

## Unit 5: Soccer (Denying space &amp; Pressure)

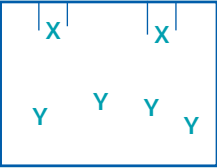
**LEARNING  
OUTCOMES****The student will:**

- understand the importance of denying space in defensive play
- understand the importance of pressurising in defensive play
- contribute to group effort

**EQUIPMENT**

Ball between two, cones, goals, bibs.

**CLASS ORGANISATION**

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		As in Unit 4 with two additions. 1. Leave ball on command and get another ball. 2. Pressurise person on ball.	Easy pressure. No tackling. No rough play.
Development	<ul style="list-style-type: none"> <li>• Defensive support</li> <li>• Communication</li> <li>• Denying space</li> <li>• Restraint</li> </ul>	<p>1. <b>5 v 5 in 30 x 40 meters</b> "Try not to concede" game.</p> <p>2. <b>4 v 2 in 10 x 15 meters grid</b> 2 try to get as many touches as possible while 4 try to keep ball.</p> <p>3. <b>Backs v Forwards</b></p> <ul style="list-style-type: none"> <li>• Concentrate on defending</li> <li>• Alternate after five passes to forwards</li> <li>• One student feeds ball to forwards.</li> </ul> <p>4. <b>Possible variation: 4 v 2</b></p> <ul style="list-style-type: none"> <li>• 2 X defend two goals</li> <li>• Y's get five possessions from A</li> <li>• X's must clear over line A.</li> </ul> 	<ul style="list-style-type: none"> <li>• What helps team to concede? - deny space - get behind ball - pressurise person with ball</li> <li>• What should you do? - watch ball - Stay on one's feet - work as a group - get close - not necessary to win the ball</li> <li>• Which space should be defended? - between ball and goal</li> <li>• Why exert pressure? - stop shots and forward play</li> <li>• When to challenge? - when the ball is outside playing distance of attacker</li> <li>• At what distance is pressurising effective? 1.5 – 2 meters</li> </ul>
Conclusion		5. Game as in 1.	
Cool down		6. Cool down as warm up.	