



**AMHERST SOCCER ASSOCIATION : DIRECTOR OF COACHING LESSON PLAN**  
**DEFENSIVE ORGANIZATION : SMALL GROUP & TEAM**



FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players pass the ball in pairs</li> <li>* Place an extra ball about 5 yards away from them</li> <li>* On coaches command they leave the ball they are passing with and attempt to be first to the other</li> <li>* First to it wins a point</li> <li>* Second to it acts as the defender</li> <li>* Play 1v1 for 10 seconds</li> </ul>	<ul style="list-style-type: none"> <li>* Measure who is going to be first to the ball</li> <li>* If second don't let the attacking play get behind you</li> <li>* Defenders body shape</li> <li>* Be patient, don't reach for the ball</li> </ul>
<p align="center"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 4v2 Keep away</li> <li>* Defenders stay in for two turns</li> <li>* Two touch max for the players on the outside</li> <li>* Players on the outside are paired up ready to go into the middle when they make a mistake</li> </ul> <p><b>Progression</b>          6v3 : Third defender is used as the balancing defender, to prevent a split pass from happening</p>	<ul style="list-style-type: none"> <li>* Pressure</li> <li>* Body Shape</li> <li>* Cover</li> <li>* Communication</li> <li>* 3<sup>rd</sup> Defender equals balance</li> </ul>
<p align="center"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Defending team has 4 Def and 2 Mid</li> <li>* Attacking tam has 2 Str and 4 Mid</li> <li>* Defending team score a point for passing into the target</li> <li>* Attacking team score in the big goal</li> <li>* Can one defender step into support the midfield</li> </ul>	<ul style="list-style-type: none"> <li>* Full backs step out when Wide-Mid has the ball</li> <li>* Shifting across</li> <li>* Don't over commit</li> <li>* Double team when possible</li> <li>* Constrict the Space</li> <li>* GK moves up with the play</li> <li>* Most efficient way to get to the target player</li> </ul>
<p align="center"><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Regular Scrimmage</li> <li>* Divide the group in too two equal teams</li> <li>* Teams now have GK in the goals</li> <li>* Have extra balls placed around the field to keep the game moving quickly</li> <li>* Emphasize all defending aspects that have just been covered</li> <li>* Share the responsibilities of who steps into support the midfield</li> </ul>	<p align="center"><b>LEGEND</b></p> <ul style="list-style-type: none"> <li>  = Players</li> <li> = Ball</li> <li> = Dribble</li> <li> = Run with out the ball</li> <li> = Pass</li> <li> = Goal Net</li> </ul>
<p align="center"><b>COOL DOWN</b></p>	<p>Player's with a ball each lightly dribble around the area, using all parts of the feet.          Add Stretching and juggling</p>	

