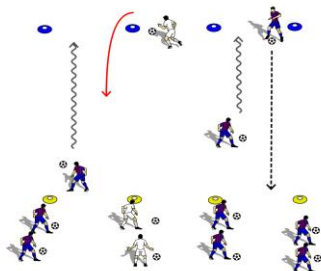


OBJECTIVES- Defending (1v1,2v1)



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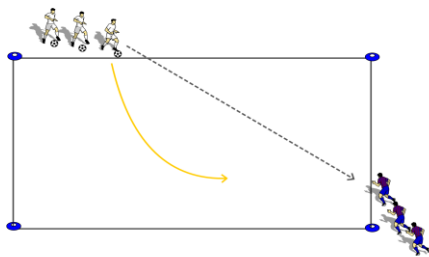
TECHNICAL WARM-UP **Grid Size:** 20x30 **Duration:** 15 Mins

French Dribbling

Groups of 2-3 players max in each line, cones 10 yd apart
 Player A dribbles to blue cone using different parts of feet.
 Once to the blue cone he should perform a turn and speed dribble and return to the end of the line.
 When Player A gets back to start Player B can proceed
 Progression: After turn he can pass to the player at the back of the line

COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.
 Lots of small touches.



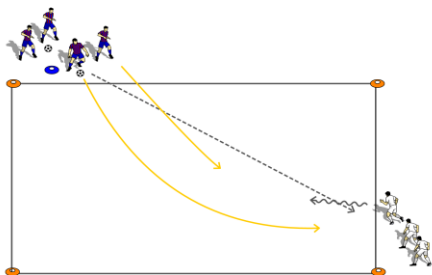
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ACTIVITY 1 1v1 defending **Grid Size:** 20x30 **Duration:** 15 Mins

The defenders make a good pass to the attacker. The defender will press the ball and delay the attacker. The attacker tries to dribble the ball past the cones.
 If the defender wins the ball they can counter and dribble across defending line

COACHING POINTS / KEY CONCEPTS

Angle of approach - Bend Run and force attacker to sideline
 Speed of Approach - Slow run down as you close in
 Body shape - 45° to attacker, knees bent and on toes



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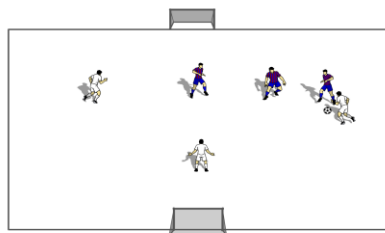
ACTIVITY 2 Pressure & Cover **Grid Size:** 20x30 **Duration:** 15 Mins

2v1 defending: The defenders make a good pass to the attackers.
 Attacker tries to dribble across endline. When defenders win the ball they can counter and dribble across the endline.
 1st defender yells "I Have Ball" , the 2nd defender yells "I have Cover"
 1st defender should force attacker to the 2nd defender.

Switch positions after 5-6 minutes

COACHING POINTS / KEY CONCEPTS

Bend run and force to 2nd defender
 Slow run down as you approach attacker, don't reach, move feet
 talk and communicate



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ACTIVITY 3 3v3/4v4 games **Grid Size:** 20x30 **Duration:** 15 Mins

3v3 games that the coach should focus on the defending moments

1st defender yells "I Have Ball" , the 2nd defender yells "I have Cover"
 1st defender should force attacker to the 2nd defender.

COACHING POINTS / KEY CONCEPTS

Look for defending moments 1v1/2v1 situations to talk about.
 Slow run down as you approach attacker, don't reach, move feet
 talk and communicate "I have ball" and "I have cover"