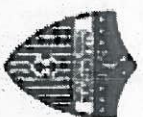


# Allentown Youth Soccer Club



Providing Soccer Opportunities for Inner-City Youth of Allentown

## COACHING OUTLINE

Team Name: \_\_\_\_\_

Color: \_\_\_\_\_

Date: Week # 4

Objectives: Tackling / Defense

Captains: \_\_\_\_\_

- \* Review week #3 - Passing/Receiving/control of move #2
- \* Warm-up Activity (see below)
- \* Teach/Demo Jockeying Poke & Block Tackles, as outlined, then have players pair-up and have a go with each activity using the techniques.
- \* Small-sided game #1 then #2.
- \* Final vs mins. Split team up and play vs other colors.

WARM-UP for about 5-7 mins

### Bib/Cone reaction

#### Actions

Lay out various coloured bibs or cones inside a small area.

Get your players to jog around performing various warm-up movements.

On your call of a colour, the players must race to stand next to one of the bib/cones.

Make sure that there is one less bib/cone of each colour than there are players. If the players don't react quickly enough they're out!

0 - cones



What to shout:

- "Be ready"
- "Be aware of what's around you"
- "React quickly"



# DEMO / OUTLINE

## Jockeying

You don't always need to tackle an opponent to dispossess them or slow their progress.

Jockeying denies your opponent time and space, and it's a good tactic to allow your team-mates to get back in position.

### Jockeying step one

Adopt an almost side-on position, but with shoulders opened out slightly so that you provide a barrier to your opponent.

This will also allow you to see them in front of you.

If you keep your knees slightly bent, with your weight on the front of your feet, then you'll find it easier to change direction as you move backwards.

### Jockeying step two

You need to try and always stay 'goal-side', and also in front of your opponent.

You can do this by pivoting off your back foot as you move backwards.

### Jockeying step three

Try to stay within an arm's length of your opponent to increase the pressure on them.

If you have your arms slightly out to your sides then it creates a bit more of a natural barrier.

But make sure you don't use them to push an opponent.

\* Have player practice move with out ball

\* Have players pair-up and take turns defending the ball.

# DEMO / OUTLINE

## Block Tackling

If your team is not in possession of the ball it is obviously crucial to get it back.

There are many different ways to achieve this, but the block tackle is the best and most common method.

Get to your opponent quickly to deny them time and space on the ball. But don't commit yourself too early or you will foul them or be easy to beat.

Jockey your opponent and wait for the best time to make a challenge.

Sometimes just putting your opponent under pressure will cause them to make a mistake.

When you think you can win the ball, your weight should move forward as you prepare to tackle with the inside of your foot.

This will probably be just as your opponent looks to either pass the ball or knock it past you.

If the ball becomes stuck between your feet and your opponent's then get your foot under the ball to lift it away.

Make sure you keep your ankle and leg firm throughout the tackle.

You are much more likely to get injured if you are not properly committed to a challenge.

\* Have players pair-up, stand, facing each other with a ball between.   
 arms-length

\* At the same time (count to 3) hit the middle of the ball with foot side-on (passing position) Use right foot for a few then use left