



## Session Plans

### U9/10 Age Appropriate Session Example 4

**Topic:** Defending  
**Age:** U9/10

**Duration:** 75 Minutes  
**Players:** 12

#### Warm Up



**Description:**

In pairs-  
Pass ball to partner, Apply pressure for 3 or 4 seconds then back off and move into space as partner dribbles.  
Repeat.

**Coaching Points:**

Side on  
Knees bent  
On balls of feet  
Jockey  
Pivot

#### Defending 1v1 (Pressure)



**Description:**

White passes to Black who attempts to beat Orange defender in a 1v1 then dribble across line to score. If Defender wins the ball they can score by dribbling over the opposite line. 1 point awarded for each successful dribble.

**Coaching Points:**

Press quickly  
Bend run  
Slow down on approach  
Body Side on  
On balls of feet  
Knees bent  
Jockey  
Pivot  
Be patient in winning the ball

## Defending 2v2 (Cover)



### Description:

White passes to Black then joins in to create a 2v2 against the Orange defenders. Attacking players must dribble across line to score.

### Coaching Points:

Press quickly  
Cover the dribble in case the player pressing is beaten  
Be ready to adjust pressure and cover if the ball is passed  
Pressure must be prepared to drop instantly to cover  
Communicate!

## Defending 3v3 (Balance)



### Description:

Orange defender passes to any of the 3 White attackers.  
Attacking team try to score on goal.

### Coaching Points:

Closest player press  
Organise cover early  
Provide balance in defensive shape by tucking in to deny space in an arc when the ball is wide or by a cover on either side of the pressure in a triangle when the ball is central

## Practice game



### Description:

3v3 to small goals (no GK)

### Coaching Points:

Reiterate points from session

## Small Sided Game



**Description:**

Small Sided Game 7v7 Inc GK