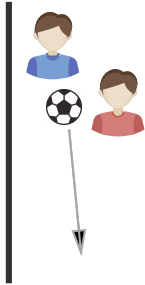


Defensive Agility

U10+

Warm Up

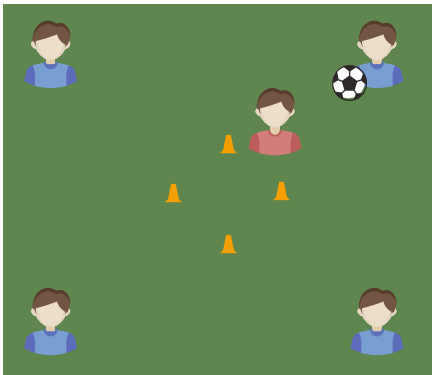


1. Blue (offense) dribbles down sideline
2. Red (defense) paces the offender in defensive stance keeping him pushed towards the line.

No pressure just practice on movement

Cones about 30 yards apart on the line for start and stop lines

Session 2



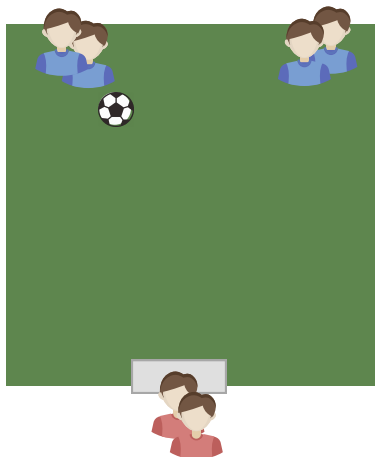
Create a field 20x20 or larger depending on your player size.

Red must defend the passing lanes and gets a point for a touch.

Blue can pass anywhere but they only get a point for passing through the diamond.

First to 5 wins.

Session 3



On whistle 1 red (defense) races from behind the goal to push the offensive player with the ball away from goal.

Coaching Points:

1. Proper stance between goal and player
2. Closing speed
3. Agility
4. Containment
5. Make offender make a mistake

Good Example:

[youtube.com/watch?v=ngZehESDEdM](https://www.youtube.com/watch?v=ngZehESDEdM)

