



U10 – Session 5

1v1 Defending

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Defend the Cone Warm-Up:

Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to their opponent who tries to hit the cone where the ball was served from. The passing player defends their cone, but first and foremost comes out to defend against player with the ball (always the most dangerous person on the field).

Version 2: Player starts at same cone and defender starts by passing through attacker's legs who turns and tries to score on goal (cone)



1v1 to Line:

In a grid 12x12 yards a player passes the ball diagonally across the grid to their opponent who then attacks the line on the opposite side. The player scores by dribbling across the line under control. The 1st defender defends the line and tries to dispossess the attacker. If the 1st defender gains possession of the ball they immediately attacks the opposite goal line. Again: player with the ball on the field is the most dangerous, so much pressure/defend them as quickly as possible.



3v3 to Two Small Goals

Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals. **FOCUS:** 1st defender pressure!

Scoring:

- 1 point for passing goal
- 3 points for dribbling goal



Scrimmage:

Create field based on playing numbers and size of area.

