



Defending 1v1 and 2v1

Category: Technical: Defensive skills
Difficulty: Moderate

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Individual-Adult Member

Description

Defending 1v1 and 2v1

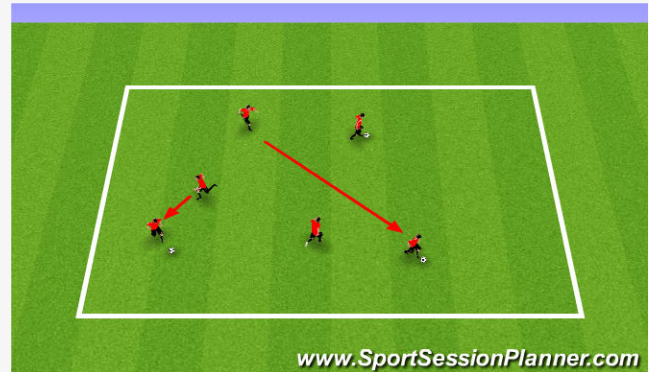
Warm Up (10 mins)

Organization 30 x 40

In pairs, 1 player has a ball and the other is jogging around. When the coach says pressure, the player without the ball must find his partner and try to win the ball.

Rotate role and repeat.

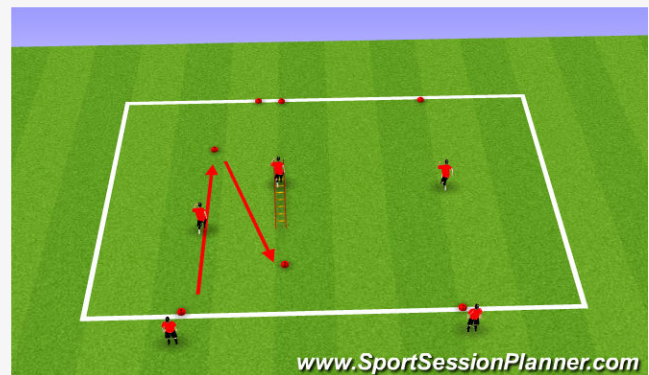
Add dynamic stretches: High Knees, Heel flicks, Open the gate, Kick through and windmills.



SAQ (10 mins)

Line 1: players sprint forwards then backwards and then complete the fast feet exercise and finish with a sprint.

Line 2: Straight sprint



Technical 1v1 (15 mins)

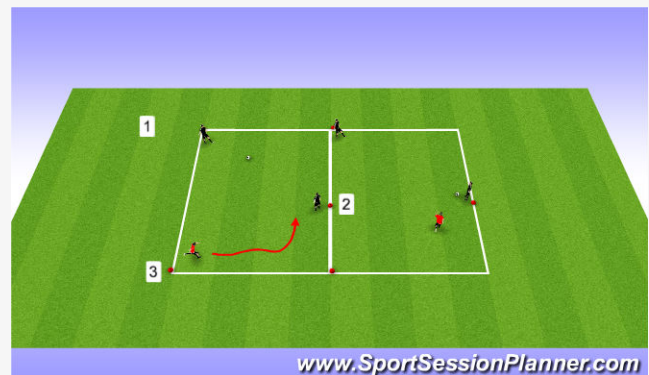
Organization 30 x 40 split into 2 areas

Player 1 passes the ball into player 2 who tries to get across the line.

Player 3 is defending and must try to force the attacker back or, if possible, win the ball.

Coaching Points

1. Pressure - get out quick to the attacker, slow down on approach.
2. Can we get into the correct position - knees bent, on the balls of our feet and touch tight.
3. Can we focus only on the ball?



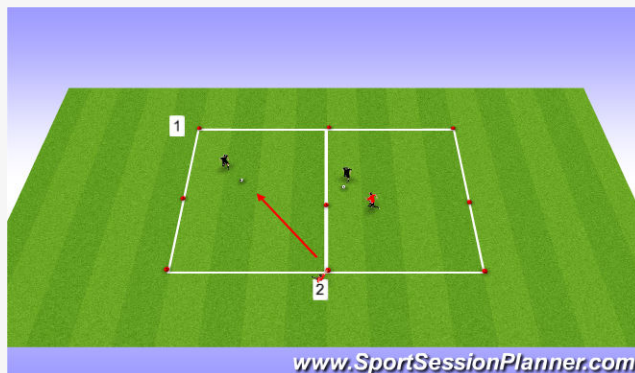
Technical Adv. 1v1 (15 mins)

Organization 30 x 40

Player 2 passes the ball up to player 1 who then must attack the line behind the defender, player 2

Coaching Points

1. Can we force the player towards the sideline closet to them- use the line as an extra defender.
2. Pressure - out as quick a possible, into correct technique
3. If attacker cuts across can we pivot using our back foot?
4. Be patient, concentrate on the ball, can we use our front foot to win the ball
5. when we win the ball can we counter attck and score points by crossing their line



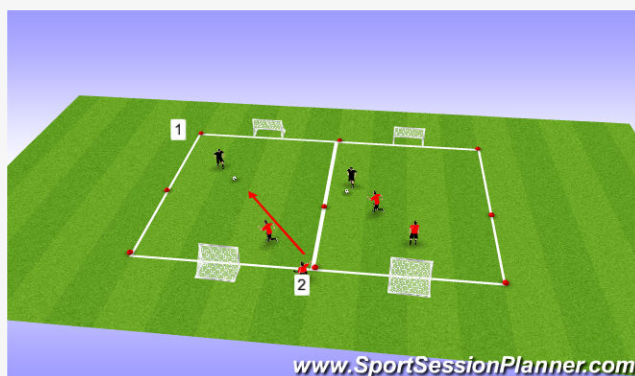
2v1 (15 mins)

Add goals at each end.

Two players come out to defend.

Coaching Points

1. 1st defender should put pressure on the ball, 2nd defender should move into a COVER position.
2. Communication - make sure players know who is going to the ball and who is covering.
3. if attacker cuts inside can we rotate positions.
4. Be patient, wait for the attacker to make a mistake - win the ball counter attack
5. add two attackers - 2v2



Game (15 mins)

formation 3 1 3.

encourage players to attack each other

can we work as a defensive unit

lots of communication

counter attack

