



Defending 1v1 - Back to goal and V Dribble

Category: Technical: Defensive skills
Difficulty: Beginner

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Individual-Adult Member

Description

Technical Defending Skills 1v1 back to goal and 1v1 line game followed by attacking goals

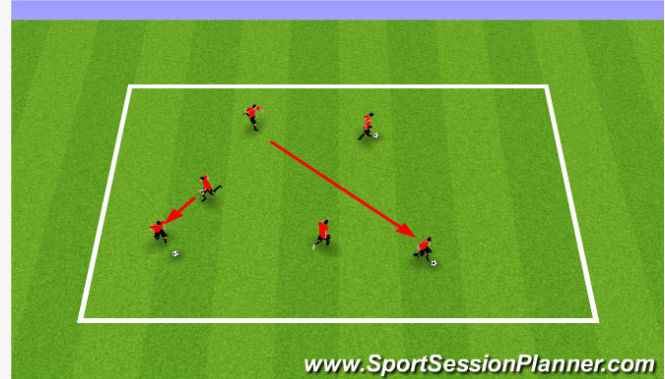
Warm Up (10 mins)

Organization

30 x 20 In pairs, 1 player has a ball and the other player 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.



SAQ (5 mins)

Organization

Place two cones around 10 yards apart. Place two more 15 yards up field, these should be 1 yard apart - the aim is that players make contact with each other. Players race up and round the cone and should knock shoulders together when trying to win the ball. The player who passes the ball back to the server wins a point.



Defending back to goal (15 mins)

Organization

30 x 20 square split into 2.

Defending 1v1 The Line game

Player 1 plays into player 2, who then tries to turn and attack the line where player 3 is defending.

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

Coaching Points

1. Quickly out to attacker - slow down on approach 'Delaying their ability to attack'
2. Arc your Run - don't expose space behind you ask the defender to get side on. The defender should be touch tight, on the balls of your feet keeping your eye on the ball!
4. Can we force backwards! Be aggressive - can we force the player back towards their own line?
5. if we win the ball can we counter attack across the other line.



Defending 1v1 v dribble (15 mins)

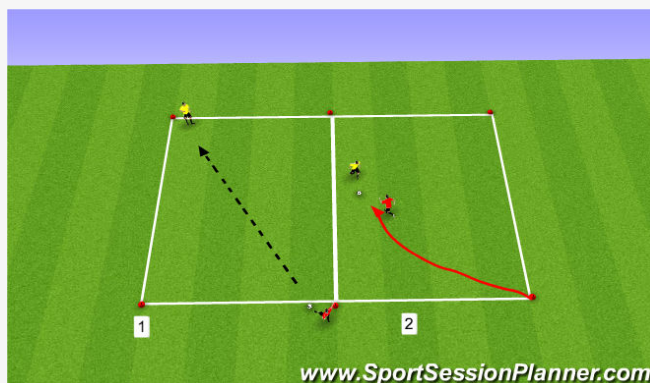
Organization

Same set up as previous drill

Defending 1v1 defending the dribble, The Line game

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 within touching distance- side on, knees bent, on the balls of our feet.
4. Can we see our position on the field? Can we use the outline as another defender? force them towards it.
5. Eyes on the ball. Never look at the attackers feet.
6. BE PATIENT - can we poke away with our front foot, if not be patient.
7. Back foot can be used to pivot if player dribbles across the front.
8. When we win the ball can we counter attack? Get forward as fast as possible



defending 1v1 to goal (15 mins)

Organization

Same set up as previous drill - but now add goals.

Defending 1v1

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 within touching distance- side on, knees bent, on the balls of our feet.
4. Can we see our position on the field? Can we use the outline as another defender? force them towards it.
5. Eyes on the ball. Never look at the attackers feet.
6. BE PATIENT - can we poke away with our front foot, if not be patient.
7. Back foot can be used to pivot if player dribbles across the front.
8. When we win the ball can we counter attack? Get forward as fast as possible



Game (15 mins)

Organization

Add goals to field and play.

Coaching Points

1. Encourage counter attacks from player who just won the ball.
2. Encourage physical but fair play.

