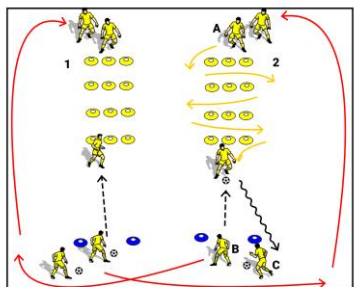
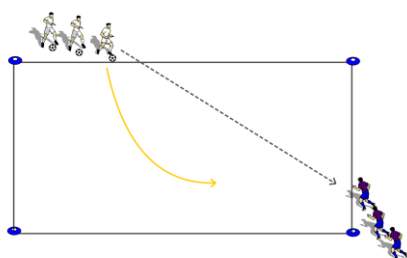
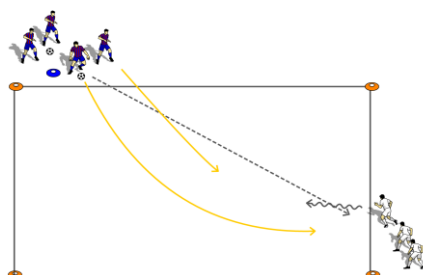


OBJECTIVES- Defending 1v1 & 2v1


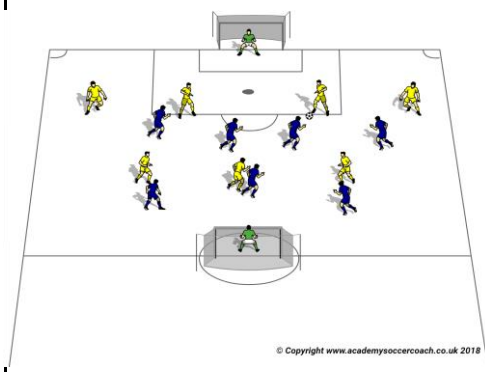
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Speed and Agility with Ball
Grid Size:
Duration: 15 Mins

Set 2 groups of cones up 2yds in width and 4yds long

The players perform different agility steps as they go in and out of the yellow cones. As they get out of the last row of cones, the player at the end with the ball passes them an easy pass with the inside of the foot and that player dribbles behind the next waiting player. The player who just passed then jogs behind to the other line.

1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

COACHING POINTS / KEY CONCEPTS

It's not a race! Go slow and do the movements correctly

Knees bent and feet always shoulder width apart, run on balls of feet

Make good passes. Toe up ankle locked, follow thru to target

ACTIVITY 1 1v1 defending
Grid Size:
Duration: 20 Mins

The defenders make a good pass to the attacker. The defender will press the ball and tries to delay the attacker. The attacker tries 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

'Surfer' style of defending

ACTIVITY 2 Pressure & Cover
Grid Size:
Duration: 20 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

ACTIVITY 3 8v8/9v9 + GK's
Grid Size:
Duration: 30 Mins

Play 8v8 + GK's to goal.

Emphasis should be on Defending moments to talk about.

Use the entire width of Try and create 1v1 and 2v1 situations

COACHING POINTS / KEY CONCEPTS

Look for defending moments 1v1/2v1 situations.

Angle of approach, Speed and Body Shape of defender