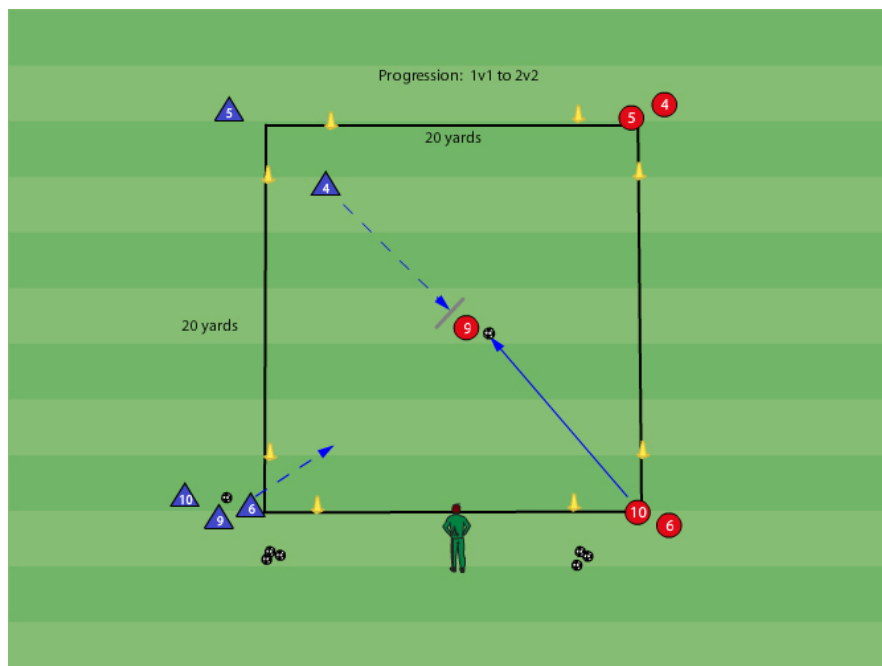




## TRAINING EXERCISE

### Individual Defending- Preparation Stage



	<b>Defending Principles</b> <b>Perception &amp; Awareness</b>
	<b>U9 to U12</b>
	<b>10 Players</b>
	<b>2 sets @ colored vests, 12-15 Field Markers, 10 balls</b>
	<b>Intensity: 3</b>
	<b>20:00 min</b> (4 x 04:00 min, 01:00 min rest)

#### Objective

(1) Improve the performance of individual defenders in preventing the opponent from turning with the ball.(2) Improve the performance of individual defenders to prevent a penetrating pass of dribble when confronting an opponent who has turned with the ball.

#### Description

Preparation Stage: Physical warming and tech-tact build-up of concepts and techniques related to individual defending.

#### Coaching Points

(1) Perception of speed- timing to arrive at or before the ball arrives.(2) Deceleration to prepare for controlled pressure. (Agility and balance integrated)(3) Environment cues to determine angle and distance of defensive starting position.