



SESSION PLAN U8/U9 House League - Session Eight

Session Type: House League Level

Coach's Name: Colin Foy

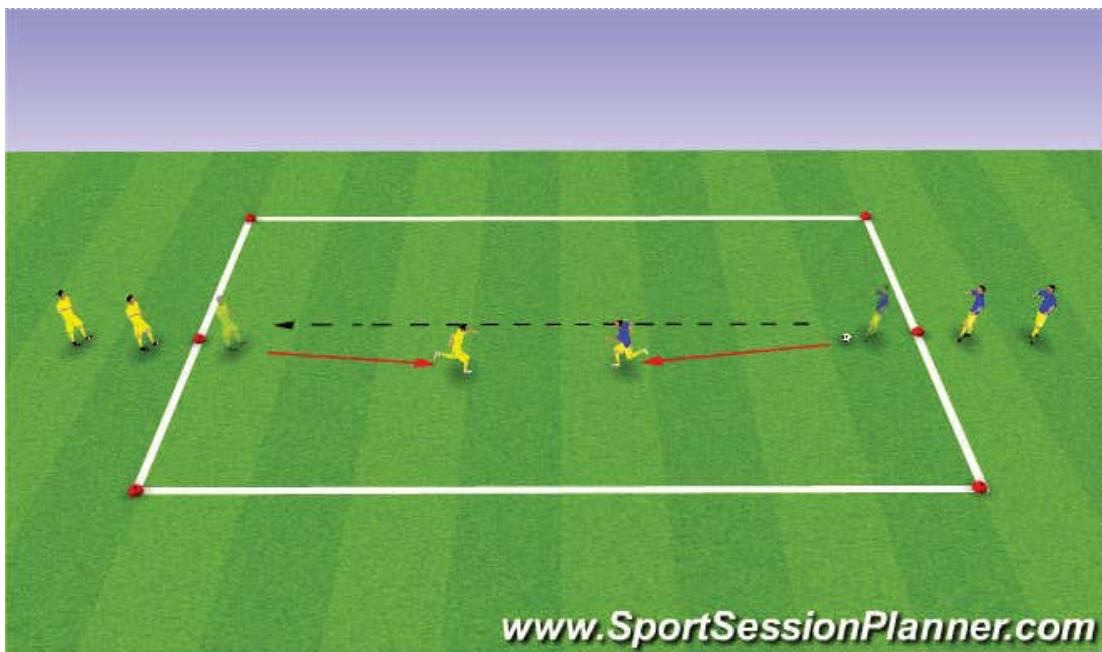
Date: 25-Apr-2013

Description:

Attacking & Defending (25 mins)

Setup:

- 10 yards X 10 yards box, marked out by cones in the corners
- Can increase size of box to 15 X 15 to allow for more dribbling and space.
- Two lines of players on opposite sides of box.
- One line of players has balls (attackers - yellow) and the other line has no balls (defenders - blue).



Instruction:

- The purpose of the game for the attacker is to get past the defender and dribble the ball over the defender's line. b) The purpose of the game for the defender is to win the ball and dribble it over the attacker's line.
- Defender passes ball into attacker.
- Attacker dribbles forward and tries to beat the advancing defender and dribble ball over the defender's line.
- Defender tries to win ball and dribble over attacker's line.
- Progression: can be progressed to 2 v 2, 3 v 3, or 4 v 4 with goals at either end.

Coaching Points:

- When the pass comes in, control ball and attack defender.
- Use Scissors, Step overs, Double Scissors, Double step overs to beat defender.
- Emphasise good control when dribbling and acceleration after beating defender.

COACHING POINTS (defender):

- After passing ball, quickly come to meet attacker.
- Adopt a defensive stance (side on to attacker, not square).
- Knees bent for balance. On toes.
- Keep attacker at arm's length.
- Be patient, don't jump in to tackle.