

Week 7:

Boys:

Game link: [Man United vs Man City 2020 \(1st half\)](#)

Stage 1 (U7-U10)

1. (Grp 1) Pick a player on Manchester United (red team). What do you think that player does well when they defend? Are they good at tackling, intercepting passes, helping (covering) their team mates?

(Grp 2) Pick a player on Manchester City (blue team). What do you think that player does well when they defend? Are they good at tackling, intercepting passes, helping (covering) their team mates?

Stage 2 (U11-U12)

1. (Grp 1) Watch Manchester United (red team). Find moments when they are defending and watch the two players closest to the ball. What does each player do? How are they cooperating? Do their roles change at any point in that moment (i.e the covering defender becomes the pressing defender and vice versa, taking away passing lanes vs tackling etc).

(Grp 2) Watch Manchester City (blue team). Find moments when they are defending and watch the two players closest to the ball. What does each player do? How are they cooperating? Do their roles change at any point in that moment (i.e the covering defender becomes the pressing defender and vice versa, taking away passing lanes vs tackling etc).

Stage 3 & 4

1. (Grp 1) When Manchester United (red team) is defending, describe their behavior in each phase. Is their behavior different in each/some of the phases? Pick a moment in each phase and explain what they do and in which phase they ultimately win the ball/force a turnover (i.e started defending in phase 3 but won the ball in phase 2).

(Grp 2) When Manchester City (blue team) is defending, describe their behavior in each phase. Is their behavior different in each/some of the phases? Pick a moment in each phase and explain what they do and in which phase they ultimately win the ball/force a turnover (i.e started defending in phase 3 but won the ball in phase 2).

Girls:

Game link: [USA vs Sweden - 2019 Friendly \(1st half\)](#)

Stage 1 (U7-U10)

2. (Grp 1) Pick a player on USA (red team). What do you think that player does well when they defend? Are they good at tackling, intercepting passes, helping (covering) their team mates?

(Grp 2) Pick a player on Sweden (yellow team). What do you think that player does well when they defend? Are they good at tackling, intercepting passes, helping (covering) their team mates?

Stage 2 (U11-U12)

2. (Grp 1) Watch USA (red team). Find moments when they are defending and watch the two players closest to the ball. What does each player do? How

are they cooperating? Do their roles change at any point in that moment (i.e the covering defender becomes the pressing defender and vice versa, taking away passing lanes vs tackling etc).

(Grp 2) Watch Sweden (yellow team). Find moments when they are defending and watch the two players closest to the ball. What does each player do? How are they cooperating? Do their roles change at any point in that moment (i.e the covering defender becomes the pressing defender and vice versa, taking away passing lanes vs tackling etc).

Stage 3 & 4

2. (Grp 1) When USA (red team) is defending, describe their behavior in each phase. Is their behavior different in each/some of the phases? Pick a moment in each phase and explain what they do and in which phase they ultimately win the ball/force a turnover (i.e started defending in phase 3 but won the ball in phase 2).

(Grp 2) When Sweden (yellow team) is defending, describe their behavior in each phase. Is their behavior different in each/some of the phases? Pick a moment in each phase and explain what they do and in which phase they ultimately win the ball/force a turnover (i.e started defending in phase 3 but won the ball in phase 2).