



Defending 1v1

Category: Technical: Defensive skills

Difficulty: Moderate

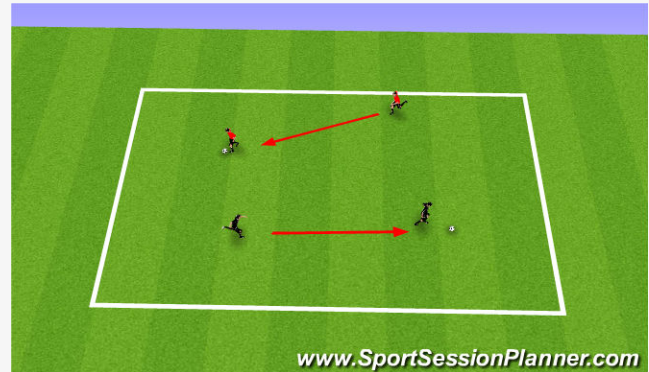
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Individual-Adult Member

Description

Defending against the dribble and with players who have their back to goal

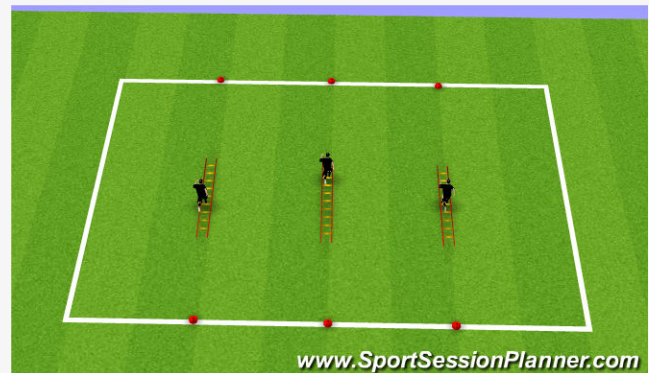
Warm up (10 mins)

Organization 30 x 30 square
in pairs one player has the ball, the other is jogging at 50%.
when coach says pressure player sprints to partner and pressures. then they switch roles
add dynamic stretches, skipping, high knees, heel flicks, open the gate, kick through and windmills



SAQ (15 mins)

1. fast feet
2. two forward one back
3. bunny hops
4. side to side



Defending back to goal (15 mins)

Defending 1v1 The Line game

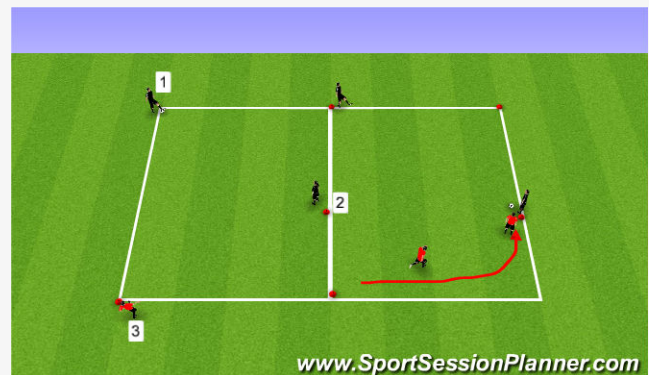
Organization 30 x 30 square split into 2.

Player 1 plays into player 2, who then tries to attack the line where player 1 is defending.

As the ball is played player 3 is moving into their defensive position.

Coching Points

1. Quickly out to attacker - slow down on approach
2. Arc Run - dont expose space behind the defender get side onto the defender.
3. Should be touch tight, on the balls of your feet. keeping your eye on the ball!
4. can we force backwards!
5. if we win the ball can we counter attack!

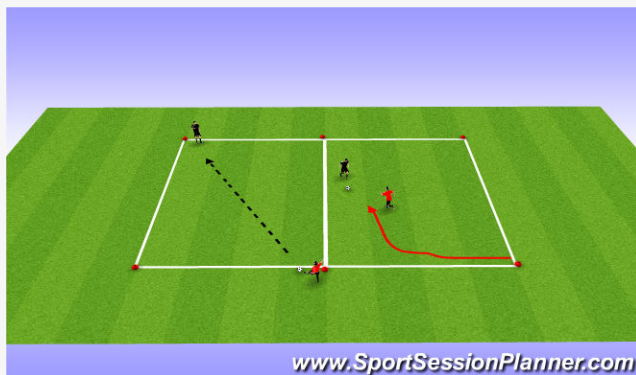


Defending 1v1 v dribble (20 mins)

Defending 1v1 defending the dribble, The Line game (same set up as before)

Coaching Points

1. Pressure - out quick, slow down on approach.
2. Arc run, so not to expose space behind.
3. Jockey position - not too tight- side on, knees bent, on the balls of our feet. can we use the side line as an extra defender? force in that direction.
4. eyes on the ball.
5. BE PATIENT - can we poke away with our front foot, if not be patient.
6. Back foot can be used to pivot if player dribbles across the front.
7. when we win the ball can we counter attack?



defending 1v1 to goal (20 mins)

Defending 1v1 Add a goal and Make competitive.

Coaching Points

1. Arc run, so not to expose space behind.
2. Jockey position - not too tight- side on, knees bent, on the balls of our feet. can we use the side line as an extra defender? force in that direction.
3. eyes on the ball.
4. BE PATIENT - can we poke away with our front foot, if not be patient.
5. Back foot can be used to pivot if player dribbles across the front.
6. when we win the ball can we counter attack?



Game (20 mins)

Game

Organization- split the field into thirds.

If defenders win the ball in their third, they must dribble forward, players can cross lines at all times.

when the defender wins the ball and attacks he has created a overload. 4v3.

