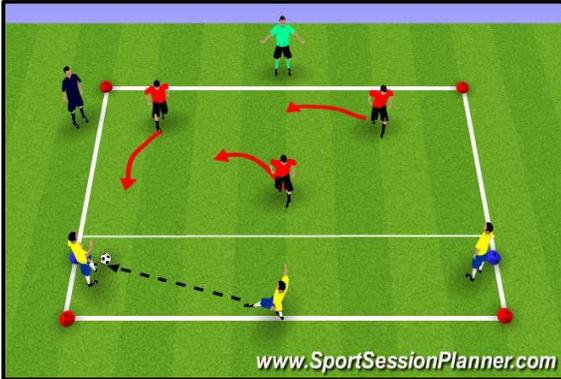
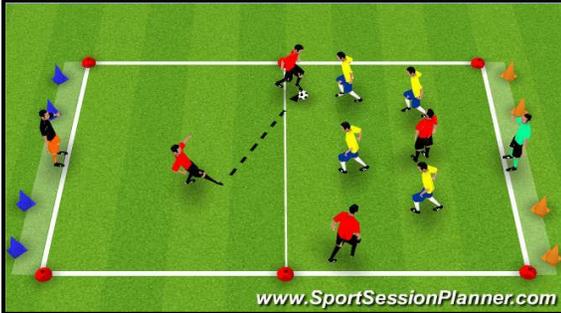
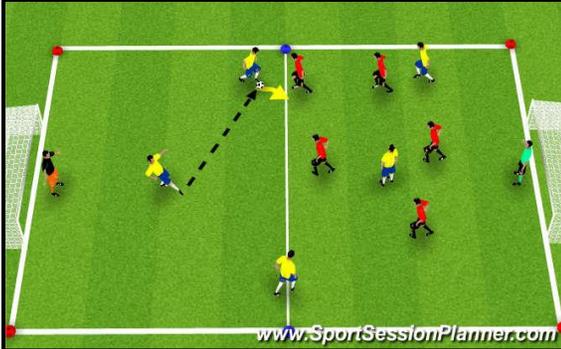


JASA JUNIOR'S PRACTICE LESSON PLANS-WEEK 8

Module 4: Defending

Topic: Defending as a Team

Objective: To improve the team's ability to defend in a block and regain the ball

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<p><u>Moving as a Defensive Unit:</u> In a 35x35 yard grid divided in two sections one being 5Lx35W as show in the diagram. Place 3 defenders in the larger section and 3 passers in the other section. The passers will connect and the defenders will move as unit to press the ball. Defenders will tell each other "Shift right, Shift left, Drop, Press Step up" etc. The players will drop when the central player receives the ball and fakes a long pass. If you have a GK, he or she can be behind the organizing the players.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> Who applies pressure? Who provides cover? Where? Who is providing balance? Where? When to drop? When to step up? What should be the angle of approach? How fast to approach? What is the distance of approach? What is the angle of recovery? How to get compact when the ball is wide? How to get compact when the ball is central?
Stage II Small Sided Activity	<p><u>5v5 (GK+4v4+GK) to 4 Goals</u> In a 40Lx35W area play to score in the opponents goals. The team that losses possession needs to get behind the ball as fast as possible and organize a defensive block in order to prevent the attacking team from scoring. When attacking play 1-2-1 When defending play 2 -2. Play with Off-side</p> <p>Note if you have more players you can add them</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	
Stage III Expanded Small Sided Activity	<p><u>6v6 (GK+5V5+GK) to Goal:</u> In a 50Lx 40W area play to score in the opponents goal. The team that losses possession needs to get behind the ball as fast as possible and organize a defensive block in order to prevent the attacking team to score. One team will play 3-2 the other will play 2-1-2. Play with Off-side</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	
Stage IV Conditioned Game	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> Two teams with a specific formation Play the game and encourage the players to recognize when and how to organize a defensive block. 		