

Session 4 - Defensive Skills & Positioning

Equipment: Soccer Balls, Cones & Pinnies

Team Building: Find a Partner (5 minutes)

- Leader hands out one card to each participant
- Participants look for the other participant whose card compliments theirs (ie. mustard and ketchup)

Warm-Up (5 minutes)

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

Activity 1: Soccer Colour Monster (10 minutes)

- Play a game of Colour Monster but participants must dribble their ball as they run from one end to the other

Activity 2: Defensive Stance (10 minutes)

- Demonstrate the basic defensive stance: knees slightly bent, feet shoulder width apart, and keeping an eye on the ball
- Practice with partners, first without a ball and then with a ball, focus on maintaining proper stance and positioning

Activity 3: Defensive Drills (10 minutes)

- Set up a small sided game with defenders and attackers. Practice defending one on one and blocking shots
- Leader is in net

Play a Game (20 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