

ACTIVITY #1

Set up: Warm Up: Team King of The Ring
Set up as above in a 30x20 grid. One color in possession of all the balls.

Instructions: Each team has to try and gain possession of the ball from the opposition by tackling them. when one team is in complete possession of the all the balls, they can be classed the winner. Throughout the warm up stretch major muscle groups statically and dynamically.

Coaching Points: Main emphasis should be on warming up main muscle groups. Quads, Hamstrings, Calves, Adductors, Lower back.
Mobility - Flexibility - Mobility



ACTIVITY #2

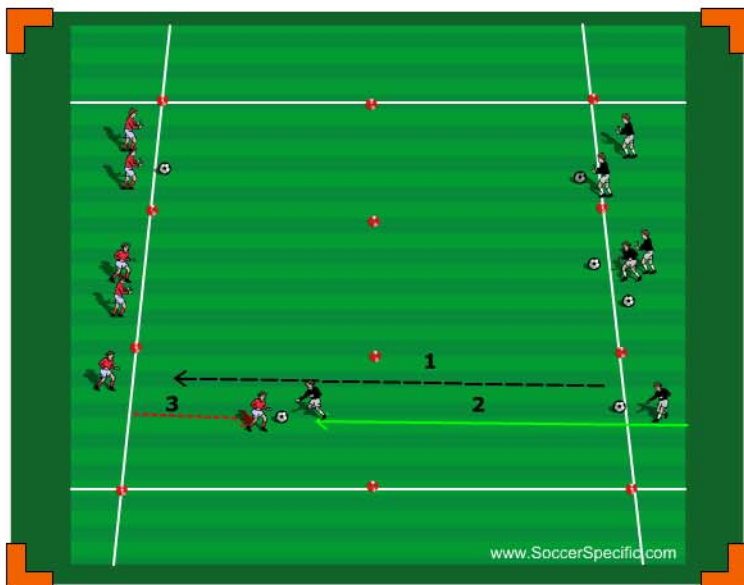
Set up: Fundamental Stage 1. Tackling Block and Poke
Set up as shown in a 30x20 grid

Instructions: Block Tackle. Players come in from both side and meet in the middle 'sandwiching' the ball rear right foot to rear right foot and rear left to rear left.. Inceze strength in foot 'sandwich'.

Poke Tackle: Red and black meet in the middle red places ball on front foot and Black pokes it away with their front foot. work both left and right sides

Coaching Points: Block Tackle: Visual clue; Ball 'inside' oppositions feet. Tackle on the diagonal, Tackling foot toe up and heel down, body weight moving through the ball. Do not Jump in. Try to win loose ball.

Poke Tackle: Ball 'outside' or on oppositions front foot foot. Tackle on the diagonal, defenders weight evenly distributed. Use front foot to poke ball away, tackling foot toe down, body weight moving through the ball. landing on 'poking' foot' Do not Jump in. try to win loose ball



ACTIVITY #3

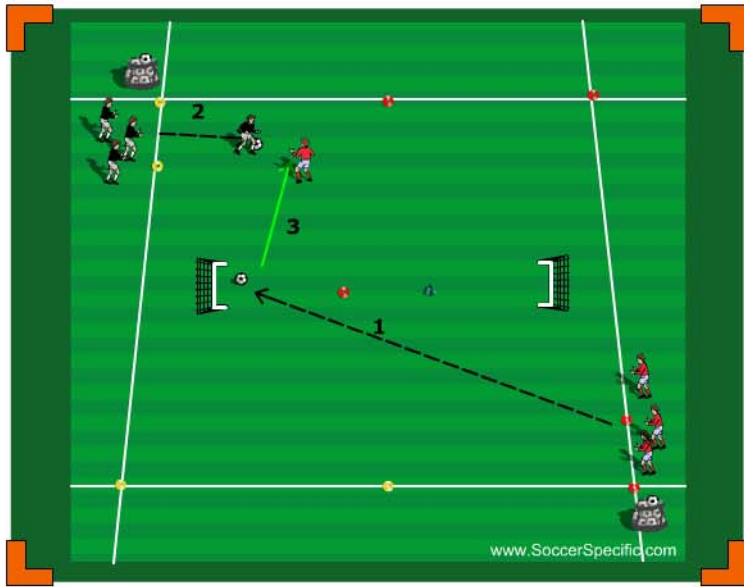
Set up: Fundamental Stage 2. Tackling Block and Poke
Set up as shown in a 30x20 grid

Instructions: Black player passes ball to red player (1) and follows pass to apply pressure and deny penetration (2). Red player breaks out and attacks black end line (3). Black has to choose whether to use a block or poke tackle, whilst containing him.

Coaching Points: Block Tackle: Angle of approach, Contain, Visual clue; Ball 'inside' oppositions feet. Tackle on the diagonal, tackling foot toe up and heel down, body weight moving through the ball. Do not Jump in. Try to win loose ball.

Poke Tackle: Angle of approach, Contain, Ball 'outside' or 'loose' on oppositions front foot foot. Tackle on the diagonal, defenders weight evenly distributed. Use front foot to poke ball away, tackling foot toe down, body weight moving through the ball. landing on 'poking' foot' Do not Jump in. try to win loose ball

SoccerSpecific.com Session Plan: NSCAA Academy Tackling 1v1 Defending



ACTIVITY #4

Set up: NSCAA Main Theme 1v1 Defending: .
Set up as above in a 25x15. Place the goals 4 paces in from each end. Starting gates on the diagonal. Goals are inset to create 'time' for defender to gain shape.

Instructions: Red player breaks with the ball (1) black player defends. As soon as red player shoots or scores (within cone marker) he transitions to become a defender (2) with a new black fast breaking out from his gate (3). Black attacks red goal in open play and pattern continues with new players breaking out after each shot or miss. Focus is made on the defending player and applicable coaching points. Let the game teach as much as possible

Coaching Points: Defender Deny, Delay, Contain, attackers penetration

Angle of approach. (reasons)

'Pinch' ground and force attackers 'head down'. Do not 'jump in'.
Correct choice of technique: Poke or block tackle. (CP as per fundamentals)

Footwork and Balance.



ACTIVITY #5

Set up: NSCAA Final Game: Team Shape 1v1 Defending
Set up as above. Size 60x40 : 6v6 : Formation 1-1-3-1

Instructions: Players Play open game.

If condition is required: Player Min 3 touch

Coaching Points: As per previously noted