

Session 4 - Basic Defensive Skills

Equipment: Soccer Balls, Cones & Pinnies

Icebreaker: Pet, Name, Why (5 minutes)

- Students take turns answering the following questions
 - If you could have any animal as pet, what would it be
 - Why
 - What would you name it

Warm-Up (5 minutes)

- Start with a dynamic warm up including jogging, high knees, and butt kicks

Activity 1: Sharks and Minnows (10 minutes)

- Pick a few players to be sharks, everyone else will be a minnow
- Minnows start with the ball and sharks are in the middle without a ball
- When Leader yells go, Minnows must dribble from one side of the field to the other while avoiding being tagged by the Sharks
- If a Minnow is tagged, they must pass their ball to the sideline and join the Sharks

Activity 2: Defensive Stance (5 minutes)

- Show students the basic defensive stance: knees bent, feet apart, and staying between the ball and the goal
- Practice with a partner, taking turns as the attacker and defender, without then with a ball

Activity 3: Mini-Game (10 minutes)

- Play a small sided game with a focus on defending. Emphasize staying between the ball and the goal, while working together as a team.

Activity 4: Soccer Colour Monster (10 minutes)

- Play Colour Monster where participants must dribble a ball with them from one end to the other

Play a Game (10 minutes)

- Split the group into teams and play soccer

Cool Down (5 minutes)

- Have students jog and perform stretches to cool their body down
- Ask each student to tell you their favourite part of the session or something they learned about soccer