

## U-10 Week 3 Pressure/Cover Practice

**OBJECTIVE:** This session is designed to teach the defenders closest to the ball when, where and how to win the ball back for their team. In particular, we will discuss the roles and responsibilities of the pressuring defender (1<sup>st</sup> defender) and the covering defender (2<sup>nd</sup> defender).

### **Warm Up: 10min.**

**Pressure-Cover Warm Up:** 3 Players per ball in open space. Player A and Player B, about 8-10 yards apart, pass the ball back and forth. Player C is located about 10-15 yards away from Players A & B. After 3-4 passes between Players A & B, Player A passes the ball to Player C. While the ball is traveling, Player B approaches Player C to apply pressure to the ball; at the same time, Player A provides appropriate cover to Player B (positions herself behind and at an angle to Player B). Player C attempts to split Players A & B with a 1 touch pass. Repeat many times, changing the roles of the 3 players.

### **Coaching Points (1st Defender):**

- Angle of approach – We want to direct the player one way on the field, take away option of advancing forward.
- Speed of approach – Approach fast...arrive slow
- Body Shape- knees bent, on the balls of their feet, one foot slightly angled in front of the other foot
- Decision to delay opponent or to tackle the opponent to win possession of the ball; if 1<sup>st</sup> defender does not have good cover, delaying the opponent is a good decision; if the 1<sup>st</sup> defender has good cover, then the decision to tackle with the toe-poke or block tackle is appropriate just as the ball comes off the foot of the dribbler

### **Coaching Points (2nd Defender):**

- Angle and distance of cover; speed to cover – Stay connected to first defender
- Cover dangerous space between 1<sup>st</sup> defender and you; cannot allow a penetrating pass to split you and the 1<sup>st</sup> defender!
- Be positioned so that, if the 1<sup>st</sup> defender gets beat with the dribble, you can become the 1<sup>st</sup> defender immediately.
- Be ready...see the ball, keep feet moving

**Mistakes to watch for (1st defender):** *(these are common mistakes that we want to watch for and correct.)*

- Planting their feet once they get to the defender
- Sprinting straight at the attacker (diving in)
- Standing straight up

### **Mistakes to watch for (2nd defender):**

- Running right behind the 1<sup>st</sup> defender
- Running next to the 1<sup>st</sup> defender and creating a flat shape

### **Skill Work: 15 to 20min.**

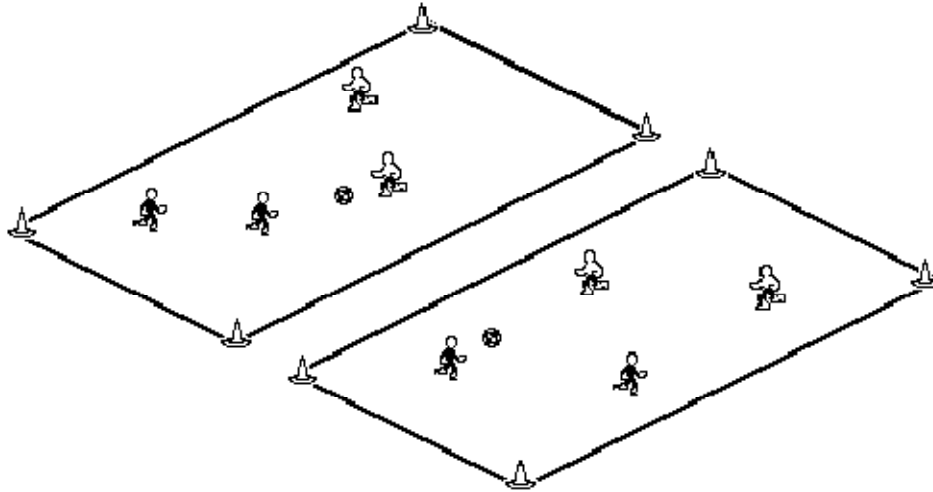
Tunnels Passing - Two lines facing each other 10 yards apart with two to four people in each line. You only need one ball, pass the ball to the opposite line then run to the end of the line that the ball was just passed to. Repeat. Start off passing with two touches so that they can get the hang of the drill.

**Progression:** 1. Go to one touch, stress passing with proper technique and passing through the middle top half of the ball to keep it on the ground. 2. After they have done this for a while and become successful have them sprint after they pass the ball, sprinting to the back of the line. 3. Now you progress to "pass and pressure", this takes two touches. Pass the ball to the opposite line then run directly at that person on a sprint. When they receive the ball with their first touch they need to "touch it away from pressure" left or right. Then with their second touch pass the ball and pressure the next person and continue. 4. Lastly have the two lines back up to 25 yards apart. After the ball is passed the first person on the receiving line "goes to the ball" that means sprint to the ball. They play one touch, to be successful at this they must slow down right before they pass the ball and get their body under control and pass using proper technique. They can then continue their sprint after they pass the ball to the end of the opposite line.

### **Game Using Practice Topic: 20min.**

#### **2v2 to lines game**

Create multiple fields that are 20yds x 15yds with 4 cones outlining the field (enough so all players are playing); organize all of the players into teams of 2. Each team will attack the end line opposite them and defend the end line behind them. Players must dribble over the opposite end line to score. Play a tournament format where teams play 2 minute games and then rotate to another field. Scoring goes as follows: 3 pts for the win, 1 pt for the tie, 0 for a loss and, if they have a shut-out, they get 2 bonus pts.



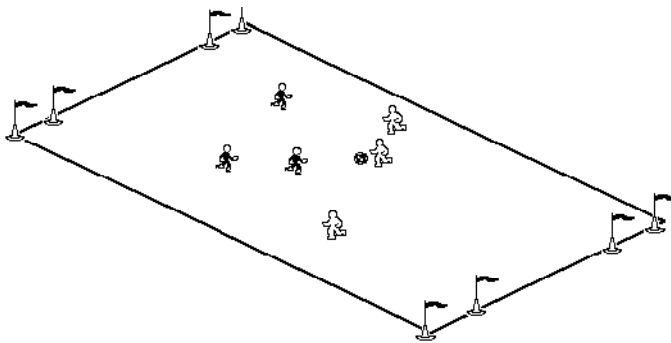
### Mistakes to watch for:

Players hanging back and not pressuring the ball as a team when they become defenders and the second defender not getting in proper cover position either not deep enough or too deep.

### Another Game Using Pressure Cover: 20min.

#### 3v3 Four Goal game

In a grid 20x30 yards with four goals measuring 3 feet across in each corner, play 3v3. Each team attacks the 2 goals opposite them and defends the 2 goals behind them. Some questions to ask the players: "can you channel the ball into certain areas of the field to gain possession?" "Can you apply enough pressure on the ball to limit the first attacker's options and make the play predictable?" *Version 2:* If the players are scoring very quickly, change the game so that the attacking team has to score by dribbling through one of the goals; this will allow the defending team more time to get organized.



**Coaching Points:**

2<sup>nd</sup> defender must recognize their responsibility to cover the 1<sup>st</sup> defender as the ball is traveling to the opponents (1<sup>st</sup> attacker).

**6v6 Game: 15min.**

Unrestricted play, praise successful defending and connection by the 1<sup>st</sup> and 2<sup>nd</sup> defender.