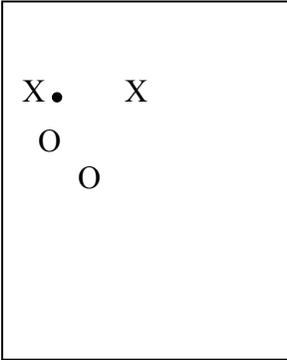
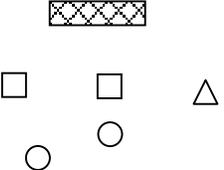
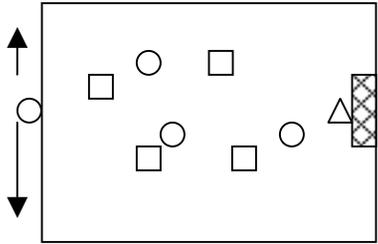


Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
<p>Players organize themselves in groups of four. Two attackers and two defenders</p>	<ul style="list-style-type: none"> <li>Players in groups of four</li> <li>Two attackers stand in a line and pass ball back and forth between them</li> <li>When the ball is passed the defenders move to pressuring and covering positions</li> </ul> <p>Each time the ball is passed the defenders switch roles</p>		<ul style="list-style-type: none"> <li>Proper angle of cover</li> <li>Proper distance – close enough to provide immediate pressure should the first defender be beaten, far enough away as to not be able to have the 1<sup>st</sup> and 2<sup>nd</sup> defenders beaten with one move</li> <li>Covering defender tracks supporting players</li> </ul>
2. 2v2+1			
<p>Players organize themselves into groups of two. Two attackers. Two defenders. One ball.</p>	<ul style="list-style-type: none"> <li>Team plays 2v2+1 in a 35-x-30 yard area</li> <li>Triangle is a neutral player who plays for both teams</li> </ul> <p>Teams try to complete 5 consecutive passes – get one point for doing so</p>		<ol style="list-style-type: none"> <li>Disguise your time of passing.</li> <li>Supporting player also needs a good touch.</li> <li>The closer you take the ball to the defender, the better.</li> <li>Angle of support has to be correct.</li> </ol>
3. 5v5 ZONAL PLAY			
<p>Now the players organize themselves Play 5v5 (4 field players and a GK) in a 50-x-74 yard area with 15 yard wide flank zones on each side</p>	<ul style="list-style-type: none"> <li>Play 4v3 to goal</li> <li>Team of four attacks goal</li> </ul> <p>After defending team wins ball they can score by passing to the target player</p>		<ul style="list-style-type: none"> <li>Proper angle</li> <li>Proper distance</li> <li>Covering defender tracks supporting players</li> </ul> <p>Distance of cover will vary depending on the third of the field and the amount of pressure on the ball</p>
4. SCRIMMAGE			

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Coaches Connection

## Lesson Plan



Topic: COVERING DEFENDER

Age: U14

The players organize themselves into two teams of eight, including a goalkeeper on each team.	<ul style="list-style-type: none"><li>▪ 4v4 +GK game</li><li>▪ No restrictions on players</li></ul>	 A diagram representing a 4v4 game. It shows two vertical rectangles, each containing four 'X' marks, representing players on each team. The text "4v4" is centered between the two rectangles.	Observe to see if players are providing good cover
5. COOL-DOWN			
Juggle in pairs.	25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids.	X . X	Recap the key points of executing the role of the covering defender.