



Canadian Soccer Association

National Training Curriculum – Learning To Train / Training Session – Preferred Training Model

R Gale u12 Defending Skills Session





Organize and Improve the Training Area!

Stage	# Players	Stations	# Coach/Parent/volunteer	Setup 1:30 hrs. typical session
3	32 - 40	<ul style="list-style-type: none">① General Movement② Soccer Coordination③ Soccer Technique④ Small-Sided Game⑤ Soccer Technique⑥ Small-Sided Game⑦ Soccer Technique⑧ Small-Sided Game	4	<p><u>Ideal scenario</u></p> <ul style="list-style-type: none">• 4 coaches 4 groups.• This requires 2 coaches to change their station over to on the second half of the training session.• 1.2.3.4. first half – 36 minutes• 5.6.7.8. second half – 53 minutes
3	24 - 30	<ul style="list-style-type: none">① General Movement② Soccer Coordination③ Small-Sided Game④ Soccer Technique⑤ Small-Sided Game⑥ Soccer Technique	3	<p><u>Second scenario</u></p> <ul style="list-style-type: none">• 2 coaches 3 groups.• This requires one coach to change their station over on the second half of the training session.• 1.2.3. first half – 27 minutes• 4.5.6. second half – 63 minutes
3	16 - 28	<ul style="list-style-type: none">① General Movement② Soccer Coordination③ Small-Sided Game④ Soccer Technique	2	<p><u>Third scenario</u></p> <ul style="list-style-type: none">• 2 coaches 2 groups.• Coaches have allocated activities and then swap groups or activities.• 1.2. first half – 18 minutes• 3.4. second half – 72 minutes

*Add time to warm-up cool down and station rotation

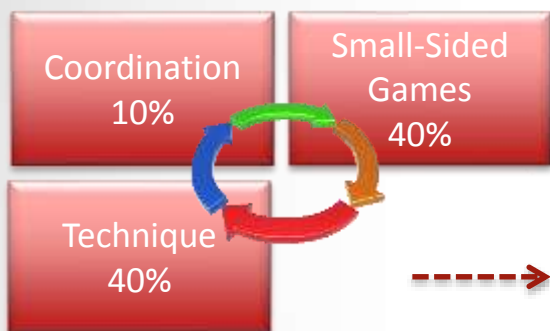




Organize and Improve the Training Area!

STATION WORK

PREFERRED TRAINING MODEL



Soccer
Movement
10%

General Movement

Activities involve:

- Agility – running, speeding up/slowing down, changing direction, stopping.
- Balance – hopping, jumping, landing.
- Coordination – combining different movements, moving with the ball, crouching and rising, going under hurdles, going over hurdles.





Soccer Movement Station



Learning to Train



Warm Up- Defending Movements

Players work in pairs performing pre designed movements inside the 7x7 yard square – run out bounce off shoulders and repeat in next square before returning to start positions

Movements include but not limited to – running - forwards (closing down) backwards (jockeying) – sideways (tracking)

Work a couple movements backwards – feet moving – opening up hips etc.

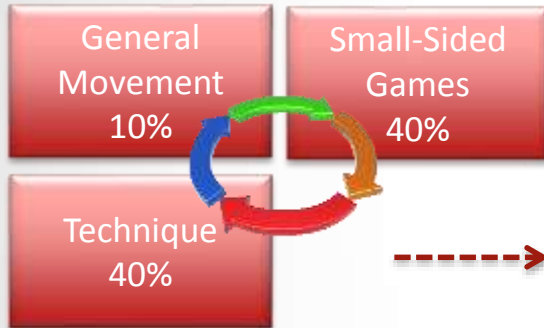




Organize and Improve the Training Area!

STATION WORK

PREFERRED TRAINING MODEL



Soccer Coordination

Activities involve:

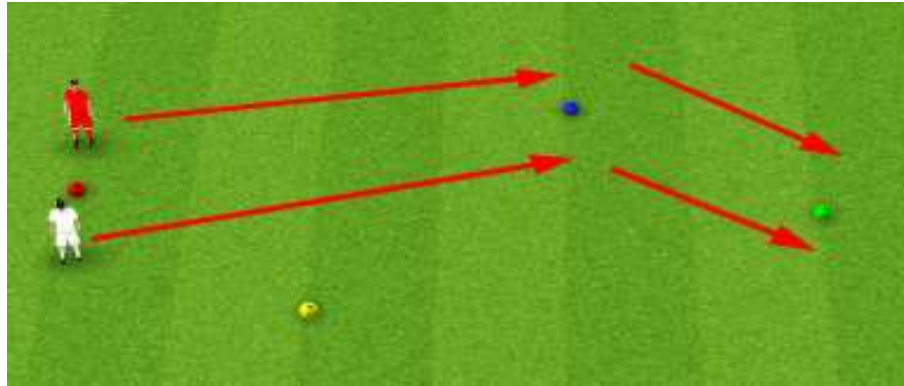
- Ball familiarization, using different parts of the body, is used in more game specific activities
- The focus should be on combining movements while controlling the ball.
- Activities should focus on preparing players for technical and tactical training.
- Activities should also focus on using competition to challenge players to execute movement while under pressure.





Coordination Station – Defending Footwork

➔ Learning to Train



Defending Footwork

Players work in pairs facing each other with 4 colored markers between them-coach shouts color of marker and players race to get to that marker and touch it (like prodding ball when defending) with their feet 30-45 second reps

Variations with two sets of cones side by side and staggered central cones (shown in diagram) and also between two sets so players have to turn as well as if tracking opponent after ball in behind

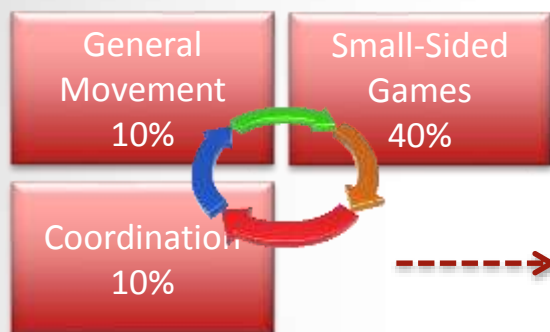




Organize and Improve the Training Area!

STATION WORK

PREFERRED TRAINING MODEL



Technique
40%

Soccer Technique

Activities should focus on the transition from “Game” to “training”. Fun should still be the most significant motivating factor for the players, but the learning of fundamental technique in an organized manner should now be a focus.

Organization of the activities should always be game related.

The core techniques are:

- Dribbling, shooting, faking and turning, passing (short & long) receiving/controlling the ball and heading.
- Activities should involve lots of repetitions of all the associated techniques through highly motivational progressions.





Technique Station – Defending Skills

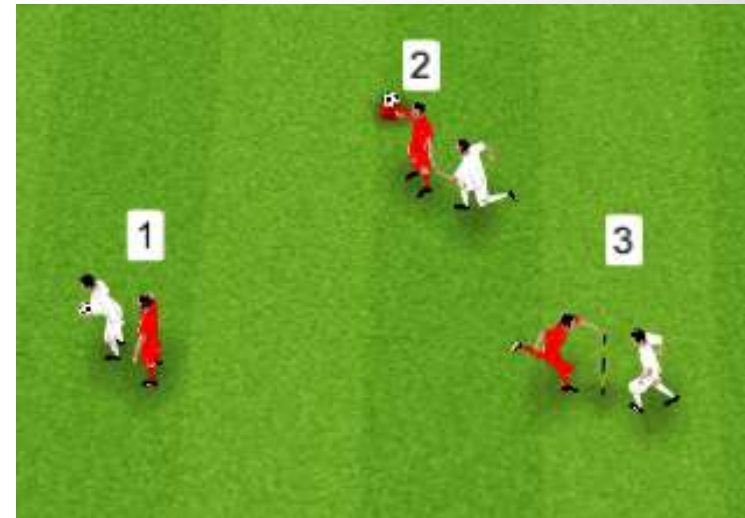


Learning to Train

Defending Skills

Players work in pairs

1/ start with basketball like skills shielding and keeping ball away from opponent Progress to having ball at feet - focus on positioning between ball and opponent - use of own body for balance and hide ball- use opponents momentum against them to evade 2/ Ball is now placed on a marker and players compete to try and knock ball off marker first facing away from marker then facing each other stepping across and shielding - same skills for shielder as above- agility and quickness of feet of player trying to prod ball of marker 3? one partner holds a rope and partner has to tread on the rope (simulating prodding a ball) progress to both sides - in motion and when past defender - focus on body weight on balls of feet - low centre of gravity - keeping feet moving ready to force attacker and provoke mistakes

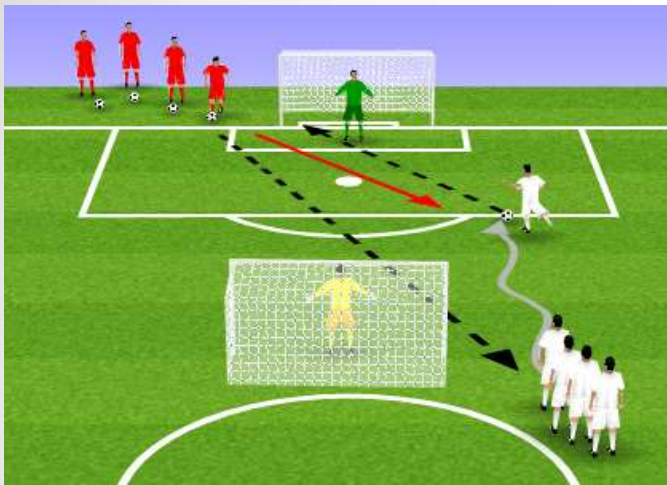




Technique Station – Defending Skills



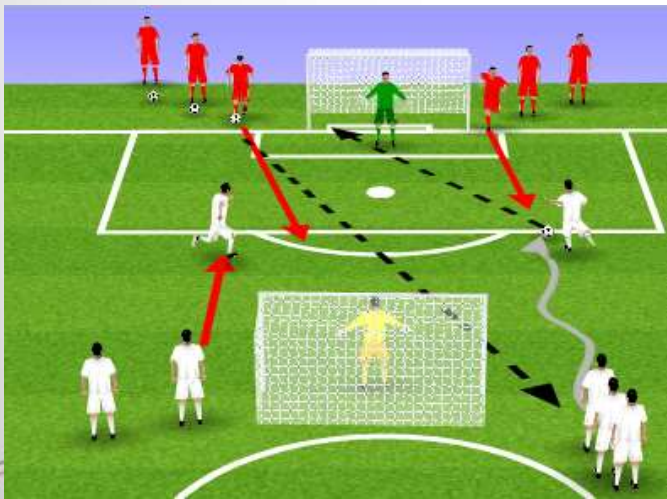
Learning to Train



Individual 1v1 Drill

Red defenders hit ball 30 yards to attacker who then takes defender on 1v1 to try and score on goal. If Red defender wins ball they score on white goal. Play to a conclusion and ball is dead - next two go

Focus on defensive footwork and actively trying to provoke the ball – show coaches two or three variations to use and transitional element importance



2v2 Progression from last drill

Defending Player hits ball to attackers at opposite end- nearest defender looks to press and second defender provides cover and makes decision based on movement of second attacker. Discuss press and Press scenarios – difference between central and wide approach and positioning for defenders also

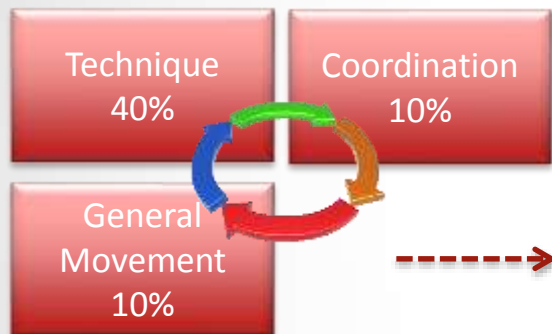




Organize and Improve the Training Area!

STATION WORK

PREFERRED TRAINING MODEL



Small-Sided Games 40%

Small-Sided Games

Activities Involve:

- SSG's should involved 3v3 through to 9v9.
- Rules should be modified to encourage technical development and problem solving by players e.g. multiple goals or limited touches to challenge decision making.
- Progressive introduction of tactical problems should be guided by player development.
- SSG's should develop a player understanding of A) Possession B) Out of possession C) Transitions.





Small Sided Games Station – Functional Defending

➔ Learning to Train

5v5 incl. GK's
Defending group plus 2 GK's GK rolls ball into his back 4 who look to move ball and strike at opponent's goal. Focus on Defending ABC'S nearest player press – nearest players tuck in and remain in flat line –as ball move player pressing returns to line and nearest player presses again. Progress with a target player that GK can roll the ball into to start and get nearest defender to press them and then decision as they lay off ball.

