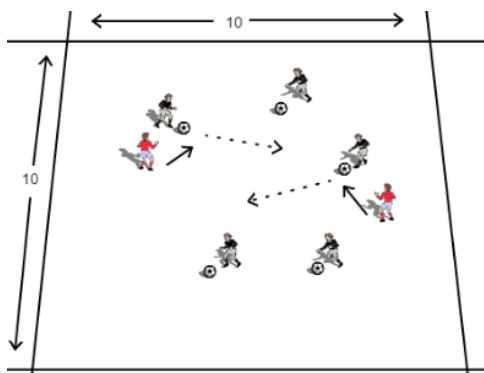




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5v5 / Under 8 / K, 1st, 2nd Practice #5 Pressuring Defender

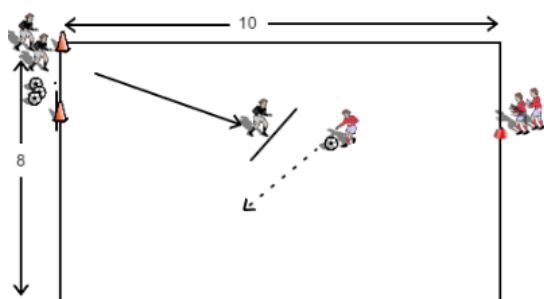


Get Your Own Ball (Technique) 10x10yd grid

- Every player needs to have a ball, except for three players.
- The players without a ball are trying to steal a ball from someone who has one. If a player loses their ball, they have to steal someone else's.
- If someone is trying to steal a ball, but kicks it out. The person they were trying to take it from still keeps the ball.
- Play for 45 seconds and stop. The three players who don't have a ball at the end lose. Play again!
- Have a goofy activity for the losing players to do. Examples: donkey kicks, star jumps.

Coaching Points:

- Patience as defender. Diving into a challenge allows an attacker to use your momentum against you to get around you. Try and stay with an attacker, and wait for them to take a poor touch before attempting a tackle.
- Technique of tackling. Don't stab at ball, but step in between attacker and the ball to



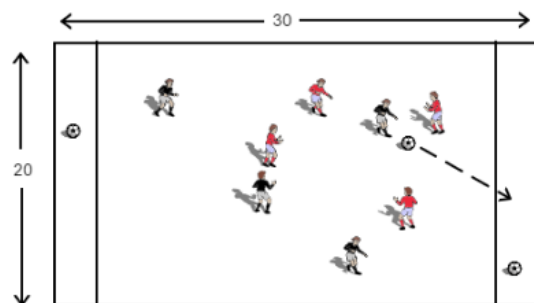
1v1 to Single Goal (Technique) 8x10yd grid.

- Set up game as shown with all the balls with the line behind the goal.
- Game starts with a pass from the first person in line to the first person in the attacking line.
- Attacker tries to score on the little goal. If defender gets the ball, they try to dribble over attacker's endline for a point.
- If ball goes out of bounds, or a goal is scored, game is over and next two start. Switch lines.
- As soon as ball goes out, next two have to be ready to play. Get game moving fast!

Coaching Points:

- The defender (called the pressuring defender) needs to approach with speed, but slow down as they get closer so attacker isn't able to run by them. Slow down by taking short, choppy steps.
 - Try to make play predictable by angling body to force defender one way or the other.
- Don't dive in! An attacker will eventually make a mistake, so just keep in between them and the goal. Wait for the right moment to tackle when attacker takes a bad touch.

(10 mins)



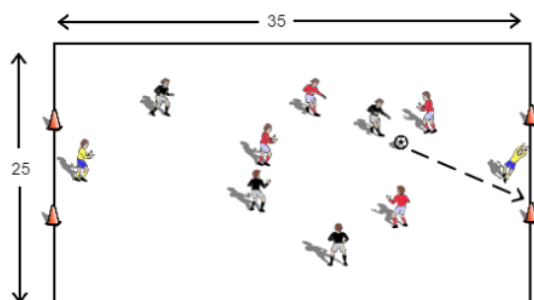
4v4 to Endzone (Technique) 30x20yds with 2 yard endzone on each end.

- Split group into two teams. Each team goes toward a different endzone.
- One ball is in each endzone, and a third ball is in the middle to begin game.
- The object is to dribble to ball into the other team's endzone. Once a goal is scored, the team that scored runs back to their own endzone and retrieves another ball and tries to score again.
- Game is over when one team gets all three balls in the opposing team's endzone.
- If ball goes out of bounds, restart with kickins. There are no corners.

Coaching Points:

- The pressuring defender needs to be patient with their tackling! Don't just kick; stay in front of attacker and wait for them to make a bad touch before trying to take ball. Added benefit that it slows down the attacker long enough for teammate to get back and help!
- Try to make play predictable by forcing attacker one way or the other with the angle of body.
- Communication!

(15 mins)



Scrimmage (Holistic) Expand your grid to 35x25yds

- Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- Cones for goals are 5yds wide and use goalkeepers.

Coaching Points:

- None! Just sit back and let them play. Help remind them of ASA's rules for their age group: offside, thrown-ins, goalkicks and corners. Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.
- Praise patient defending!

(25 mins)

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Practice Conclusion: What is the role of the pressuring defender? (the slow down the attack so teammate can get back to help). When should the pressuring defender try and tackle the ball? (when the attacker makes a bad touch). How quickly should the pressuring defender approach the attacker? (Quick! However, we want to slow down with quick choppy step as we get closer so we don't run by them!) How can a defender make play predictable? (by angling body to try and force attacker one way or the other).