

Topic: Individual Defending

Goal: Develop individual defensive techniques

Objectives: Develop ability to dominate opponent when defending 1v1.

Technical Aspects Covered: Defending techniques, dribbling, RWB, first touch, shooting/finishing techniques, attacking transitions

Warm-Up Games

Description: Dribbling gates drill.

Players split into pairs with multiple gates around a the field.

Players have a ball trapped between their backs and upon coach's command, both players spin round and the ball drops to the ground. Whoever gets possession is the attacker while the other initially becomes defender. Player with the ball has to dribble through one of the gates to score.

After round 1 players switch partners. Duration: 25mins

Duration: 15-17 Mins

Intensity: High

Individual Ball Mastery

Description: In a 20x20 grid have the players stand in the corners of the grid and place a cone directly in the middle of the grid. On the Coache's go the 1st player in each of the lines will dribble to the cone in the middle, execute a skill move and go to the next line. As soon as a player gets to a new line the next player can go.

Progression – Add passing

Duration: 8 mins

Intensity: Medium/high

Coaching Points:

- Ask the players which moves they have learned and see which ones are their favorites
- Encourage players to use both feet and all 6 parts of their feet – inside, outside, heel, sole, laces and toe
- Head up and scanning the field, checking shoulders constantly to spot the spaces
- Test self with both feet, particularly performing dribbling moves and accelerating

Description: Small sided game between two teams 4 players per side.

Players should be given positions, 1 defender, 2 midfielders, and 1 attacker. After 5 minutes sub 1 player into defense but take the right midfielder off. When this occurs the defender will go to left mid, the left mid will go to the attacker, and the attacker will go to right mid. Adapt this rotation/substitution based on the number of subs.

Duration: 30 Mins

Intensity: High

Coaching Points:

- Look for opportunities to dribble and take space
- Can players recognize these opportunities?
- Can we dribble under control?
- Can we pass to another teammate accurately?