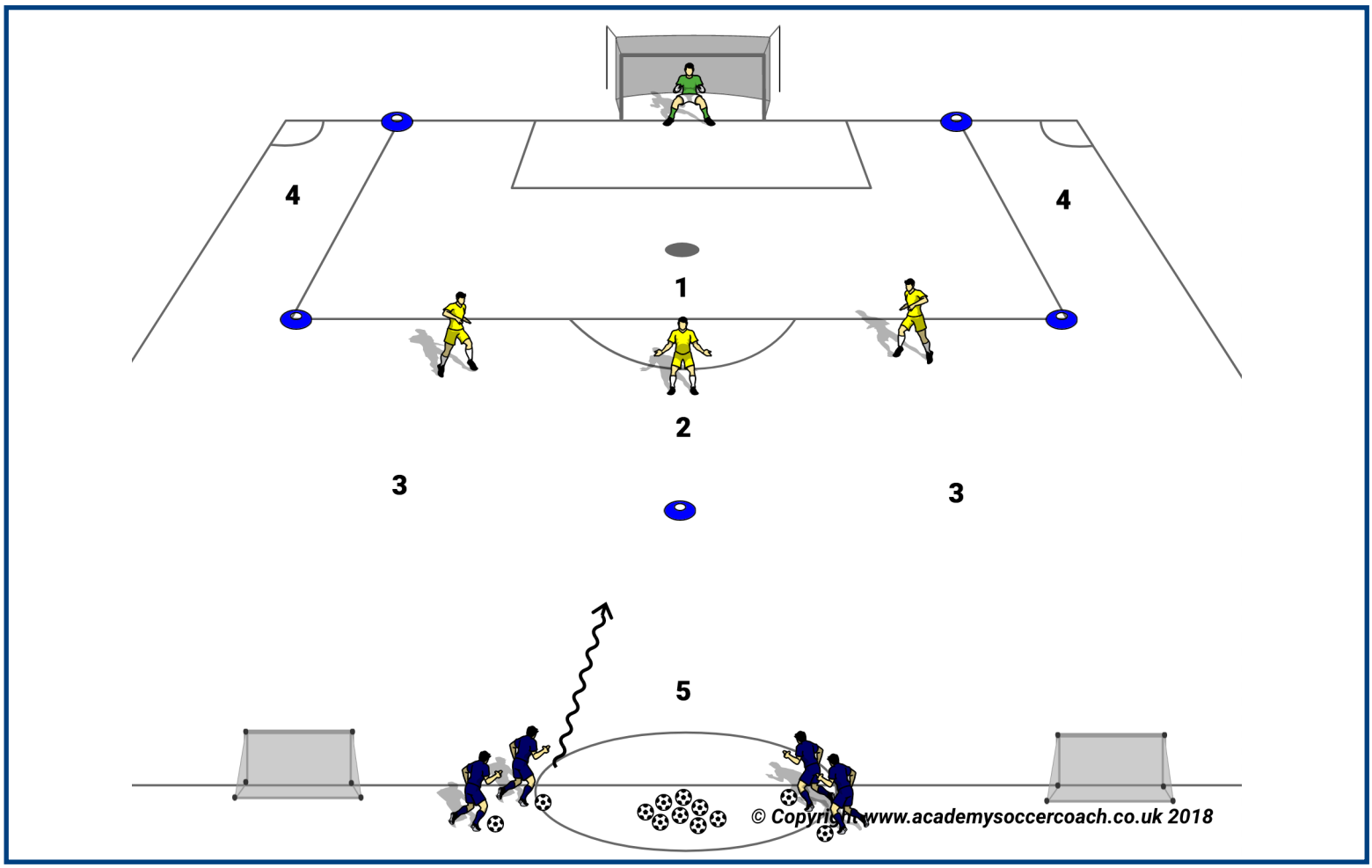
Colorado United Session Plan

Coach		Week 1	
Theme		20m	u9

Defending, pressure and cover. Defend your house!

Aims & Objective

To improve a players players ability to recognize dangerous positions on the field, when to apply pressure when to cover.
To improve a players defending qualities.



Set up a house shape with cones, placing four on the corners of the GK box and one in the center but outside the box around 5-10yards. Create two counter attack goals or two target players out wide, if the defenders win the ball they have a target to play to. Label each part of the house with a number, 5 is the furthest distance away from the goal, 1 being the most dangerous inside the penalty box. Explain to the players that you don't want the attacker in your home! The further away the better.

- Have 2/3 defenders that start inside the house on the edge of the box, with the attackers positioned with a ball each on the half way line.
- Play begins with the first defender dribbling in a 1v2 attempting to score on the goal, if the defenders win the ball they score in the counter goals. As soon as the ball is out of play the attacker stays in and the next attacker attacks in a 2v2 then 2v3, 2v4 etc. Attackers always stay in after their attack.

- Always begin with an overload in the defenders favor to build the confidence.

Coaching points
*Keep the players out of the house *Angle of approach *Force player towards the outside *When to pressure, when to cover *Sideways stance to force attacker wide *Win the ball if the attacker dribbles inside *Counter quickly to the goals

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