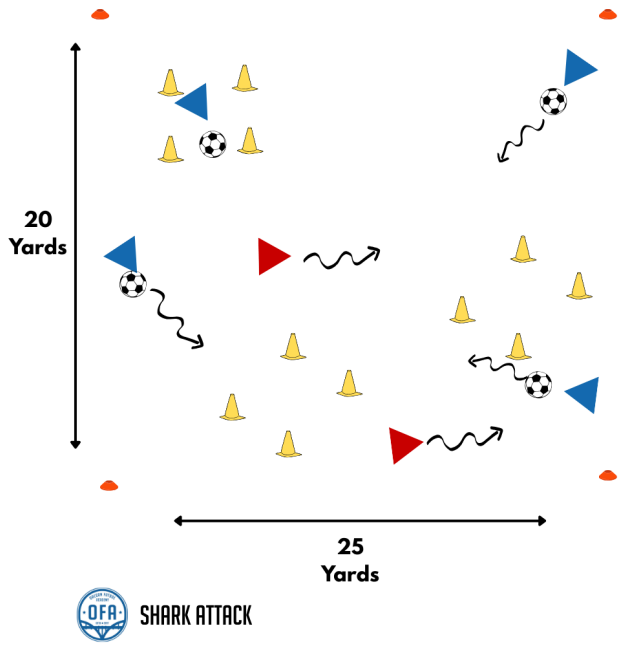


Week 5 - Defending Basics

WARM-UP ACTIVITY: Shark Attack

	Activity Objective	Players practice dribbling with control, changing direction, and protecting the ball while avoiding defenders (“sharks”).
	# of players/Opponent	6/2
	Size/Shape of Field	20 x 25
	Ways of Scoring	Attackers (with a ball) score by successfully dribbling into one grid to the other without losing possession Defenders (Sharks) score by stealing the ball or knocking it out of the grid
	Active/Recovery Duration	60-90 seconds / 90 seconds
	Repetition/Sets	4-6 repetitions / 45-60 seconds
	Total Activity Duration	10-15 minutes
	Rules	Attackers start with a ball, sharks defend; if ball is lost, attacker becomes shark
	Rotations (Substitutions)	Attackers who lose their ball become sharks in the next round. Rotate sharks back to attackers after each round to keep all players engaged.

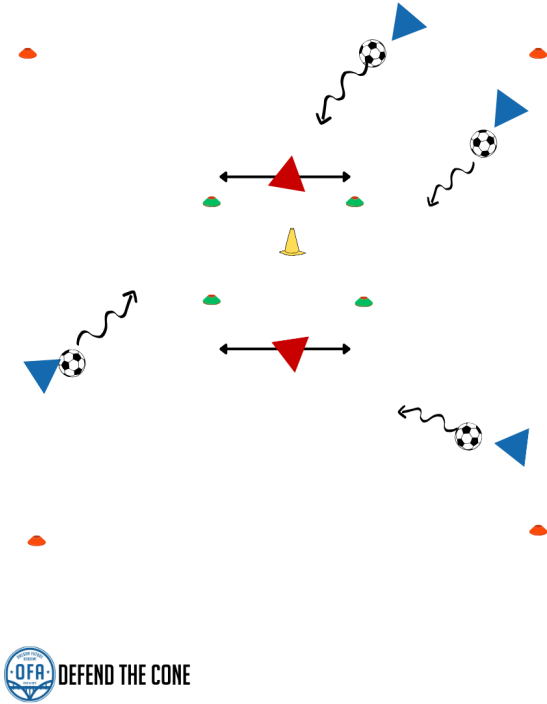
Coaching Interactions

WHAT (Coaching Points) - Keep the ball close - Quick change of direction - Keep head up to scan for space and defenders	WHEN (You will enter the activity)	HOW (You will deliver the information)
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ACTIVITY 1: 1v1 Recovery

 OFA 1V1 RECOVERY	Activity Objective	Players develop attacking confidence in 1v1 situations and defensive recovery skills by chasing back to stop the attacker before they can score.
	# of players/Opponent	
	Size/Shape of Field	20 x 25
	Ways of Scoring	Attackers score by dribbling through the end zone or hitting a target cone on one side. Defenders score by dribbling through the end zone or hitting a target cone towards attackers goal
	Active/Recovery Duration	10-15 seconds/ 45 seconds-1 minute
	Repetition/Sets	6-8 repetitions/2-3 sets
	Total Activity Duration	10-15 minutes
	Rules	Players must score on opponents goal
	Rotations (Substitutions)	After each repetition, the attacker joins the back of the attacking line, and the defender rotates to the back of the defending line.
Coaching Interactions		
WHAT (Coaching Points) Attackers: push the ball into space with speed keep head up, and finish decisively Defenders: cut off the attacker, stay balanced	WHEN (You will enter the activity)	HOW (You will deliver the information)

ACTIVITY 2: Defend The Cone



Activity Objective

Develop dribbling skills, attacking creativity, and defensive positioning by protecting or attacking a cone target.

of players/Opponent

6/2

Size/Shape of Field

20 x 20

Ways of Scoring

Attackers score by knocking over the cone.
Defenders score by preventing the cone from being hit, winning the ball, or forcing attackers away

Active/Recovery Duration

30-45 seconds/ 1 minute

Repetition/Sets

6-8 repetitions / 2-3 sets

Total Activity Duration

10-15 minutes

Rules

Players cannot go into the zone where the cone is placed

Rotations (Substitutions)

Attackers take turns trying to score against the defenders.
Defenders rotate every 3-4 turns to keep intensity high.

Coaching Interactions

WHAT (Coaching Points)

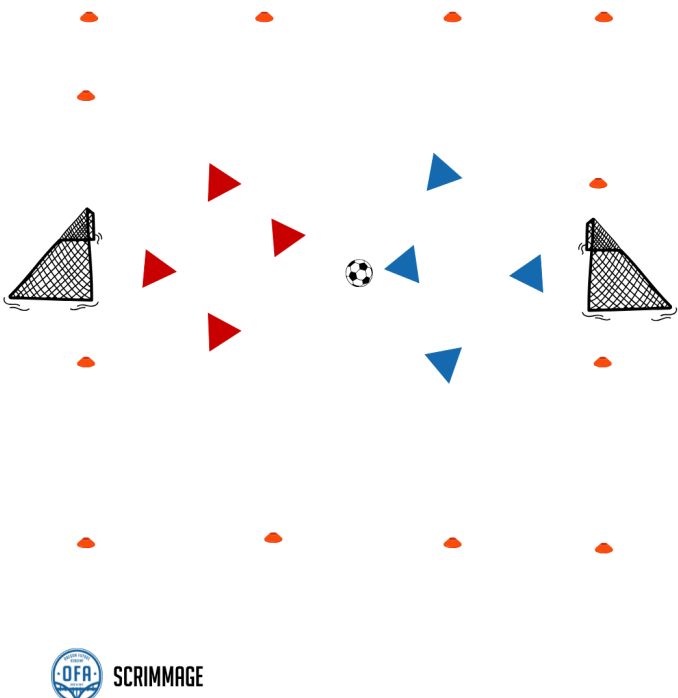
Attackers: Keep the ball close, quick change of directions, attack with speed and confidence.

Defense: Protect the goal by moving around and scanning their area.

WHEN (You will enter the activity)

HOW (You will deliver the information)

ACTIVITY 3: Scrimmage

	Activity Objective	Give players the opportunity to apply skills learned in practice in a realistic game environment, encouraging decision-making, teamwork, and fun.
	# of players/Opponent	4 v 4
	Size/Shape of Field	15 x25 yards
	Ways of Scoring	Teams score by putting the ball in the opponent's goal. Bonus coaching focus: reward teams for stringing passes together, dribbling past defenders, or spreading out.
	Active/Recovery Duration	10 minutes/5 minutes
	Repetition/Sets	
	Total Activity Duration	20 minutes Two 10 minute halves -5 minute half time
	Rules	-Normal small-sided game rules: dribble, pass, shoot, and score. -Kick-ins or dribble-ins instead of throw-ins to keep flow simple. -No goalkeepers at U7/8 -Have fun and emphasize fair play, effort, and teamwork.
	Rotations (Substitutions)	Encourage spacing—don't all bunch around the ball. Remind players to look up, dribble with control, and pass when needed. Support teammates (move into open space). Defend by staying between the ball and the goal.
Coaching Interactions		
WHAT (Coaching Points) Encourage spacing—don't all bunch around the ball. Remind players to look up, dribble with control, and pass when needed.	WHEN (You will enter the activity)	HOW (You will deliver the information)