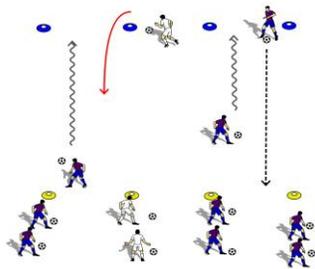




OBJECTIVES- Defending (1v1,2v1)



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TECHNICAL WARM-UP

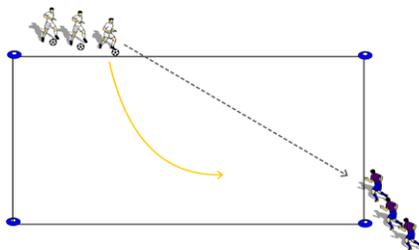
Grid Size: 20x30 Duration: 15 Mins

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

COACHING POINTS / KEY CONCEPTS

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



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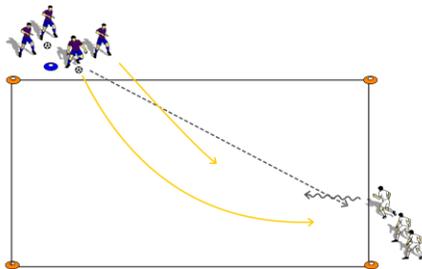
ACTIVITY 1 1v1 defending

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

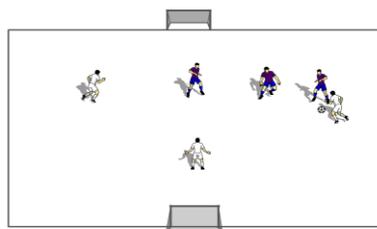
Grid Size: 20x30 Duration: 15 Mins

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"